



# WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 43 • NOVEMBER 8, 2013

JBSA-Randolph offers only  
**NIGHT VISION**  
goggles instructor course

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**INSIDE: SALUTE TO VETERANS, P2 . . . CYBER SPACE DEFENDERS, P11 . . . DIABETES AWARENESS, P19 . . .**

# Local veteran praises military tradition

By Bob Tullgren  
Mayor Pro Tem, City of Live Oak

Paying respects to fallen military veterans is a personal obligation and one that signifies respect for the ultimate sacrifice that was paid for our freedoms and to this nation.

During the past week and with mixed emotions, I have had the honor to join others in escorting the remains of two military members who passed away due to wounds received while serving in Afghanistan.

"Dignified departures" or "dignified transfers" as they are commonly called, are done with military precision, respect and pride.

These last two truly met that expectation. Upon the call of duty, the Patriot Guard (a highly respected motorcycle escort), police from Randolph, Live Oak and Universal City, coordinators from mortuary and public affairs and others meet at the designated rally point.

While the group of escorts wait for the arrival of the fallen Soldier, I walked among them and heard stories of pride in the mission they were about to undertake and others from the past.

As they talk, I learn how some have taken personal leave from work to participate, the number of hours some rode in the dark, rain, heat and cold; all to ensure our fallen, their families, friends and members of former units were provided the ultimate respect for the ultimate sacrifice. The time they gave was personal and an unspoken symbol of respect.

At each event, we could quickly identify who was the deceased's designated uniformed escort. Each time, we could see the hefty weight of responsibility they willingly carried on their mind as they escorted their friend, a member of their unit, to a final resting

place. We could see the turmoil of emotion while they faithfully and skillfully carried out their friend's last mission.

This recent event was just as prideful as those in the past. As the call to assemble was given, the lumps in our throats became more apparent. The police blew a warning sound, their lights began to flash and road traffic stopped as we pulled out of the parking lot toward the base and awaiting aircraft.

At the first turn onto Pat Booker Road, we see residents from the City of Live Oak and Universal City standing along the route. We see folks patriotically holding American flags, long retired veterans rendering a solid salute that would make today's Basic Training instructor proud, and kids not old enough to attend school with hands over their hearts mimicking their attending parent(s).

As we merge onto the highway, the supporting police officers stop traffic and render a salute themselves as the body and flags pass. We see drivers stopping along the roadway, some getting out of their vehicles to give respect.

On the flip side, we also see a number of drivers that sadly recognize the funeral procession and drive past (or try and cut through) our convoys oblivious to the unintentional disrespect their actions portray.

As we turn into JBSA-Randolph, any sound previously heard is now overcome by deafening silence at the sight of the impressive Taj Mahal. The towering American Flag hangs crisp at half-staff.

If not already, the lumps in our throats are joined by a rush of water we hope our eyelids can contain like a dam.

As we neared the roundabout, what were uniforms in the distance now turns to faces of civilians and military extending respect to the deceased.

While curbside participation

has noticeably diminished over the past several convoys, those that make the journey make the moment; hands extended in prayer, in a salute or covering their hearts.

Further to the flight line, entire units are seen; stopping work and taking the time to stand along the roadway and pay personal respect to a fallen uniformed comrade.

Upon arrival at the passenger terminal, a full honor guard in service dress awaits with flight line personnel at attention and the aircraft ready to receive. The attending officers snap a salute, the casket is delivered and orders given to the pilot to safely transport the deceased to his final resting place.

As the aircraft doors close, we each depart our separate ways. The memory of what transpired forever engraved in our hearts and minds.

On behalf of the families of the deceased, thank you to all that participate as the visual of those standing curbside goes without words.

To those that could walk away from their work to render a sign of respect, thank you. To the Patriot Guard, police officers guiding our safe travel and to the local residents who continue to recognize the level of service our young men and women in uniform give daily, bless you. To those that participated, you are admired.

For those that didn't participate, regrettably there will be other opportunities. For those that drove by, tried to pass or break the convoy, we hope you reach a better understanding of the pride behind showing respect and take a different course of action.

While I do not wish a return of the circumstance that renders such events, should it occur, please join me curbside as we share our personal obligation of respect.

## ON THE COVER

Capt. Mari Metzler, 31st Aerospace Medicine Squadron, Aviano Air Base, Italy, practices adjusting night vision goggles during a class Oct. 28 at Joint Base San Antonio-Randolph. For more photos, see page 13.

Photo by Airman 1st Class Lincoln Korver

## 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.

## COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT

The 2013 Combined Federal Campaign has been extended through Jan. 15. Below 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

## Commissaries to start scanning IDs Sunday

Commissaries will soon begin scanning customers' Department of Defense ID cards at checkouts as the Defense Commissary Agency continues its pursuit to deliver a 21st century benefit.

Cross-referenced with other DOD data, the scan data will give DeCA useful information about patron usage, by military service, along with customer demographics that does not identify specific personal data of an individual. This will eventually help the agency identify shopping needs and preferences – information that is essential in today's retail business environment. It will also allow more accurate reporting to the military services on commissary usage.

The demographic information DeCA will use is strictly limited to: card ID number, rank, military status, branch of service, age, household size and ZIP codes of residence and duty station. DeCA will not be using any personal information such as names, addresses or phone numbers.

For more information on ID card scanning, visit [http://www.commissaries.com/documents/contact\\_deca/faqs/id\\_card\\_scanning.cfm](http://www.commissaries.com/documents/contact_deca/faqs/id_card_scanning.cfm).

## NEWS

# Veterans Day pays tribute to all service members

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

An armistice unofficially ended hostilities between the Allied nations and Germany on the 11th hour of the 11th day of the 11th month in the year 1918.

A year later, President Woodrow Wilson proclaimed the 11th day of the 11th month as the first commemoration of the cease-fire that brought “the war to end all wars” to its conclusion.

Armistice Day, now known as Veterans Day, continues to be observed Nov. 11. It will be commemorated Monday with special events throughout the country, including a national wreath-laying ceremony and parade of colors at 11 a.m. at Arlington National Cemetery’s Tomb of the Unknowns and Memorial Amphitheater.

Although Wilson’s proclamation honored “the heroism of those who died in the country’s service” during World War I, Veterans Day now pays tribute to everyone who served honorably in the military in wartime and in peacetime, especially living veterans, for their contributions to national security.

Armistice Day became Veterans Day on June 1, 1954, following World War II and the Korean War, when Congress passed Public Law 380, changing the name of the commemoration to honor American veterans of all wars.

On Oct. 8 that same year, President Dwight D. Eisenhower issued the first Veterans Day proclamation, calling on all veterans, veterans’ organizations and the entire citizenry “to join hands in the common purpose.”

Veterans Day was moved briefly to the fourth Monday of October starting in 1971 as a result of the Uniform Holiday Bill of 1968, which was intended to ensure three-day weekends for federal employees to celebrate national holidays. However, the change proved unpopular, so President Gerald Ford signed a public law in 1975 that returned the observance of Veterans Day to Nov. 11 beginning in 1978.

Although the name and the date of the observance have changed, the symbol of Veterans Day remains the Tomb of the Unknowns, which was originally the Tomb of the Unknown Soldier on Nov. 11, 1921. On that day, an unknown American Soldier who fought and died in World War I was buried in Arlington



National Cemetery.

Two unidentified American servicemen who died in World War II and the Korean War joined the unknown Sol-

dier from World War I in 1958. A fourth serviceman, an unknown Soldier from the Vietnam War, was buried next to his fallen comrades in 1984.

## San Antonio families can open their homes to JBSA students, trainees

Looking to share the bounty of your Thanksgiving table this year by setting a couple of extra places for Soldiers or Airmen far from home?

Thousands of students assigned to the Army Medical Department Center and School and Air Force basic trainees and students are away from home for the first time during the holidays.

Thanks to a pair of Joint Base San Antonio programs – Mission Thanksgiving and Operation Homecooking – San Antonio residents can share their family traditions and welcome two service members into their homes for the holiday meal.

