



# WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 42 • NOVEMBER 1, 2013

## Officials dedicate U.S. Military Working Dog Team Monument at JBSA-Lackland

PAGE 11



LABRADOR RETRIEVER  
VIETNAM WAR – GULF WAR  
AFGHANISTAN WAR – IRAQ WAR



### Daylight Saving Time ends

Don't forget to set your clocks back one hour at 2 a.m. Sunday or before you go to bed as Daylight Saving Time ends that day.

## COMMENTARY

# Soldiers pay tribute to World War II veterans

By Army Brig. Gen. Kirk Vollmecke  
Commanding General  
Mission and Installation Contracting Command



Thirty-three men and women were packed and ready for their flight Sept. 27 at Austin-Bergstrom International Airport, Texas. These men and women were not a typical group of people heading onto a flight for a vacation or business ... they were special.

As they made their way through the airport people stopped and cheered. Members of the greatest generation, these men and women were World War II veterans from across southern Texas boarding Honor Flight No. 9 to Washington, D.C.

I was humbled and honored to meet each one of the veterans and hear their stories before they flew to our nation's capitol.

These veterans served in both the European and Pacific theaters and on nearly every battlefield from Normandy to Bastogne and Tarawa Island during World War II. Some were injured during the many battles they fought and some were awarded decorations as high as the Silver Star, but all overcame adversity and the pain of war for love of country.

These heroes are just a fraction of the more than 16 million who answered the call of this nation during World War II and they witnessed more than 290,000 of their fellow Americans pay the ultimate price in combat. Few have suffered or endured the hardship and pain similar to those who have fought in war.

As I listened to their stories, I felt the pain of burdens carried for nearly 70 years in quiet reflection and internal struggle.

Memorably, I listened to an Army nurse quietly weeping after my remarks to the veterans. I felt touched by her pain, as I told her, "I am sorry for your burden, but I am eternally grateful that you held the hands of so many who died. I am comforted knowing it was your touch that brought peace and comfort to so many of our fallen who passed knowing that they did not die alone."

Honor Flight No. 9 and all the veterans from other wars that escorted these veterans were unified in common purpose and cause. As I reminded all from Honor Flight No. 9, "You are service members for life, and we are eter-

nally grateful for your service."

President George Washington captured the true essence of remembering those who fought for us. He said, "The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the veterans of earlier wars were treated and appreciated by their nation."

It is their treatment by everyday citizens and the respect and admiration of those citizens that impacts future generations to come. In the company of these 33 men and women, I found a renewed spirit of hope for our humanity and nation.

I can think of no better tribute than to recognize and thank each World War II veteran today, now and forever.

This is your call to action. As citizens, please seek out these heroes and thank them for their love of country and their service. We owe the men and women of our greatest generation our deepest respect and sincere gratitude for their sacrifices, lifetime burdens and internal struggles.

These men and women answered the call to arms with dignity and valor in a time of great need. We, as a nation, can never forget.

Even more so, less than 1 percent of the U.S. population has served or currently serves in our nation's military. Consequently, we as citizens must do more to always remember those who paid the ultimate sacrifice and who shouldered the burden and pain of war so that all of us may enjoy greater peace and liberty.

As a Soldier for more than 29 years, I am so grateful to have met these incredible men and women who served during World War II. They are quiet heroes emblematic of the qualities that

*"These men and women answered the call to arms with dignity and valor in a time of great need. We, as a nation, can never forget."*

make this nation so strong.

As more and more World War II veterans pass each day, time is running out on our chance to hear the war stories of these patriotic Americans. As a nation, we must remember these veterans who inspired so many of us to serve.

Recently, I met Andrew Carroll, the founder and director of the Legacy Project. His efforts to collect, edit and publish the war letters of heroes and family members bring to life these amazing stories. These intimate readings pay tribute to our veterans and ensure we will never forget their stories. It is their stories that must be told and listened to now.

Veterans Day is approaching, and I challenge all Americans alike to do their part to make this holiday a most memorable one.

At 1:30 p.m. Nov. 11, I will be at the Bexar County Buffalo Soldiers Association commemorative ceremony at the San Antonio National Cemetery, located at 517 Paso Hondo St. I ask everyone from "Military City USA" to come out and honor the veterans who fought for this great nation and for all future generations.

I encourage each citizen to participate in Veterans Day ceremonies while considering sacred duties of trust and commitments to never forget those who served our nation.

Our nation has been at war for more than 12 years. Never forget our military members who serve and support our country today so future generations can continue to have liberty and peace paid for by all veterans.

Please seek out veterans and thank them and all those who have served. May we never lose our profound respect and humility for those who sacrificed so others may enjoy freedom and liberty.

## ON THE COVER

Military officials unveil the U.S. Military Working Dog Team's National Monument Monday at Joint Base San Antonio-Lackland. For the complete story on the event, see page 11.

Photo by Benjamin Faske

## WINGSPREAD

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The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to [randolphpublicaffairs@us.af.mil](mailto:randolphpublicaffairs@us.af.mil).

# Memory Lane: Pilot training comes to Randolph

By Linda Garza

Joint Base San Antonio-Randolph Public Affairs

*(Editor's note: Memory Lane is a monthly column featuring the history of Joint Base San Antonio-Randolph.)*

Today, Joint Base San Antonio-Randolph is home to one of the largest flying schools in the world, where future Air Force instructor pilots train on the T-6A Texan II, T-38 C Talon and T-1A Jayhawk.

However, JBSA-Randolph's renowned pilot instructor training did not begin at this installation, but at Duncan Field, Texas.

The U.S. Army Air Corps Training Center headquarters moved to Randolph Field Oct. 25, 1931, and first took to the skies Nov. 2, 1931. Throughout the next eight years, the school saw more than 4,798 students walk its halls and progress to become capable pilots.