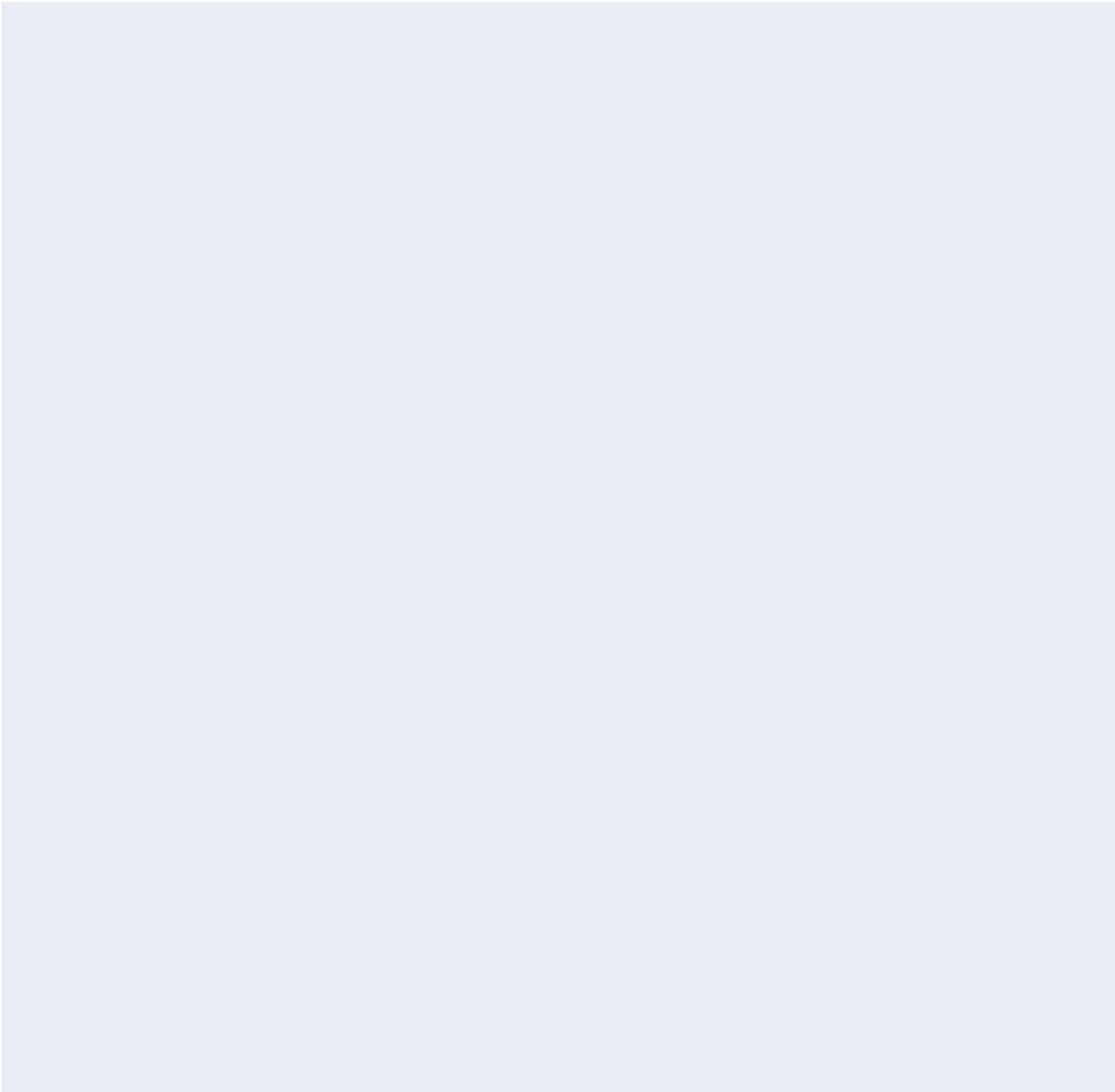
On the Army side, Mission Thanksgiving offers the chance for families to welcome two Soldiers to their home for Thanksgiving dinner Nov. 28. Those interested can call 221-3218 from 8-11:30 a.m. and 1-5 p.m. Monday

through Friday or send an email to [usarmy.jbsa.medcom-ameddcs.mbx.mission-thanksgiving@mail.mil](mailto:usarmy.jbsa.medcom-ameddcs.mbx.mission-thanksgiving@mail.mil).

At Joint Base San Antonio-Lackland, Operation Homecooking, now in its 38th year, gives local families the opportunity to welcome two trainees or students into their homes for the holiday meal. To participate, call 671-5453/5454/3701 weekdays from 8 a.m. to 3 p.m. through Nov. 27. Families without a reservation cannot show up on Thanksgiving Day to obtain service members.

Hosts must pick them up at the Basic Military Training Reception Center, building 7246. All basic trainees and students must be back to their respective squadrons by 7 p.m. Thanksgiving night.





## Joint Base San Antonio-Randolph News Briefs

### Children's story time

Story time takes place at the JBSA-Randolph Library 10 a.m. every Wednesday. Story time themes are as follows: Wednesday, Sesame Street Cookie characters; and Nov. 20, Thanksgiving. For more information, call 652-5578/2617.

### Free 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 11 a.m. to 1 p.m. Saturday, at Rolling Oaks Mall. This performance is open to the public and geared to honor active-duty members and veterans. The Band of the West festive trombone quartet is scheduled to perform in the HEB Tree Lighting Ceremony 3-6 p.m. Nov. 29, at the Alamo Plaza, San Antonio. This is a free event open to the public.

### Restoration Advisory Board Meeting

Joint Base San Antonio-Randolph is scheduled to host a restoration advisory board meeting 6-7 p.m. Monday at Schertz Public Library, 798 Schertz Parkway. Following the RAB meeting, the Air Force will also host a public meeting from 7-7:30 p.m. For more information, contact Nicholas Smith, JBSA-Randolph Restoration Program manager at 671-0164.

### Run/walk for a healthier holiday season

Patrons are invited to trot their way to a healthy holiday season and support "The Great American Smoke Out" by participating in a 5K 11 a.m. Nov. 21 at the fitness center jogging trails. All participants will be entered in a drawing to win a turkey or ham. For more information, call 652-7263.

## Joint Base San Antonio-Randolph Holiday Gate Hours

### Nov. 11-Veterans Day

Main Gate: Open normal hours  
South Gate: Open from 6 a.m. to noon  
West Gate: Closed  
East Gate: Closed

### Nov. 28 - Thanksgiving Day

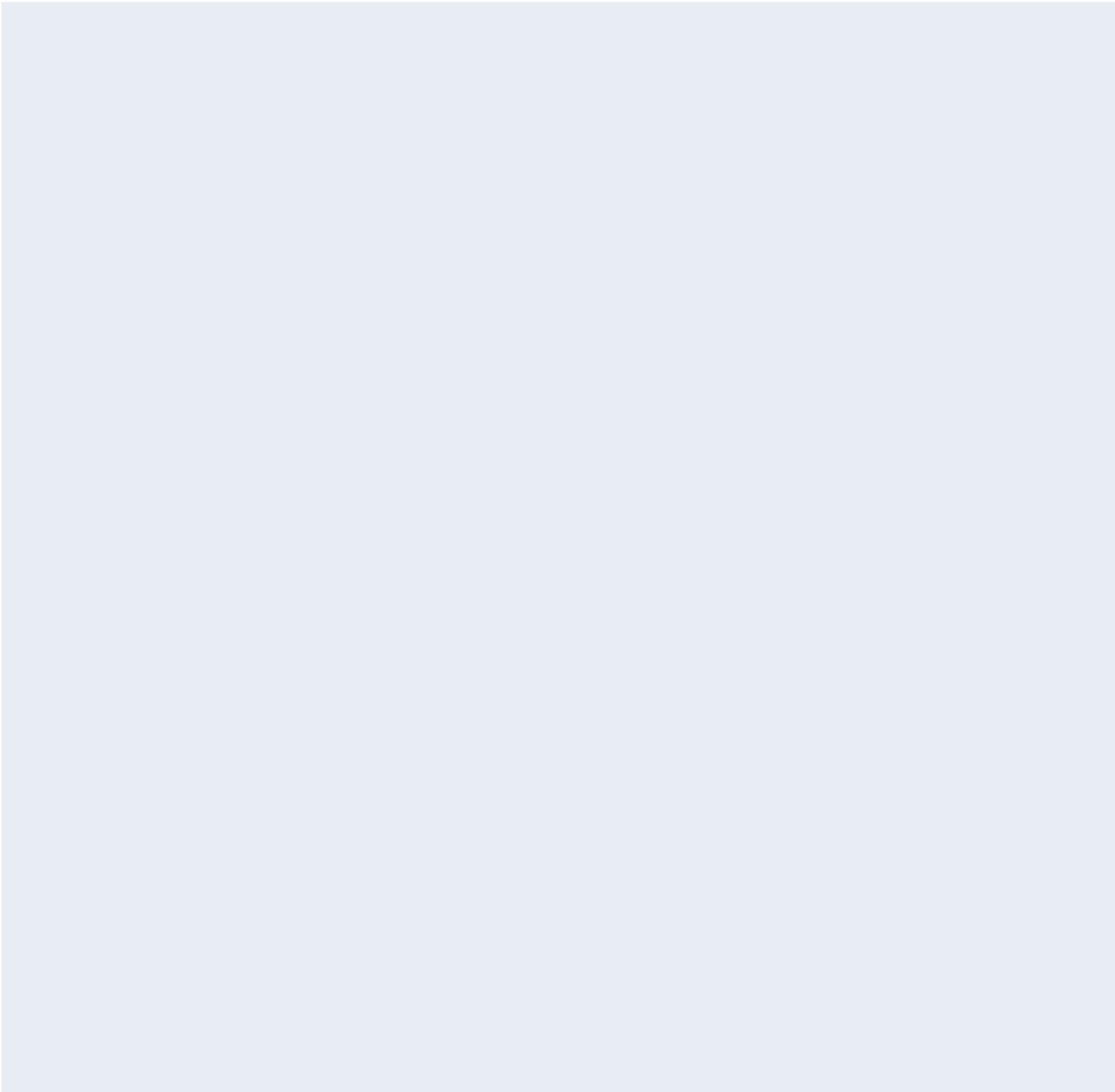
Main Gate: Open normal hours  
South Gate: Closed  
West Gate: Closed  
East Gate: Closed

### Nov. 29 – Thanksgiving Day Family Day

Main Gate: Open normal hours  
South Gate: Open from 6 a.m. to noon  
West Gate: Closed  
East Gate: Closed

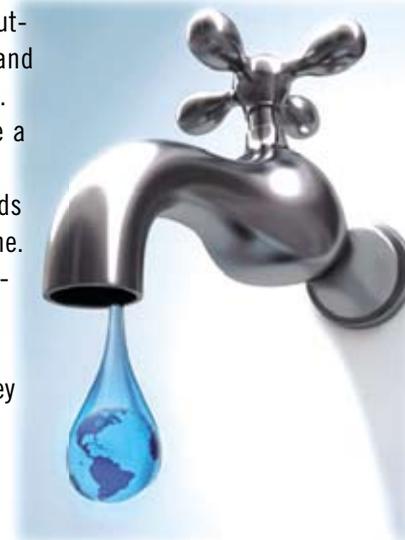
## Straight Talk Line

Call the local Straight Talk lines for current, automated information during a natural disaster, crisis or emergency. JBSA-Randolph: 652-7469; JBSA-Fort Sam Houston: 466-4630; JBSA-Lackland: 671-6397.