Primary flying training continued

at Randolph Field until 1939, when the Air Corps contracted primary flight training to civilian schools, and Randolph Field's mission shifted to basic pilot training.

During the next few years, the decision was made to change the mission at Randolph to training instructors for all three phases – basic, primary and advanced – of the flying training program. Since that time, pilot instructor training remained a central part of Randolph Field's mission.

In 1943, the Central Instructors School replaced the Air Corps Primary Flying School. During this time, the Central Instructors School trained about 15,396 pilots as instructors. Two years later, it was renamed the Army Air Force Pilot School.

After the Air Force became a separate service in 1947, it officially became known as Randolph Air Force Base instead of Air Field and served as the home of the Air Training Command by 1957.

In the 1930s, the flying school at Randolph Field used a number of different trainers including these BT-9s.



# JBSA mortuary affairs, honor guard fulfill solemn tradition

By Airman 1st Class Kenna Jackson  
Joint Base San Antonio-Randolph Public Affairs

When entering the Air Force, all members swear to support and defend the Constitution of the United

States. Although some Airmen complete a career unharmed, there are some whose promise results in their ultimate sacrifice.

"The mission of mortuary affairs is to ensure fallen Airmen are

honored with the upmost respect," Chaney Ferguson, 902nd Force Support Squadron mortuary affairs officer, said.

Although it is a sensitive job, there are many complex aspects of mortuary affairs operations.

The responsibilities of mortuary affairs officers include transportation of remains to the final resting place, disposition of personal property of service members, escorts, family member transportation and paperwork associated with these responsibilities.

"In this job, there is no room for error," Ferguson said. "One mistake could ruin the last moment the family has with the deceased."

While there is only one mortuary affairs technician at Joint Base San Antonio-Randolph, he's supported by the JBSA Honor Guard and works closely with Master Sgt. Nidia Hodge, 902nd FSS Honor Guard superintendent.

"We have a fallen warrior detail consisting of 20 members who carry the transfer cases to and from the

aircraft," Hodge said.

To ensure the family's last moment with their loved ones is in good taste, Ferguson follows a step-by-step instruction manual to make sure the burial process is conducted according to Air Force instruction.

"I take every detail seriously," Ferguson said. "From coordinating the release of the deceased to making sure the deceased is properly dressed in his or her uniform, I make sure everything goes according to plan. It's the least we can do in honor of the fallen."

Although this responsibility may be rewarding, paying homage to those who embodied the "service before self" creed is not for the faint of heart.

"Sometimes, it's hard not to let emotions get in the way of the job, but I know we need to be strong for them," Hodge said.

Ferguson said at the end of the day, when the family comes up to them with tears of thanks – that's what it's all about, honoring the life of their loved ones.



Photo by Melissa Peterson

Joint Base San Antonio Honor Guard members perform a six-man flag fold during a training exercise in Heritage Park at JBSA-Randolph. Volunteer honor guard members work closely with the mortuary affairs staff to provide proper burials for active duty service members and veterans.

## Joint Base San Antonio-Randolph SHOWPLACE SHOWCASE

### Staff Sgt. Michelle Guerrero

902nd Security Forces Squadron

#### Duty Title

NCO in charge of reports and analysis

#### Hometown

San Diego

#### Hobbies

Running, working out, baking

#### Goals

Finish bachelor's degree

#### Greatest Accomplishment

My children, Hugo, 4, and Sofia, 2

#### Personal Inspiration

My mother, Frances

#### Personal Motto

Run like you stole it or run the day, don't let it run you

#### Pet Peeve

People who want to talk to you in the fitness center while you're working out

#### Commander's Comments

"Staff Sgt. Michelle Guerrero is a highly-motivated defender who constantly demonstrates the level of commitment required to be the best. She is a 'fit-to-fight' warrior, both physically and mentally, who is ready to lead Airmen against our adversaries around the globe. Her exceptional fitness level combined with her extraordinary attention to detail makes her a professional who should be showcased."