## Water Conservation Tips

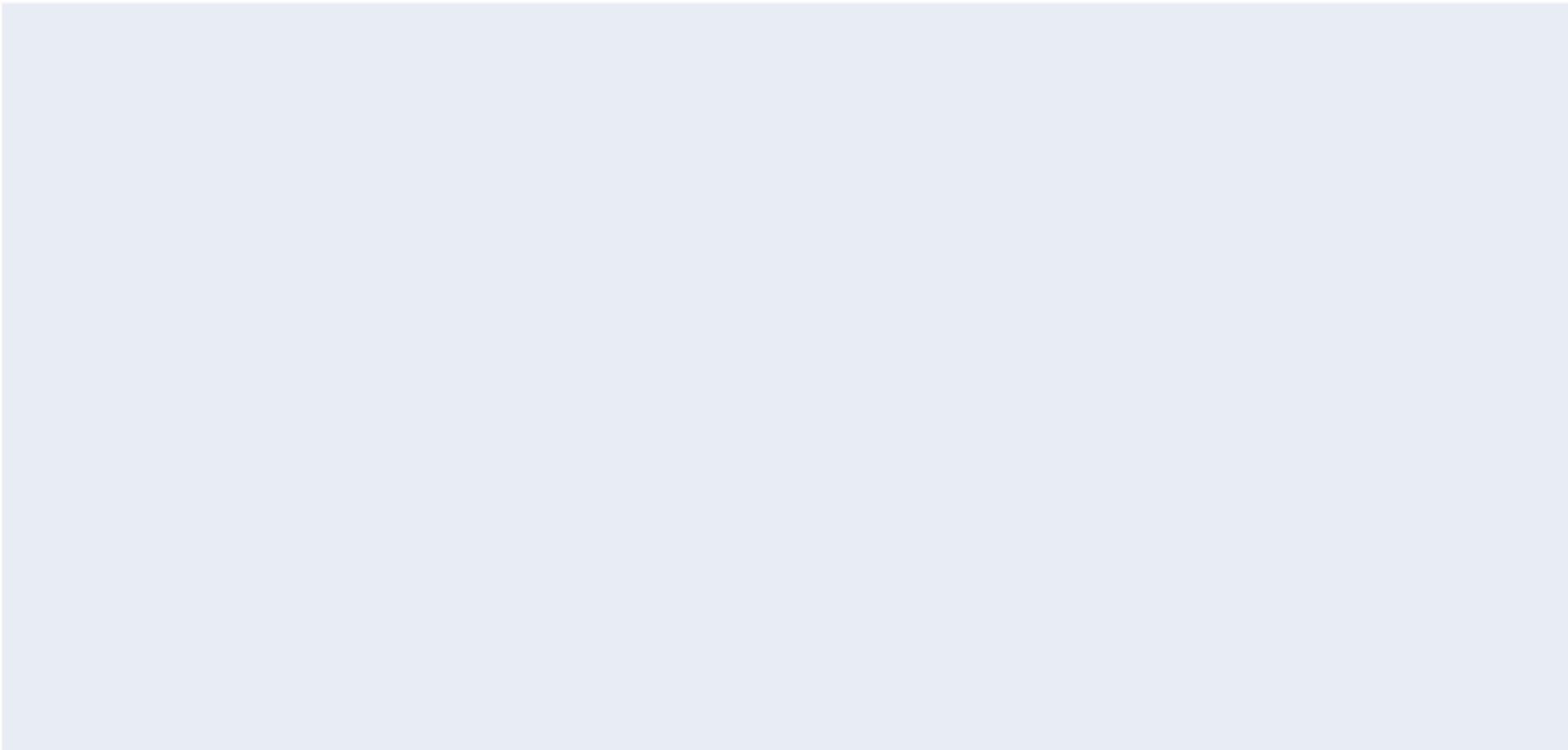
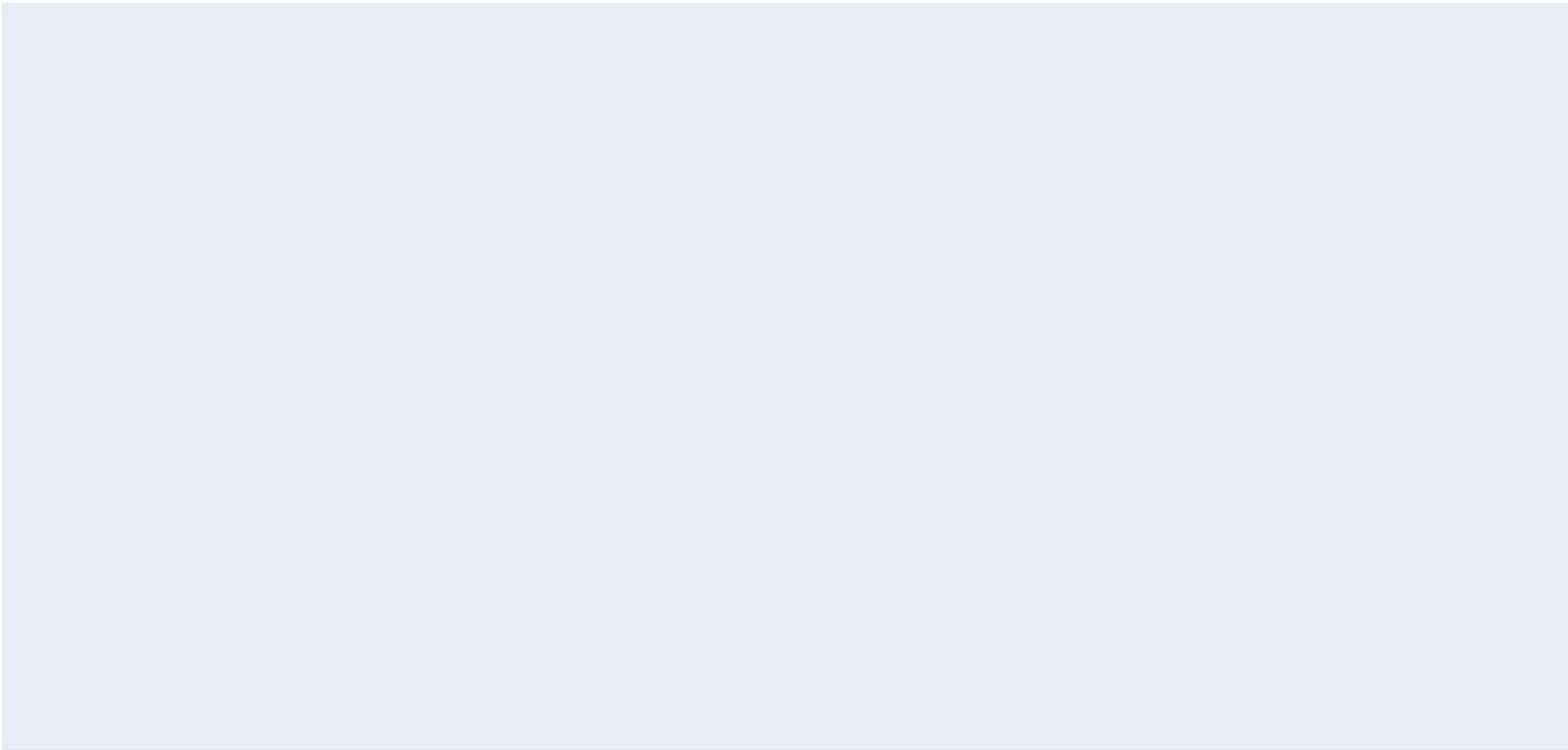
- Know the location of the master water shut-off valve. This could save gallons of water and damage to the home if a pipe were to burst.
- When watering grass on steep slopes, use a soaker hose to prevent wasteful runoff.
- Group plants with the same watering needs together to get the most out of watering time.
- Remember to weed lawn and garden regularly. Weeds compete with other plants for nutrients, light and water.
- While fertilizers promote plant growth, they also increase water consumption. Apply the minimum amount of fertilizer needed.



*(Source: 502nd Civil Engineer Squadron)*

### **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.



# Have a safe extended weekend

By Jewell Hicks  
502nd Air Base Wing Safety Office

Monday is Veterans Day – a holiday to commemorate the thousands of combat veterans who fought in the service of our country.

As you enjoy the extended weekend and participate in activities honoring America's veterans, keep in mind that it is also that time of the season where our risk management techniques will be tested even more.

Here are some reminders to consider – not just for this Veterans Day, but for the months ahead:

- The end of Daylight Saving Time means longer hours of darkness. Wear reflective material and bright colors when performing night time activities such as running or walking around traffic. Remember that you may have the right of way to cross a street, but the vehicle operator has to give you that right of way! If you're a vehicle operator, watch out for pedestrians – particularly children.