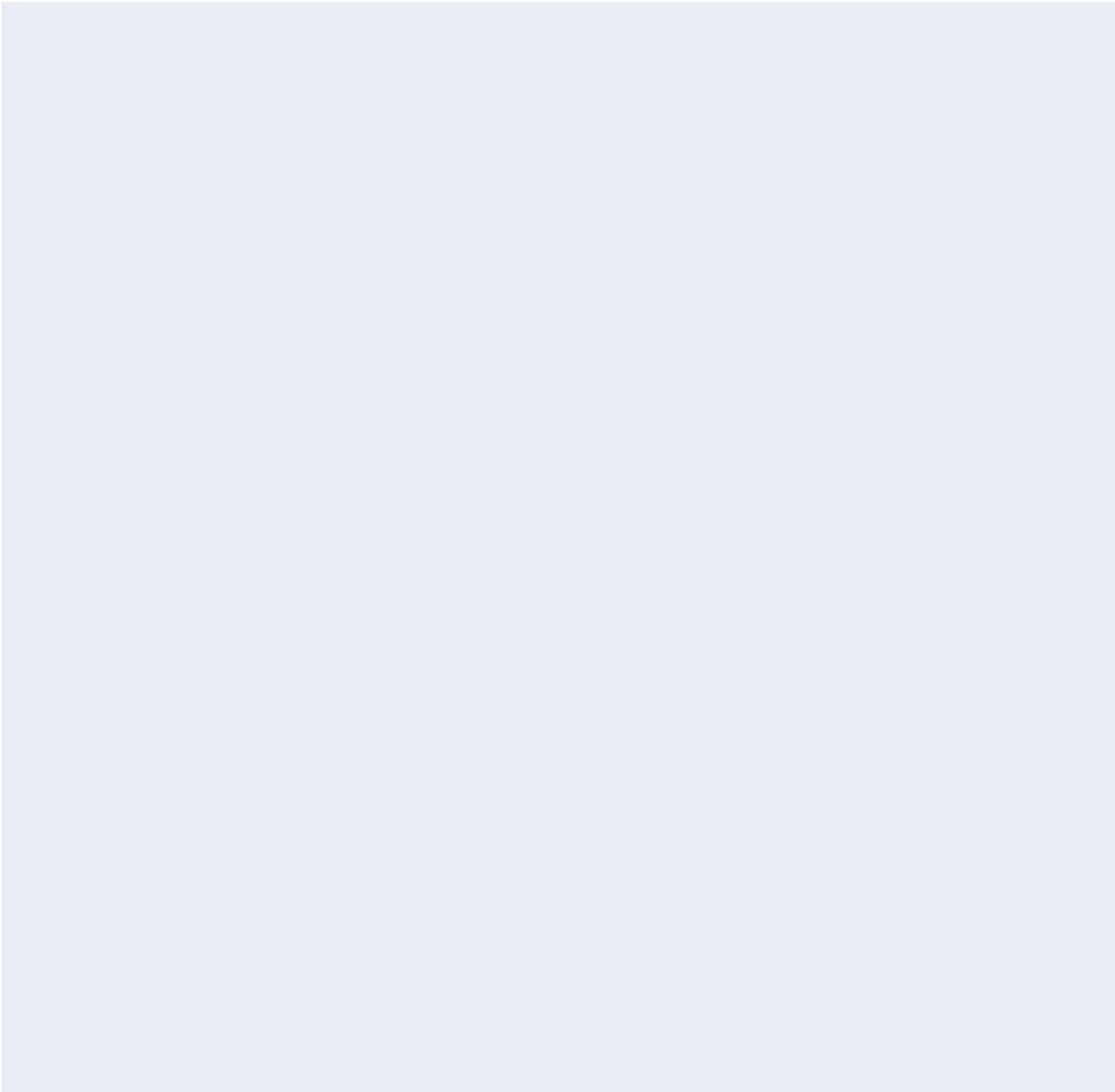
**Maj. Gregory R. Bodenstein**

902nd Security Forces Squadron commander



Photo by Joel Martinez

Staff Sgt. Michelle Guerrero, 902nd Security Forces Squadron, prepares to go on patrol Monday at Joint Base San Antonio-Randolph.



### **Operation Homecooking**

San Antonio residents can share their family holiday traditions with service members from Joint Base San Antonio-Lackland this Thanksgiving Day during Operation Homecooking.



Now in its 38th year, Operation Homecooking gives local families the opportunity to generously welcome two Airmen into their homes for the holiday meal. Many Airmen are away from home for the first time. The telephone lines to make reservations opens Monday and continues until Nov. 27. To host two Airmen, call 671-5453/5454/3701 weekdays from 8 a.m. to 3 p.m. Families without a reservation cannot show up on Thanksgiving Day to obtain trainees. Since trainees are not permitted to have personal transportation during training, hosts must pick them up at the Basic Military Training Reception Center, building 7246. All Airmen and basic trainees must be back to their respective squadrons by 7 p.m. Thanksgiving night.

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

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



## **COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT**

*The 2013 Combined Federal Campaign has been extended through Jan. 15.  
The following is a list of points of contact for Joint Base San Antonio:*

### **502nd Air Base Wing:**

1st Lt. Amanda McGowin, 221-4321  
Alternate: Master Sgt. Mason Wilson, 671-6705

### **502nd Mission Support Group:**

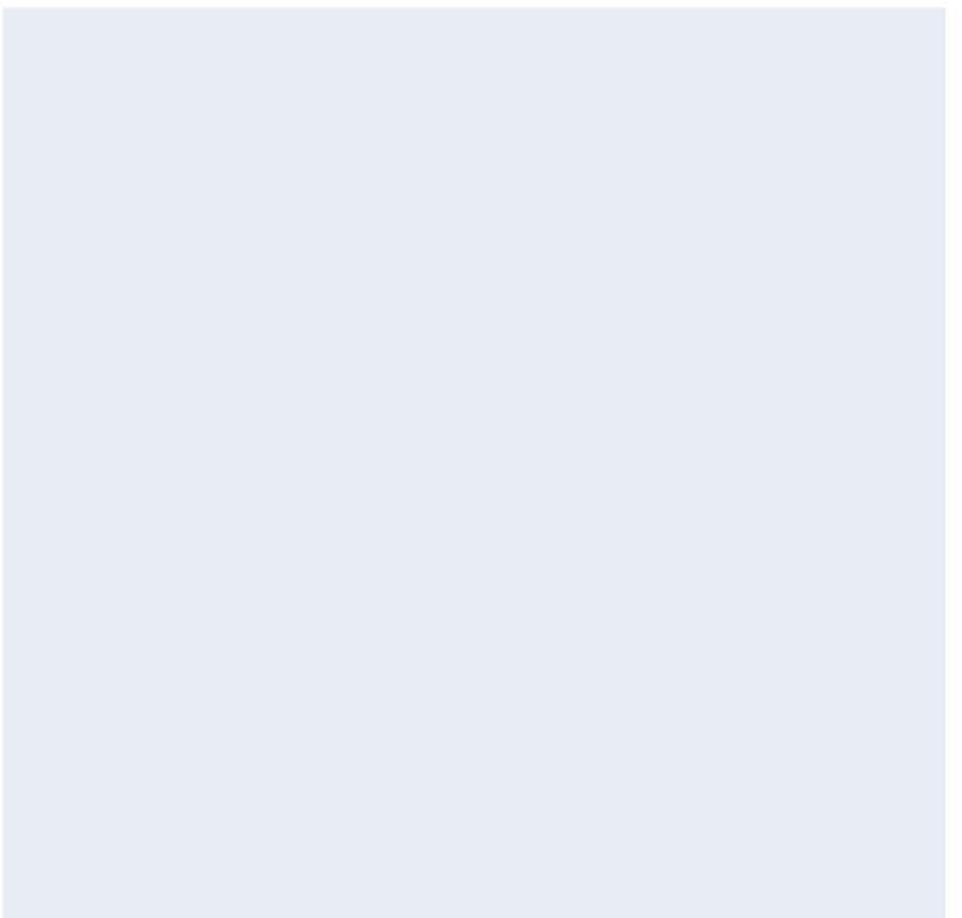
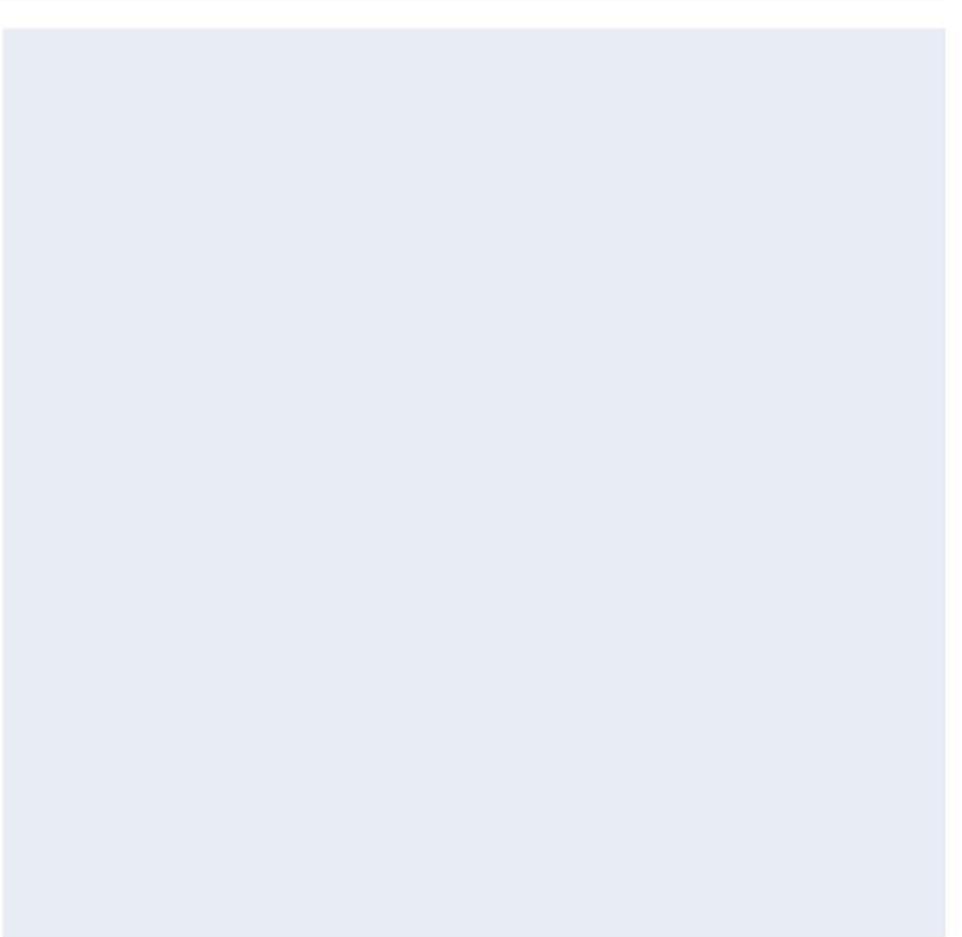
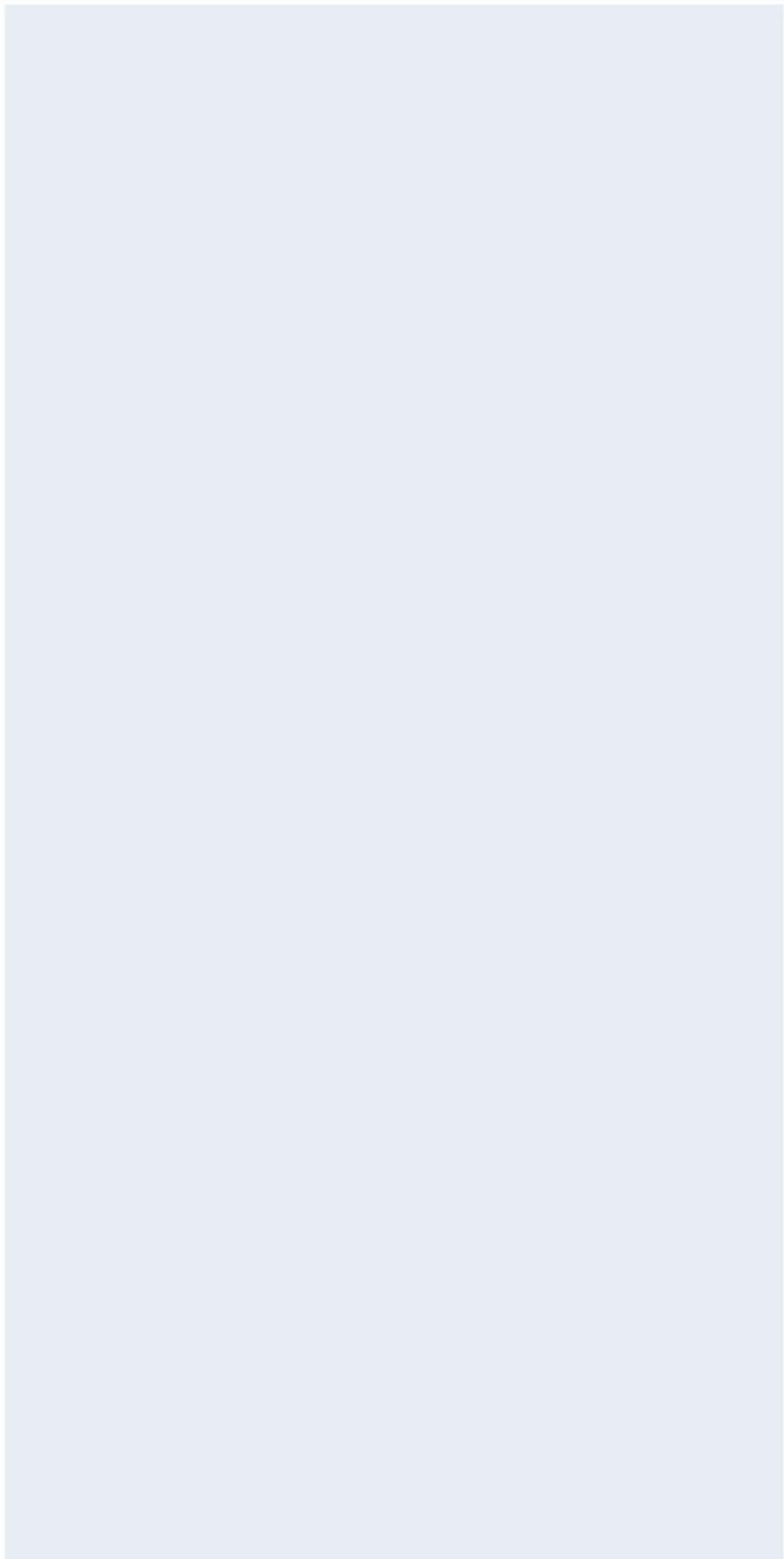
Manny Henning, 221-1844  
Alternate: Duane Dunkley, 221-2207