- The wearing of portable headphones, earphones, cellular phones, iPods or other listening and entertainment devices while walking, jogging, running, bicy-

cling, skating or skateboarding on installation roadways is prohibited (Reference para 3.6.6, AFI 91-207, Traffic Safety Program).

- Decreasing temperatures and San Antonio's humid climate causes fog and condensation on vehicle window surfaces. Ensure you have a clear field of vision before beginning a drive. Also, slow down and drive with appropriate lights (fog lights or low beams) to help lower the risk.

- Automobile and motorcycle mishaps continue to be the top killer of military personnel with excessive speed, fatigue, and alcohol as major contributing factors. The failure to use seatbelts have resulted in vehicle ejection fatalities during otherwise survivable accidents.

- AFI 91-202, (AETC Sup), para 1.6.13.8, requires military personnel under the age of 26 to receive a pre-departure safety briefing before they depart on leave. The briefing is documented on the AETC Form 29B, Pre-Departure Safety Briefing.

The moment you take to remind someone to consider the risk of planned activities may make a difference in that person's or his family's life forever. Have a safe extended weekend!

## DID YOU KNOW?

### Firearm policy affects carriers across JBSA

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

To ensure the safety of the Joint Base San Antonio community, Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and JBSA commander, established a policy Sept. 30, regarding the handling, possession, storage and transportation of privately-owned firearms on all JBSA installations.

The policy states that anyone arriving at any JBSA locations will immediately report to the installation entry controller if in possession of a firearm. If the individual does not reside on a JBSA installation, he or she will be directed to go immediately to the 902nd Security Forces Squadron Armory at JBSA-Randolph, 802nd Security Forces Squadron Armory at JBSA-Lackland or the Base Defense Operations Center at JBSA-Fort Sam Houston to store the firearm, regardless of the duration of the person's stay at the location.

Weapons became available for purchase at JBSA-Randolph Nov. 1 and safety is still top priority, Tonya Yancey, JBSA-Randolph Exchange store manager said. Weapons are not sold at the Exchanges at JBSA-Fort Sam Houston or JBSA-Lackland.

"To uphold the level of safety within the community, the firearm department is mandated to follow a detailed list of

rules and regulations before allowing firearms and ammunition to leave the counter," she said.

Along with firearms and ammunition not being an option for purchase the same day, one of the rules states store employees must ensure gun buyers understand federal and state firearms law still apply. Another rule requires store employees to document every weapon purchased, with the name of the buyer and the date of the purchase.

After purchasing weapons, all customers are required to register their firearms with the security forces squadron by filing an Air Force form 1314 (Firearms Registration form) and a DD form 2760 (Qualification to Possess Firearms or Ammunition form). Both forms can be found at <http://www.e-publishing.af.mil>.

"We are committed to providing the safest possible working and living environment for our people," said Master Sgt. Kerry Thompson, 902nd Security Forces Squadron NCO in charge of installation security. "These rules are not for anyone's inconvenience, but rather to ensure safety."

For more information about the privately-owned weapon policy and the Exchange weapons purchase policy, contact the 902nd SFS Armory at 652-4365, 902nd SFS BDOC at 652-5700 or the Exchange firearm counter at 652-2681 ext. 234.

# JBSA-Randolph Family Advocacy conducts 'black eye' experiment

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

The Joint Base San Antonio-Randolph Family Advocacy program conducted its first "black eye" project Oct. 25, a social experiment to assess public and personal reaction to signs of abuse, as part of the Domestic Violence Awareness Month campaign.

During the project, several test subjects were given obvious signs of physical abuse in the form of fake bruising, along with a set of hand-out cards explaining the exercise and its purpose. Participants went about their day normally, giving a

card to those who ask about the "bruising," and then recorded the reactions they received.

The goal of this experiment was to see how many people would vocally acknowledge the problem, approach the simulated victim and direct the participants to domestic abuse resources and other services.

According to Emily Mueller, JBSA-Randolph Family Advocacy intervention specialist, physical evidence of abuse tends to make people very uncomfortable, which she said was proven true during the experiment.

"We hoped the amount of people offering advice would be better here

than in the civilian world because everyone is consistently being briefed on family advocacy and speaking up in the military," Capt. Amanda Hardy, 359th Medical Operations Squadron Family Advocacy officer, said. "You can ask people all day what they would do about a domestic abuse situation, but the real test comes when they are actually confronted with this kind of situation."

While not surprised to find that strangers seemed to have some difficulty addressing the obvious bruises, Hardy said the participants and project coordinators were stunned to find that some people who knew the

simulated victims failed to speak up about their condition.

"Although this project used very obvious signs of physical abuse, there are other kinds as well," Hardy said. "Emotional abuse and neglect are also signs of abuse and you should notice people in those situations too, help them, not just when there are bruises. Be a true wingman, check in and offer helpful resources."

For more information on domestic violence resources offered through JBSA Family Advocacy, call 292-5967. To reach the Domestic Violence Hotline, call 367-1213.



## COMMENTARY

# AF ISR, cyber link for stronger Air Force operations

By Col. Timothy Haugh

Assistant Vice Commander, Air Force Intelligence,  
Surveillance and Reconnaissance Agency

The Internet, software, cell phones, communication technology, satellite transmissions and secure transactions impact virtually every aspect of our daily lives.

Those capabilities, collectively, make up what we've come to call "cyberspace." Cyberspace has become so entrenched and so vital to U.S. interests that attacks on our cyber enterprise have been likened to another "Pearl Harbor" in terms of the devastating impact it could have on us.

If cyber is that important to us, then we know it is just as important to our enemies, today and in the future, especially as we focus on highly contested environments – that is, against peer or near-peer enemies.

Cyber is and will always be a contested environment. It will require specialized intelligence, surveillance and reconnaissance to defend AF networks, and leverage cyberspace as a unique intelligence source.

At the Air Force Intelligence Surveillance and Reconnaissance Agency, headquartered at Joint Base San Antonio-Lackland, we understand the critical importance of integrating cyber and ISR to meet increasing combatant commander demand now and in future operations, as do our partners at the 24th Air Force, responsible for maintaining and defending Air Force networks.

After a decade of fielding and operating new ISR capabilities in Iraq and Afghanistan, the AF ISR Agency is well postured to advance cyber ISR and integrate intelligence derived from cyber into the myriad products produced daily for combined forces air component commanders and

*"Cyber is and will always be a contested environment. It will require specialized intelligence, surveillance and reconnaissance to defend AF networks, and leverage cyberspace as a unique intelligence source."*

combatant commanders and national decision makers at the highest levels.

ISR and cyber are inextricably linked. To find and fix problems in the cyber realm, operators first need to know where their target sits. AF ISR Airmen find those targets, whether individuals or countries, who are working actively in the cyber realm to damage the U.S.

As a contested domain, cyberspace requires specialized ISR operations to defend Air Force networks and leverage cyberspace as a unique intelligence source. Cyber operations, in turn, feed ISR Airmen intelligence on enemy locations and targets.

One operation supports the other and creates a synergy that improves the nation's defensive and offensive capabilities. Intelligence resulting from cyber ISR operations will continue to increase, driving operations in air, space, and cyberspace.

Today, the AF ISR Agency continues to partner closely with the 24th Air Force at Port San Antonio to establish the Secretary of Defense-directed Cyber Mission Force. The force creates 1,264 Airmen positions focused on cyber operations and cyber ISR.

Cyber Mission Force teams will defend Department Of Defense networks and also provide offensive, defensive and ISR operational capabilities to

meet combatant command joint warfighting needs. Approximately 50 percent of these new positions will be cyber ISR Airmen from the AF ISR Agency.

As the lead element for the Cyber Mission Force, the 24th Air Force will gain the other 50 percent. As the Air Force component to U.S. Cyber Command, the 24th AF extends, operates and defends the Air Force portion of the DOD network, as well as providing full spectrum capabilities for the joint warfighter in, through and from cyberspace.

The ISR Agency provides the 24th AF the same decision advantage for its missions in cyberspace that we have for the other component numbered air forces in air and space. The growth coming in Air Force Cyber ISR balances today's ISR portfolio and will allow us to operate as needed in all domains – air, ground, space and cyberspace.

Innovation is central to effective ISR and cyber operations. During the last decade the Air Force gained platforms and sensors to meet the demands of counterinsurgency operations. The next decade will be marked with innovation in cross-domain, all-source ISR operations in air, space and cyberspace.

The AF ISR Agency, 24th Air Force and its mission partners are ready for the challenge.

## CELEBRATE AMERICA'S MILITARY EVENTS

- **Military City, USA "Thank You" Run**

The Greater San Antonio Chamber of Commerce is scheduled to host a run or walk event as part of the Wounded Warrior Project at 11:30 Saturday, VFW Post 76, San Antonio. Warm-up time is at 10:30 a.m. For entry fee, route information and more, visit <http://www.athleteguild.com/running/san-antonio-tx/2013-military-city-usa-thank-you-run>.