### **802nd MSG:**

1st Lt. Brandon Langel, 671-2528  
Alternate: Master Sgt. Robert Brinson, 671-5511

### **902nd MSG:**

Matt Borden, 652-3797  
Alternate: Master Sgt. Ennis Fowler, 652-6915  
Alternate: Master Sgt. Shawn Waghorn, 652-3088



# Officials announce deadlines for holiday mail delivery

Military Postal Service Agency officials recommend that parcel post packages for service members overseas be mailed by Nov. 12 for delivery by the holidays. Officials at MPSA, an extension of the U.S. Postal Service, have published a chart at <http://hqdainet.army.mil/>

[mpsa/xmas.htm](http://hqdainet.army.mil/mpsa/xmas.htm) that shows deadlines for various mailing options, broken down by the APO/FPO/DPO numbers of various destinations.

USPS is offering a discount on its largest Priority Mail Flat Rate. The price includes a discount for military mail being sent to APO/

FPO/DPO destinations worldwide, officials said. Priority Mail Flat Rate boxes are available free at local post offices, or can be ordered from USPS online. Postage, labels and customs forms also are available online.

*(Source: American Forces Press Service)*

## APO/FPO/DPO Guidelines and Restrictions

Shipments are at domestic prices, but customers must fill out a customs form and declare the value of the mail. In addition to the military's guidelines, each country has its own customs regulations regarding incoming mail. Before sending a letter or package overseas, make sure you're aware of the restrictions.

Also be sure to write out the service member's full name in the address. All mail must be addressed to a specific person; addressing mail to "Any Service Member" is no longer permitted.

Include the unit and APO/FPO/DPO (Air/Army Post Office, Fleet Post Office or Diplomatic Post Office) address with the 9-digit ZIP Code if one is assigned.

## For example . . .

CPT JOHN DOE  
UNIT 2050 BOX 4190  
APO AP 96278-2050

SGT ROBERT SMITH  
PSC 802 BOX 74

APO AE 09499-0074  
SEAMAN JOSEPH SMITH  
USCGC HAMILTON  
FPO AP 96667-3931

MSG JANE DOE  
CMR 1250  
APO AA 09045-1000

Include a return address.

*(Source: U.S. Postal Service)*

## HONORING OUR HEROES

# JBSA-Lackland Airman receives Purple Heart

*Professional football legend Herschel Walker visits JBSA*

By Nathan Simmons  
59th Medical Wing Public Affairs

Air Force Tech. Sgt. Christopher Barker, an Airman from the 59th Medical Wing, received the Purple Heart Oct. 23 at the Wilford Hall Ambulatory Surgical Center.

Barker, an Air Force security forces military working dog handler now assigned to the 59th Patient Squadron, received the distinguished medal for wounds sustained while deployed to Iraq in 2006.

Immediately following the medal presentation, 1982 Heisman Trophy winner and former Dallas Cowboy Herschel Walker spoke to Airmen from the 59th Medical Wing about his personal struggles with mental illness.

Walker's 2008 memoir, "Breaking Free: My Life with Dissociative Identity Disorder," outlined his mental health struggles, a disorder for which he continues to receive treatment.



Photo by Senior Airman Chelsea Browning  
Technical Sgt. Christopher D. Barker receives the Purple Heart from Brig. Gen. Byron Hepburn, 59th Medical Wing commander, Oct. 23 in the Wilford Hall Ambulatory Surgical Center auditorium, Joint Base San Antonio-Lackland.

Walker spoke to more than 200 Airmen about his life as a boy leading up to his college and NFL days. He also discussed the challenges he faced with Dissociative Identity Disorder, more commonly known as multiple personality disorder.

Walker recounted reading journals he kept from his childhood and being taken aback by the rage and anger that came across in some of his entries. After deciding to seek help, he saw first-hand the negativity surrounding mental health issues.

"People think that being in the hospital is a sign of weakness," Walker said. "But the Herschel Walker in the hospital is the same Herschel Walker who did all these great things."

Members of the 59th Medical Wing Patient Squadron, a unit comprised of wounded, ill and injured service members, attended a luncheon with Walker and were able to share some of their experiences.

"To actually get a one-on-one conversation with Herschel, instead of hearing him speak to everyone at once made it really special. You could tell he cared about us," said Staff Sgt. Daniel Crane, who is assigned to the 59th Patient Squadron.

Walker then visited patients at the WHASC's Intensive Outpatient Program, which assists members develop coping skills to better manage emotional and behavioral life challenges. He spoke openly once more about his prior issues with DID, and his decision to face himself. Walker said that only once he faced his problems, was he able to cope and begin living a happier life.



Photo by Staff Sgt. Jerilyn Quintanilla

Herschel Walker, center, signs an autograph for Tech. Sgt. Christopher Barker, 59th Medical Wing Patient Squadron, and his father Daniel Barker during a recent visit to the Wilford Hall Ambulatory Surgical Center Oct. 23 at Joint Base San Antonio-Lackland. Earlier in the day, Barker was presented with the distinguished Purple Heart for wounds sustained in action.

"When young people get to meet adults who have struggled with mental health issues, and have survived and thrived, it really helps de-stigmatize seeking help," said 59th Mental Health Element Chief Capt. Liz Copeland.

As part of the DOD Patriot Support Program, Walker travels to military installations throughout the country to share his story, and encourage service members to seek treatment for mental health and substance abuse issues. He has visited more than 65 installations in the past five years.

Walker won the Heisman Trophy in 1982 while playing for the University of Georgia. He set 10 NCAA records and garnered All-American

honors for three consecutive years, helping Georgia capture a national championship.

After turning professional, Walker earned Most Valuable Player honors and set the single-season pro football rushing record. Throughout his 13-year career in the NFL, Walker played for the Dallas Cowboys, Minnesota Vikings and Philadelphia Eagles. Returning to Dallas in 1996, he retired from the NFL as a Cowboy in 1997.

Walker spoke with Brooke Army Medical Center patients and staff in San Antonio Military Medical Center's auditorium on Thursday. He also visited with several wounded warriors at the Center For the Intrepid.

# Military working dog monument dedicated

By Mike Joseph

Joint Base San Antonio-Lackland  
Public Affairs

The first national monument dedicated to U.S. Military Working Dog teams was unveiled in a ceremony here Monday.

The dedication and unveiling ceremony completes a quest to nationally recognize military working dogs and handlers started in 2001 by John Burnam, a Vietnam scout dog handler and author of two books on military working dogs.

"This is a great day for Joint Base San Antonio and the Department of Defense," said Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and JBSA commander. "To the working dog members and the dogs in the audience, this is your day. I'm so glad Joint Base San Antonio-Lackland could be the home of this monument."

The Department of Defense Military Working Dog Program, the world's largest training center for military dogs and handlers, has been based at JBSA-Lackland since 1958. The DOD Military Working Dog Veterinary Service and the Holland Working Dog Hospital, the largest for military working dogs, are also located on JBSA-Lackland.

The monument's main granite pedestal features the U.S. military's four prominent working dog breeds since World War II: Doberman pinscher, German shepherd, Labrador retriever and Belgian Malinois.

A nine-foot tall bronze dog handler represents all U.S. military dog handlers who served in World War



Military members unveil the U.S. Military Working Dog Teams National Monument Monday at Joint Base San Antonio-Lackland. JBSA-Lackland is the home to the Department of Defense Military Working Dog Program and is where the U.S. Armed Forces has been training its military working dog teams since 1958. It is the world's largest training center for military dogs and handlers and is also home to the largest veterinary hospital for military working dogs.

Photos by Benjamin Faske

II, the Korean War, the Vietnam War, the Gulf War and the war on terrorism. Another design feature is the "Not Forgotten Fountain," a fully functional bronze dog and handler water fountain that epitomizes the bond between dog and handler.

"As a nation we owe our war dogs a tremendous debt of gratitude," said Burnam. "Their selfless service,

loyalty and sacrifices to our country must never be forgotten. The U.S. Military Working Dog Teams National Monument is a treasure for us all to ensure they are honored and remembered forever."

The monument is located on the southeast corner of Air Force Basic Military Training parade grounds on JBSA-Lackland.

## CELEBRATE AMERICA'S MILITARY EVENTS

**Holiday Mail for Heroes Kick Off** – Today, 10 a.m. at the American Red Cross, 3165 Patch Rd., building 2650, JBSA-Fort Sam Houston. Call 582-1951 or visit <http://www.redcross.org/tx/san-antonio>.

**Saluting America's Heroes** – Saturday, 7:30 a.m. at Texas A&M University San Antonio, One University Way. Free and open to the public. Call 932-6212 or visit <http://www.tamusa.tamus.edu>.

**CAM Birdies for the Brave Golf Tournament** – Monday, 9:30 a.m. at TPC San Antonio, 23808 Resort Parkway. Call 229-2105 or visit <http://www.birdiesforthebrave.org>.

**Air Force Association Combat Breakfast** – Tuesday, 7-8 a.m. at the Kendrick Club, building 1039, JBSA-Randolph. Not a public event, reservation by today and ticket required. Call 565-0370 or visit <http://www.alamoafa.org>.