- **U.S. Military Veterans Wreath Laying and Parade**

In honor of Veterans Day, a free parade and wreath-laying ceremony is scheduled for 10:30 a.m. to noon Saturday at 300 Alamo Plaza, downtown San Antonio. The event is open to the public. For more information visit <http://usmvpva.com>

- **Veterans Day Concert "Salute to Service"**

The San Antonio Symphony's and Band of the West's 9th Annual Veterans Day Concert: Salute to Service is scheduled for 7-8:15 p.m. Sunday at the Majestic Theatre, 224 E. Houston St. For ticket information, call 554-1090 or visit <http://www.sasymphony.org/2013/09/veterans-day-salute-to-service/>

- **Veterans Day Ceremony**

A free Veterans Day Ceremony is scheduled for 9:30-11 a.m. Monday at Fort Sam Houston National Cemetery. For more information, call 820-3891 or visit <http://www.celebrateamericasmilitary.com/event/veteransday-ceremony/>

- **Bexar County Buffalo Soldiers Commemorative Ceremony**

A free Bexar County Buffalo Soldiers Commemorative Ceremony is scheduled for 1:30-2:30 p.m. Monday at the San Antonio National Cemetery, 517 Paso Hondo St. For more information, call 336-3903.

- **Spurs Veterans Day Game**

The San Antonio Spurs are scheduled to play against the Washington Wizards 7:30 p.m. Wednesday at the AT&T Center. Discounted tickets are available for military members in uniform. For more information call 444-5618 or visit <http://www.spurs.com>.

For more information on CAM, visit <http://www.celebrateamericasmilitary.com>

# 'Game of Bones' helps bring ethnic communities together

By Alex Salinas  
Joint Base San Antonio-Randolph Public Affairs

In conjunction with Hispanic Heritage Observance Month, active duty, retirees, friends and family members participated in the 13th Annual Rafael Rodriguez Jr. Dominoes Tournament Oct. 26 at the Joint Base San Antonio-Randolph Community Center.

Rodriguez, a New York native who works as a 902nd Logistics Readiness Squadron vehicle operator, began the double-elimination event that bears his name in his own living room October 2001.

To Rodriguez's family, playing dominoes is an important tradition. The fact that it is also recognized by the Latin American people on a global scale inspired Rodriguez to celebrate his culture in a creative way.

The debut tourney started with 16 players who happened to be all of Rodriguez's friends. However, each year the tournament grew. This year, a total of 32 competitors traveled from several locations to play.

Seeing the growth of what started as a simple at-home game among friends, Rodriguez established a committee to help fund and organize the competition during its eighth year. By doing so, the match was moved to a larger recreational venue in Stone Oak.

Shortly after that, Rodriguez's tournament received sponsorships and television coverage from Spanish station Univision. The last three years, his tournament has been held at JBSA-Randolph.

Throughout the years, the domino tournament has had contestants from Cuba, Mexico, Panama, Puerto Rico and Dominican Republic.

"In 2009, a player's father flew from Santo Domingo – the Dominican Republic's capital – to participate in the tournament," Rodriguez said.



Photos by Alex Salinas

A player makes a move while others strategize during the 13th Annual Rafael Rodriguez Jr. Dominoes Tournament Oct. 26 at the Joint Base San Antonio-Randolph Community Center. The tournament was named after and hosted by Rafael Rodriguez Jr., 902nd Logistics Readiness Squadron vehicle operator, in celebration of Hispanic Heritage Month.

Despite the tournament bringing competitive domino entrants from various places, Edward Vargas, Air Force Personnel Center civilian strategic leader program chief, said the "air is really friendly."

"When it comes to actually playing the game of bones, the atmosphere can get heavy with competition," Vargas said.

During the match, each four-player contest lasts about 45 minutes and challengers from dif-

ferent tables are seated close to each other. Talking is not allowed during play.

"But afterwards, it's all about having fun," he said.

After the tourney and late into the evening, the heat of competition fades and participants enjoy Caribbean cuisine, music and relish the chance to catch up with one another.

"A lot of us have built friendships throughout the years," Alberto Mir, 902nd LRS cargo movement manager, said. "Part of the fun is learning the similarities and differences between the many Latin cultures we represent."

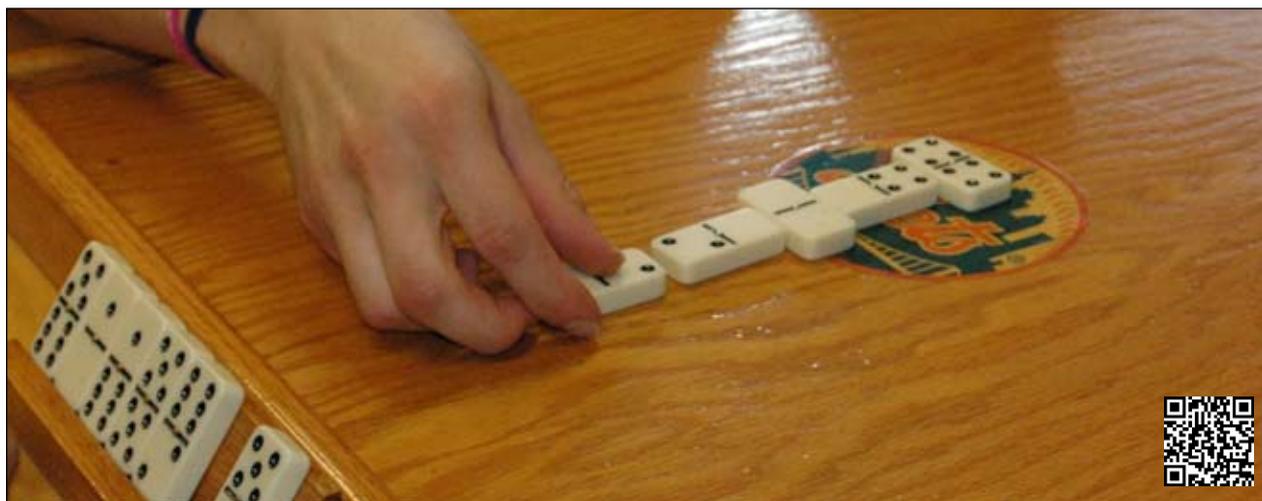
Some competitors describe the tournament as an annual family reunion.

"We're a family that only gets to see one another once a year," Luis Pabon, 802nd Communications Squadron wing communications security manager, said.

According to Vargas, playing competitive dominoes is just one aspect of this tournament. The bigger part is coming together as a community and celebrating life.

By the tournament's 15th year, Rodriguez hopes to have 64 players enrolled. He plans to continue sending annual invites for the rest of his life.

"The doors are open to all newcomers, regardless of ethnicity," he said.



A competitor places a tile during the 13th Annual Rafael Rodriguez Jr. Dominoes Tournament Oct. 26 at the Joint Base San Antonio-Randolph Community Center. Thirty-two players participated in the tournament.



# Airmen learn night vision goggle techniques

Student instructors learned the use and functionality of night vision goggle equipment Oct. 28 during the Night Vision Goggle Academic Instructor Course at the 359th Medical Group Aerospace and Operational Physiology Training Unit.

"The NVG equipment gives military members combat power that adversaries may not have," said 1st Lt. Mike Vastola, Night Vision Goggle Academic Instructor Course deputy director. The device takes light energy and converts it into an electrical signal. They then reconvert that signal back into a light source that the human eye can detect, thereby intensifying the image numerous times for the user."

Part of the NVG Academic Instructor Course's purpose is to spread the information and knowledge that users have and establish fundamental understanding of what cannot be seen while using the equipment.

JBSA-Randolph is the only location that offers the Air Force's day-and-a-half-long NVG course.



Photo by Rich McFadden

Capt. Danny Elich, 359th Aerospace Medicine Squadron officer in charge of academics in training, adjusts a pair of night vision goggles in a darkened room during a Night Vision Goggle Academic Instructor Course at Joint Base San Antonio-Randolph.