**ESGR "Salute to Bosses" Luncheon** – Tuesday, noon-1 p.m. at Double Tree Hotel, 502 W. Cesar E Chavez Blvd. Not a public event, reservation and ticket required. Call 854-5106 or visit <http://www.esgrmil>.

**Downtown Rotary Club Armed Forces Luncheon** – Wednesday, 11:30 a.m. to 1 p.m. at Scottish Rite Banquet Hall, 308 Avenue E. Not a public event, reservation and ticket required. Call 737-0777 or visit <http://www.rotarysa.org>.

**Spirit of America Dinner** – Wednesday, 6-9 p.m., Hyatt Regency San Antonio Riverwalk, 123 Losoya St. Reservation and ticket required. Call 229-2100 or visit [www.sachamber.org](http://www.sachamber.org).

**Association of the U.S. Army Luncheon** – Thursday, 11:30 a.m. to 1 p.m., Sam Houston Community Center, 1212 Stanley Rd., building 320, JBSA-Fort Sam Houston. Reservations and tickets required. Call 224-2721 or visit <http://www.alamochapterausa.org>.

**U.S. Military Veterans Parade & Wreath Laying** – Nov. 9, 10:30 a.m.-noon, Downtown San Antonio, 300 Alamo Plaza. Free and open to the public. Visit <http://usmvpa.com>.

**Military City, USA "Thank You" Run** – Nov. 9, 11:30 a.m., from VFW Post 76 through downtown, past The Alamo to Milam Park for a post celebration and

award ceremony. Open to the public. Visit <http://www.athleteguild.com/running/san-antonio-tx/2013-asa-knights-of-columbus-5k-runwalk>.

**San Antonio Symphony Veterans Day Concert "Salute to Service"** – Nov. 10, 7-9 p.m., Majestic Theater, 224 E. Houston St. Free and open to the public, reservation and ticket required. Call 554-1090 or visit <http://www.sasymphony.org>.

**Veterans Day Ceremony** – Nov. 11, 9:30-11 a.m. at Fort Sam Houston National Cemetery. Free and open to the public. Call 210-820-3891 or visit <http://www.cem.va.gov/cems/nchp/ftsamhouston>.

**Bexar County Buffalo Soldiers Commemorative Ceremony** – Nov. 11, 1:30-2:30 p.m. at the San Antonio National Cemetery, 517 Paso Hondo St. Free and open to the public. Call 336-3903 or visit <http://www.bcbsatx.com>.

**Spurs Veterans Day Game** – Nov. 13, 7:30 p.m. at the AT&T Center. San Antonio Spurs vs. Washington Wizards. Discounted tickets available for military in uniform. Call 444-5618 or visit <http://www.spurs.com>.

## Federal benefits open season enrollment information

The federal benefits open season runs from Nov. 11 through Dec. 9. During the annual open season, employees can take the actions listed below for the Federal Flexible Spending Account Program or FSAFEDS, the Federal Employees Dental and Vision Insurance Program or FEDVIP and the Federal Employees Health Benefits or FEHB Program.

Employees may:

- Enroll in a flexible spending account – a health care and/or dependent care account, under the FSAFEDS Program. Unlike other programs, employees MUST reenroll in FSAFEDS each year to participate. Enrollments DO NOT carry over from year to year.

NOTE:

- The maximum annual election for a Health Care Flexible Spending Account and the Limited Expense Health Care Flexible Spending Account is \$2,500 for the 2014 Benefit Period.
- The maximum annual election for a Dependent Care Flexible Spending Account is \$5,000 for the 2014 benefit period.
- The minimum election for the flexible spending accounts is \$250.
- Enroll in, change, or cancel an existing enrollment in a health plan under the FEHB Program and a dental or vision plan under the FEDVIP Program. To view the Federal Employees Health Benefits plans visit <http://www.opm.gov/FEHBbrochures>. For more information on dental or vision plans, go to <http://www.benefeds.com>.



### Check us out . . .

- Facebook: Joint Base San Antonio, JBSA-Fort Sam Houston, Lackland JBSA and JBSA-Randolph
- Twitter: @JBSA\_Official, @JBSAFSH, @JBSALackland and @JBSARandolph
- YouTube: Joint Base San Antonio



## Deputy SECDEF visits JBSA-Lackland

Deputy Secretary of Defense Ashton B. Carter addresses a crowd of Joint Base San Antonio military and civilian personnel at the 802nd Operations Support Squadron hanger on Kelly Field Tuesday at JBSA-Lackland. Carter also met with JBSA senior leadership during his visit.

**Photo by Benjamin Faske**

To advertise in the Wingspread,  
call 534-8848.

## Joint Base San Antonio-Randolph News Briefs

### **Randolph Parent Teacher Organization Fall Festival**

A Parent Teacher Organization Fall Festival is scheduled for 4-8 p.m. today at Randolph Elementary School. The event is open to all military ID card holders and their guests. The event will include a carnival, a DJ from 4-6 p.m. at the school playground, a silent auction from 4-6:15 p.m., a basket raffle from 4-7:30 p.m. and bingo from 6:30-8 p.m. in the school gymnasium. The event will also include food trucks from 4-7 p.m. in the bus-loading area, vendors from 4-8 p.m. in the school cafeteria and a book fair from 4-8 p.m. For more price information, visit [www.randolphppto.org/](http://www.randolphppto.org/).

### **Feast of the Heart run/walk**

The annual Feast of the Heart five-mile run or walk is scheduled for 9 a.m. Nov. 9 at Trader's Village, 9333 Southwest Loop 410 San Antonio. Registration begins at 7:30 a.m. For more information, visit <http://www.rauljimenezdinner.com>.