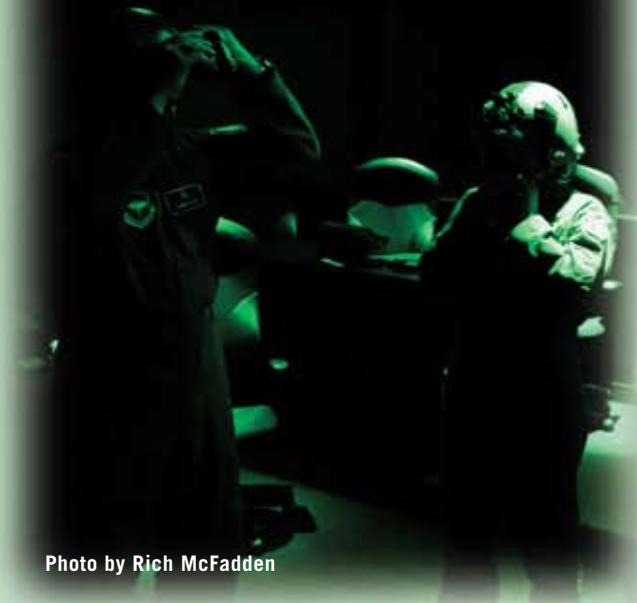


Photo by Rich McFadden

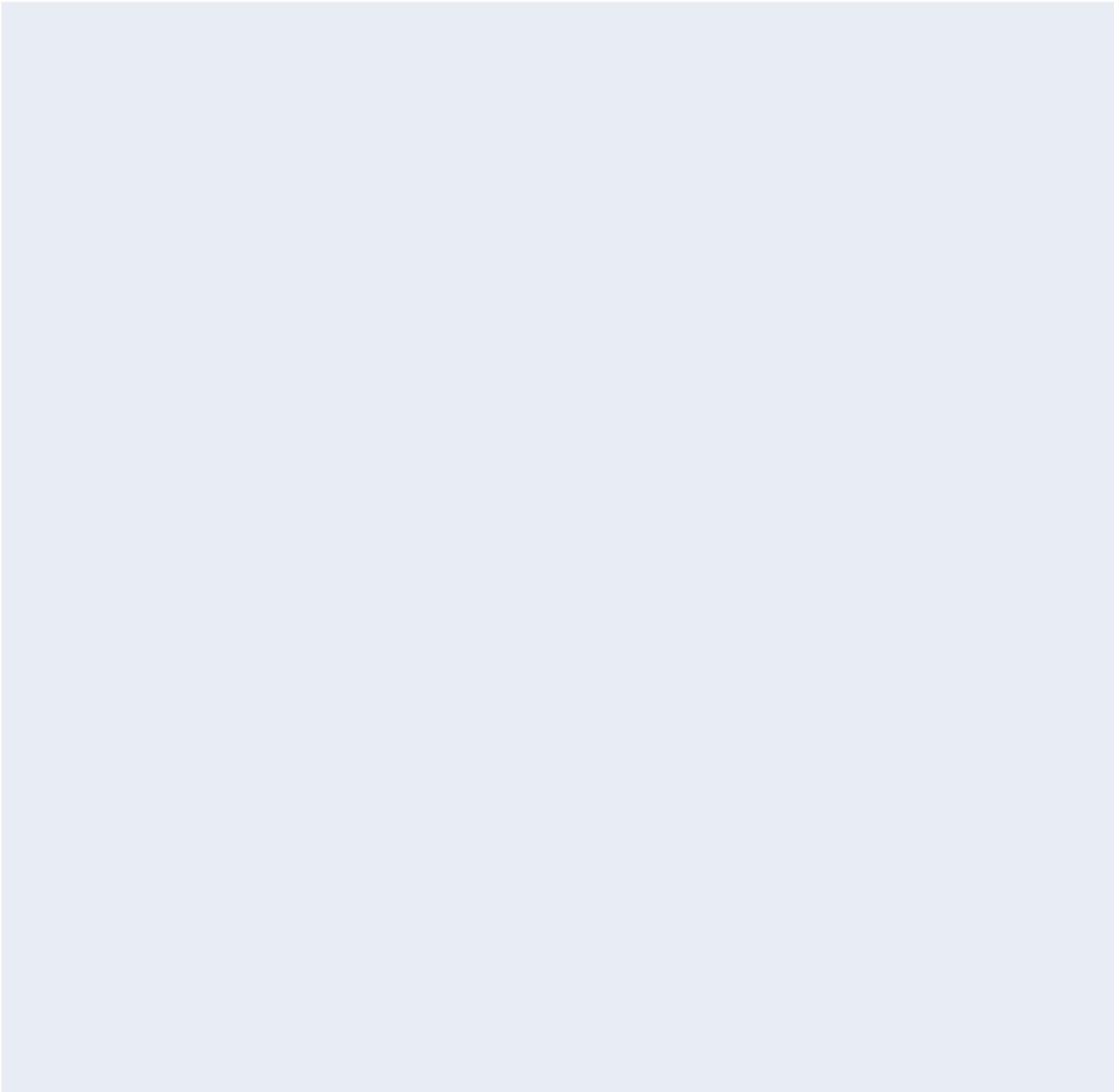
Above: Capt. Danny Elich, 359th Aerospace Medicine Squadron OIC of academics in training, and Master Sgt. Patricia Manzor Ballard, 359th AMDS aerospace and operational physiology flight chief, studies his goggles during a Night Vision Goggle Academic Instructor Course.

Right: Capt. Mari Metzler, 31st Aerospace Medicine Squadron, Aviano Air Base, Italy, studies the night vision goggles instruction manual during a Night Vision Goggle Academic Instructor Course at Joint Base San Antonio-Randolph.

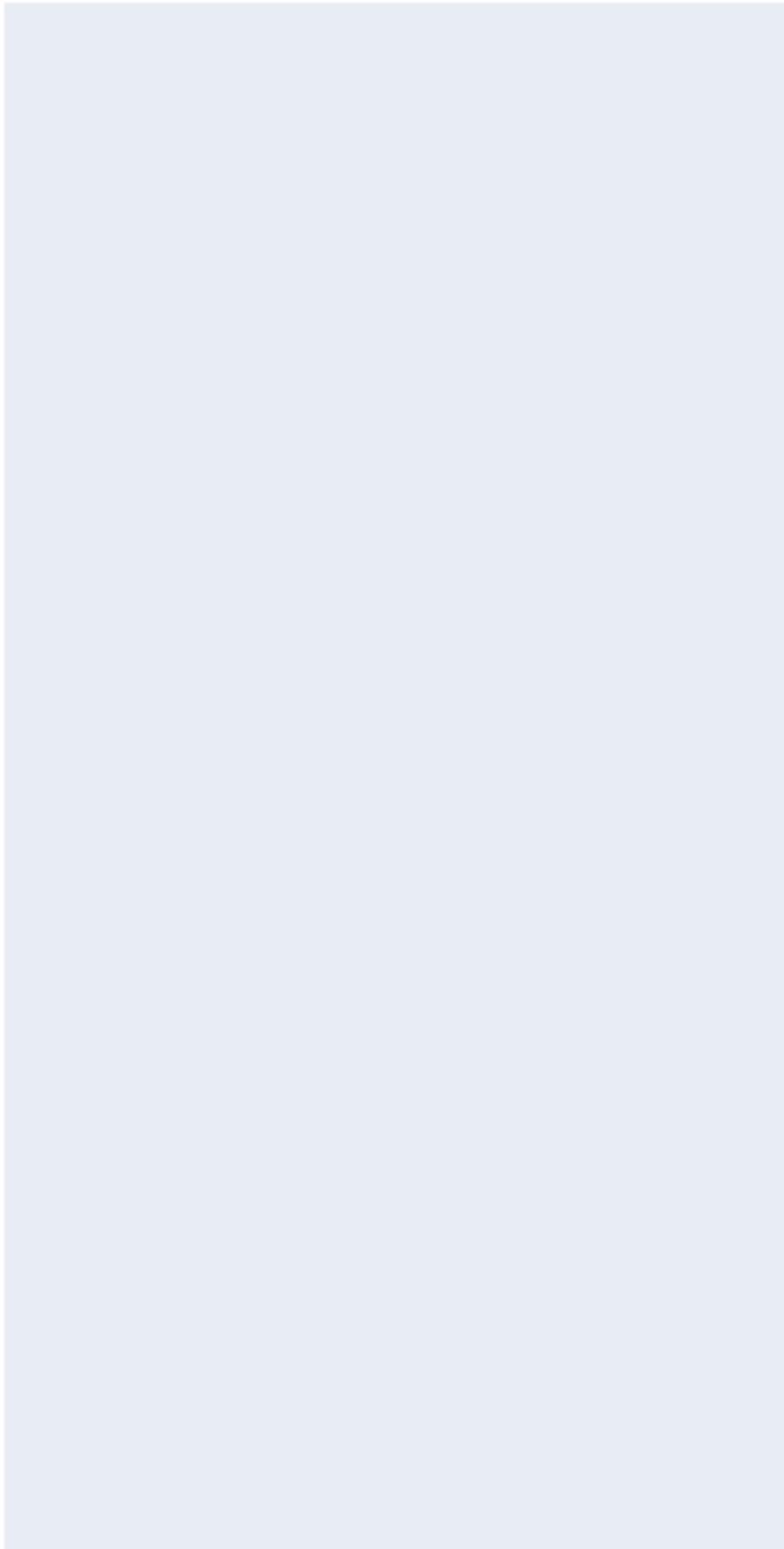
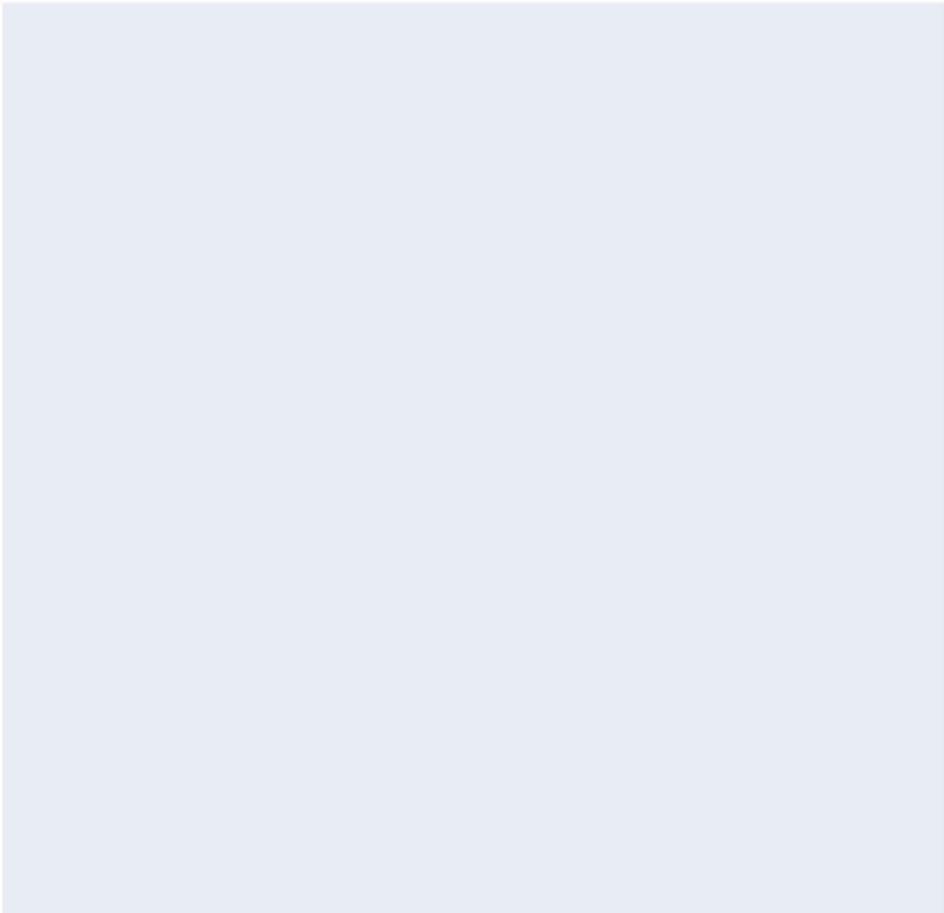
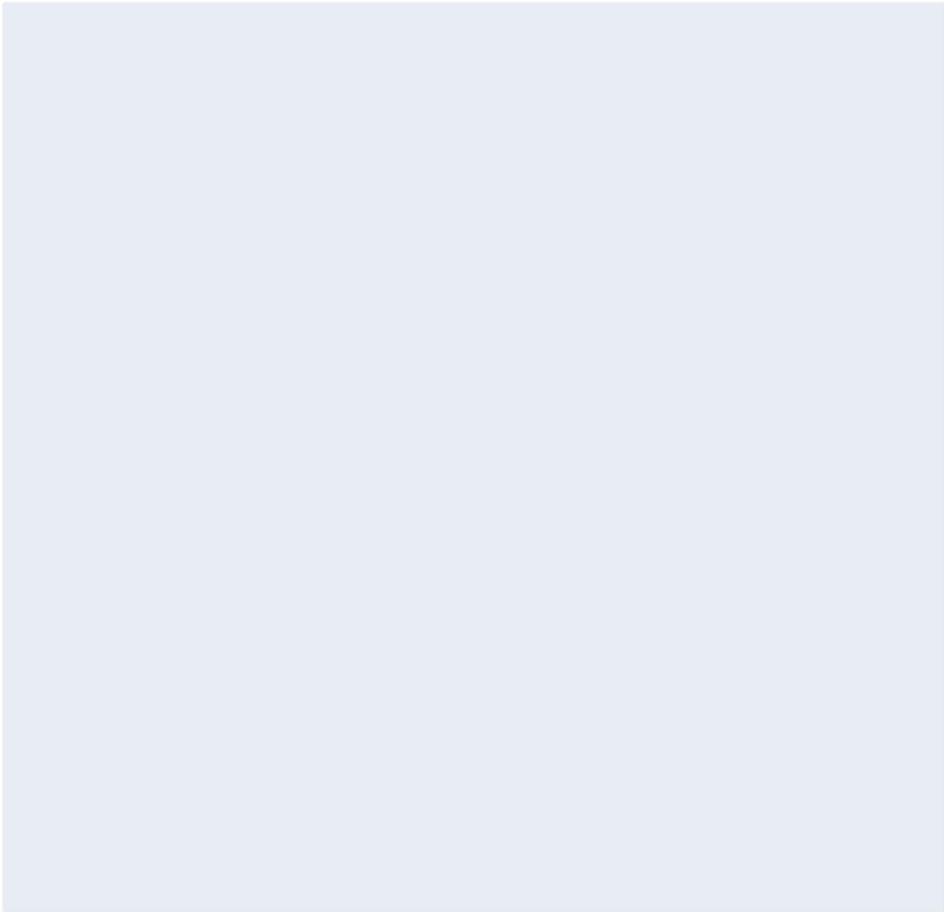


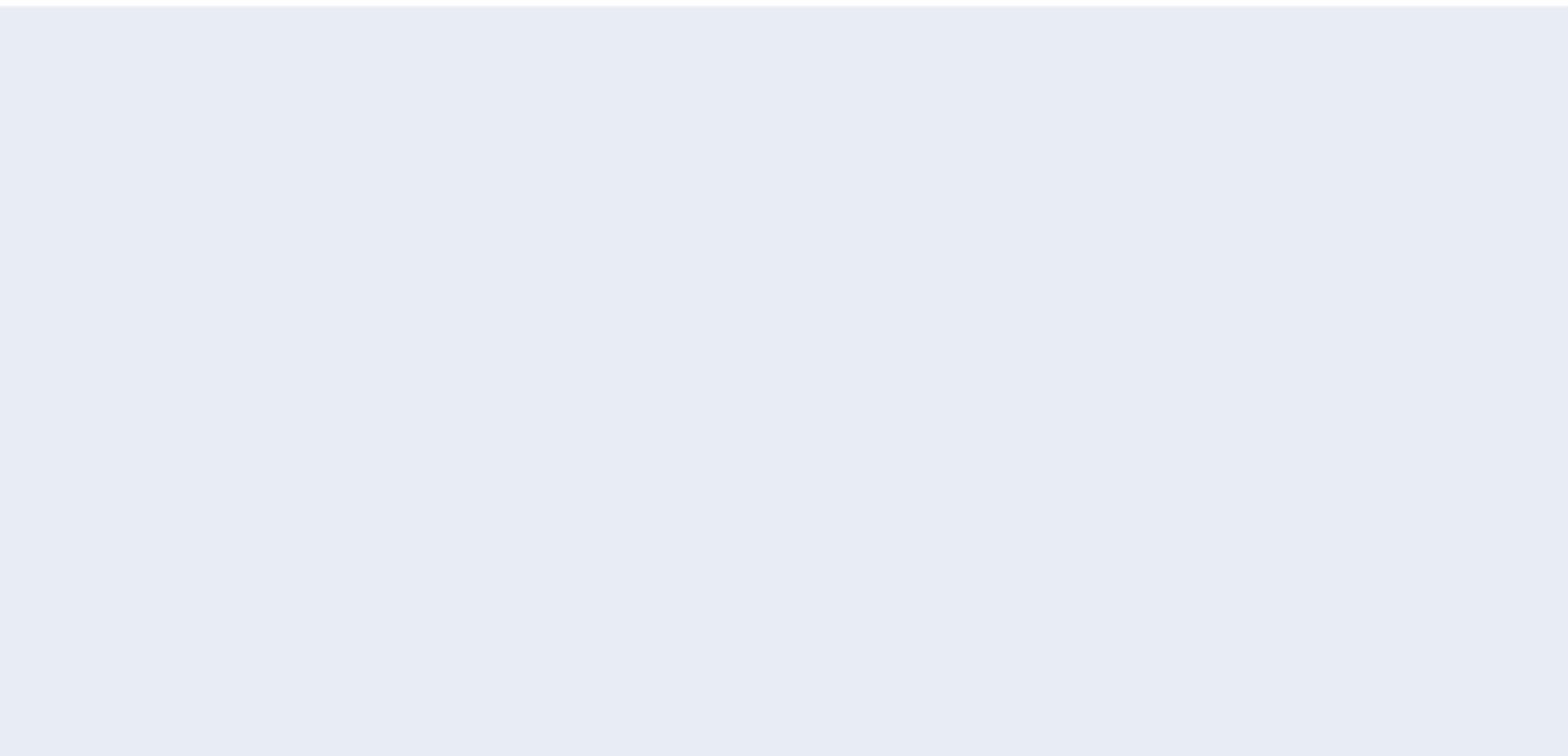
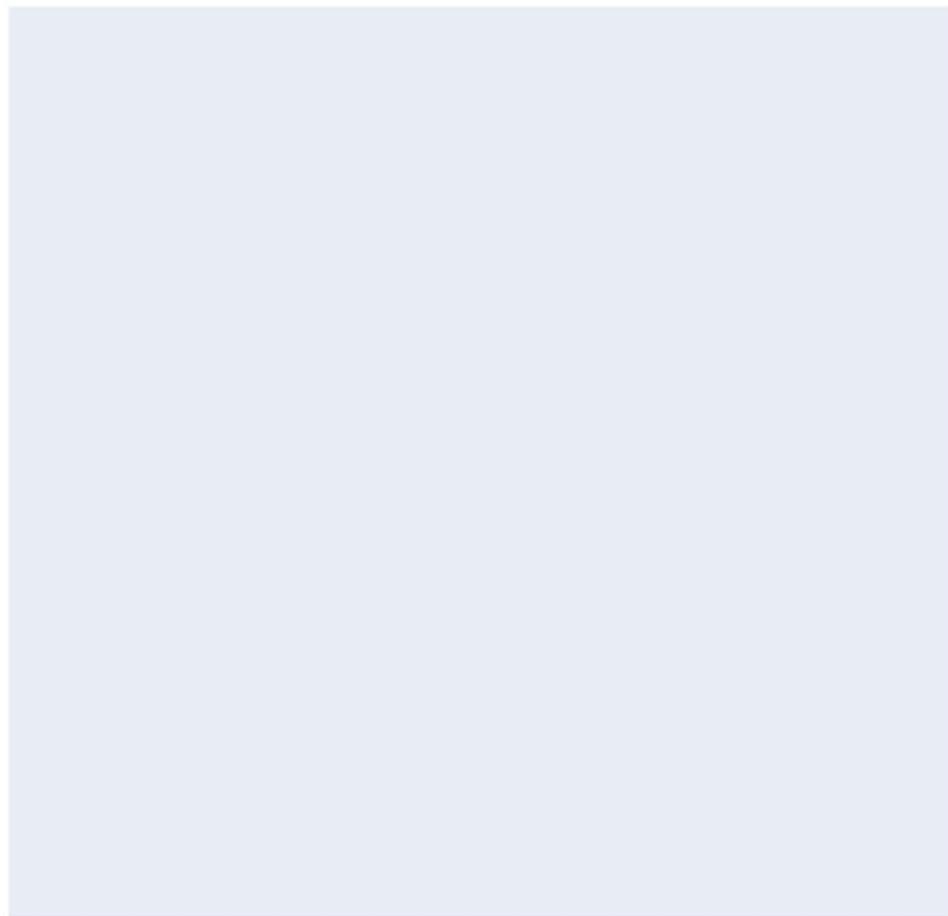
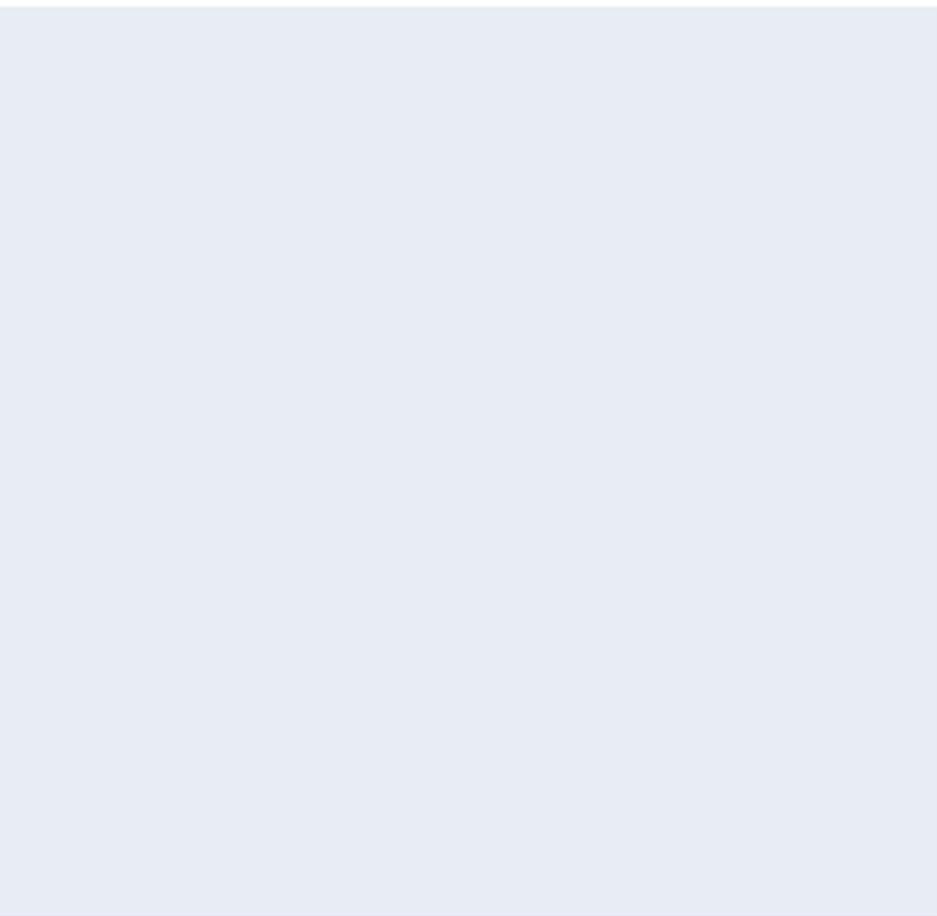
Photo by Airman 1st Class Lincoln Korver