### **Operation 11-11: Veterans Day event**

The Houston Astros and Texas Society: Daughters of the American Revolution will be hosting an Astros Salute to Veterans event from 11 a.m. to 4:30 p.m. Nov. 11, at Minute Maid Park, Houston. An award-winning documentary, Honor Flight: One Last Mission, will show at 2 p.m. For ticket reservation information, visit [www.astros.com/vets](http://www.astros.com/vets).

### **Band of the West performances**

In honor of Military Appreciation Weekend, the United States Air Force Band of the West, Horizon Sax Quartet, is scheduled for a free performance from 11 a.m. to 1 p.m. Nov. 9, at Rolling Oaks Mall, San Antonio. This performance is open to the public and geared to honor active duty and veterans.

The United States Air Force Band of the West festive trombone quartet is scheduled to perform in the HEB Tree Lighting Ceremony from 3-6 p.m. Nov. 29, at the Alamo Plaza, San Antonio. This is a free event open to the public.

# SPORTS – FITNESS – HEALTH

## Physical Therapy keeps Airmen fit to fight

By Airman 1st Class Alexandria Slade  
Joint Base San Antonio-Randolph  
Public Affairs

As members of a combat-ready organization, Airmen must maintain specific physical requirements at all times. However, when accidents affect an Airman's performance and combat readiness capabilities, physical therapy is available.

"Physical therapy is rehabilitation of the way the body functions," Capt. Felix Islas, 359th Medical Group Physical Therapy Flight commander, said.

Islas said a small amount of

psychology is also involved in the form of encouragement.

"We want the patient to give as much effort as possible in regards to their rehabilitation," Islas said. "By letting them know they can accomplish the task, we are encouraging patients to take their rehab very seriously."

Senior Airman Alyssa Miller, 359th Medical Operations Squadron physical therapy technician, said, the staff's goal is to return patients to their previous physical capabilities in order to perform their respective duties with 100 percent accuracy.

Getting members fit to fight

involves treating injuries like a sprained ankle and helping patients rehabilitate from spinal surgeries, Islas said.

While addressing these health concerns, patient and provider relationships can develop due to the amount of time they spend improving their health and fitness.

Islas said this relationship is very important.

"One part of being a physical therapist is the ability to immediately make friends with someone right away," he said.

Although both patients and their injuries vary greatly, thera-

pists and technicians read our plan and use the equipment to put them through that rehabilitation protocol," Islas said.

Miller said physical therapy is advised if an issue hasn't gone away within a week.

The primary care provider would be the first point of contact if a patient has a health issue to be addressed, she said. They will refer that patient to physical therapy if it is needed.

Islas said he couldn't imagine any other career.

"The best part of my job is watching my patients get better," he said.



Capt. Felix Islas (right), 359th Medical Group Physical Therapy Flight commander, evaluates Senior Master Sgt. Travis Armstrong, Air Force Personnel Center, July 15 to determine a course of treatment at the Joint Base San Antonio-Randolph medical clinic.



Senior Master Sgt. Travis Armstrong (left), Air Force Personnel Center, receives treatment from Capt. Felix Islas, 359th Medical Group Physical Therapy Flight commander, July 15 at the Joint Base San Antonio-Randolph medical clinic. The purpose of physical therapy is to rehabilitate a patient's body to full functioning capacity.

Photos by Airman 1st Class Alexandria Slade

Joint Base San Antonio-Randolph

### Sports BRIEFS

#### Fitness event

The JBSA-Randolph Rambler Fitness Center offers patrons a chance to get a head start on burning holiday calories 7:30 a.m. Saturday at Eberle Park. There will be a 5K run/walk and a 10K bike ride. Additionally, there will be a 1.5 run/walk and a 5-K bike ride for young athletes and their parents who would like to participate together. For more information, call 652-7263.

#### Spurs game

Special discount tickets for the San Antonio Spurs vs. Washington Wizards game 7:30 p.m. Nov. 13 at the AT&T Center are available at the ITT offices at JBSA-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph.

#### Holiday fitness event

In support of "The Great American Smoke Out," the JBSA-Randolph Rambler Fitness Center and Health and Wellness Center staff host a 5-K run/walk 11 a.m. Nov. 21 at the fitness center jogging trails. Five turkeys and five hams will be given away and all participants will be entered in the drawing. For more information, call 652-7263.

#### Holiday tournament

The JBSA-Randolph Bowling Center hosts a Thanksgiving tournament 7 p.m. Nov. 27. The tournament will be a four-game singles format with handicap and scratch divisions. The cost is \$25 and prizes will be awarded. For more information, call 652-6271.

## A-10s refuel at JBSA-Randolph



**Photos by Rich McFadden**

Above: Five A-10 Warthogs landed at Joint Base San Antonio-Randolph flightline to refuel Oct. 25 in route to Davis-Monthan Air Force Base, Ariz. The aircraft are being transferred from the 81st Tactical Fighter Squadron at Spangdahlem Air Base, Germany, to fighter units under the 355th Tactical Fighter Wing. Right: Col. Philip Wielhouwer, 355th Operations Group commander, stands in front of an A-10 Warthog aircraft Oct. 25 at JBSA-Randolph flightline.



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## Water Conservation Tips

- When doing laundry, match the water level to the size of the load.
- Teach children to turn facets off tightly after each use.
- Remember to check sprinkler system valves periodically for leaks and keep the heads in good shape.
- Install a low-flow showerhead. They're inexpensive, easy to install and can save more than 500 gallons a week.
- Soak pots and pans instead of letting the water run while scraping them clean.



*(Source: 502nd Civil Engineer Squadron)*

### **Straight Talk Line**

For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line. JBSA-Randolph: 652-7469; JBSA-Fort Sam Houston: 466-4630; JBSA-Lackland: 671-6397.