# JBSA-Randolph clinic combats diabetes

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Diabetes, the seventh-leading cause of death in the United States, has reached epidemic proportions. According to the Centers for Disease Control and Prevention, nearly 26 million Americans have been affected.

The incidence of diabetes in the military, estimated at about 5 percent of the active-duty population, is likewise a cause for concern.

At the Joint Base San Antonio-Randolph Medical Clinic, the health management team is calling attention to the disease during National Diabetes Awareness Month.

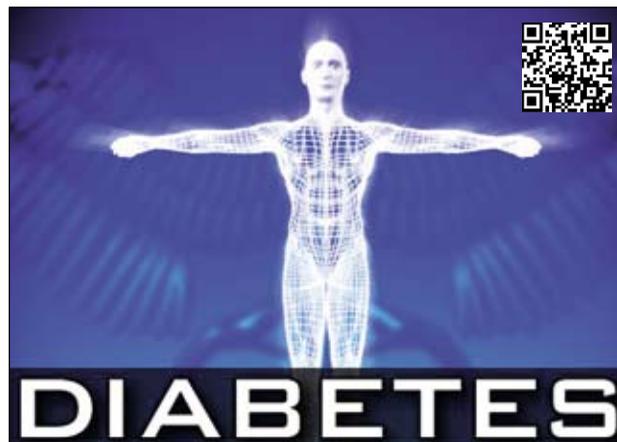
Deborah Jirinz, 359th Medical Group health management registered nurse, calls diabetes "the military's most chronic illness."

"Diabetes is at epidemic levels," she said. "There are about 1,200 beneficiaries diagnosed with diabetes at the clinic."

The CDC defines diabetes as "a group of diseases marked by high levels of glucose resulting from defects in insulin production, insulin action or both."

Insulin is a hormone needed to convert sugar, starches and other food into energy.

Type 1 diabetes usually affects children and young adults, is characterized by the absence of insulin production by the body and affects people throughout their life. Type 2 diabetes, which usually begins as insulin resistance, accounts for 90 to 95 percent of all diagnosed



cases of diabetes in adults. Gestational diabetes is a form of glucose intolerance diagnosed during pregnancy.

Common symptoms of Type 2 diabetes are frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue, blurred vision and frequent infection.

Type 2 diabetes, formerly called adult-onset diabetes, is mainly associated with lifestyle, Jennifer Wetzel, 359th MDG health management registered nurse, said. It is also associated with older age, obesity, family history of diabetes, impaired glucose metabolism, physical inactivity and certain racial and ethnic groups.

"Through routine screenings and good health choices,

people can avoid or delay a diagnosis of Type 2 diabetes," Wetzel said.

Doris Acuna, 359th MDG health management registered nurse, said physical activity is important for people who have been diagnosed with Type 2 diabetes as well as those who want to prevent it.

"We encourage patients to walk 30 minutes a day, five days a week," she said.

Wetzel said a healthy diet should include whole grains, fruits, vegetables and lean protein; processed foods should be avoided.

People who do not control their diabetes over a long period of time face the possibility of stroke, eye problems, heart disease, kidney disease, sexual dysfunction and nerve damage to feet.

In addition to the care provided by the health management team, other resources are available to beneficiaries diagnosed with diabetes, including classes at the JBSA-Randolph Health and Wellness Center and diabetes education, management and prevention programs at other JBSA locations.

Starting next month, the JBSA-Randolph health management team will begin integrating pharmacists into a diabetes management program.

"The clinic will emphasize medication compliance," Yang said. "We will pick the patients who are at the highest risk for the program, which the pharmacists will co-manage with the providers."

For more information about diabetes, visit <http://www.cdc.gov/diabetes/>.

## Air Force JAG announces law school programs

From Headquarters, U.S. Air Force  
Judge Advocate General's Corps

Applications for the Funded Legal Education Program and Excess Leave Program are being accepted from Jan. 1 through March 1, 2014. Interested officers are encouraged to compete.

The number of FLEP and ELP applicants selected in any academic year is determined based on the needs of the Air Force.

"Our Air Force missions are constantly changing and commanders deserve to have access to legal advisors with a broad background of military experiences," said Maj. Sean Elameto, chief of the Accessions Branch, Professional Development Directorate, Office of the Judge Advocate General.

"The FLEP and ELP will ensure that we can continue to maintain a corps of officers whose military experience complements their legal training, providing commanders with the highest caliber of legal support."

According to Elameto, Air Force JAGs do more than just provide legal assistance.

In addition to prosecuting and defending clients brought before courts-martial, JAG officers routinely participate in nearly every facet of the Air Force mission, including developing and acquiring weapons systems, ensuring availability of airspace and ranges where those systems are tested and operated, consulting with commanders about how those systems are employed in armed conflict, and assisting commanders in the day-to-day running of military installations around the world.

"Every facet of every Air Force mission is bound by elements of the law," Elameto said.

The FLEP is a paid legal studies program for active-duty Air Force commissioned officers.

The FLEP is an assignment action and participants receive full pay, allowances and tuition.

FLEP applicants must have between two and six years active duty service (enlisted or commissioned) and must be in pay grades O-3 or below as of the day they begin law school.

The FLEP is subject to tuition limitations, and positions may be limited due to overall funding availability. The Air Force Institute of Technology tuition limit for FY14 is expected to be set at approximately \$16,000 per year.

ELP participants do not receive pay and allowances, but remain on active duty for retirement eligibility and benefits purposes. ELP applicants must have between two to 10 years active duty service and must be in the pay grades O-3 to O-1 as of the first day of law school.

Both the FLEP and ELP require attendance at an American Bar Association-approved law school.

Upon graduation and admission to practice law in the highest court of any state, territory of the United States, or a federal court, candidates are eligible for

designation as judge advocates.

To be considered for FLEP or ELP, applicants must have completed all application forms, applied to at least one ABA-approved law school, received their Law School Admissions Test results, and completed a Staff Judge Advocate interview by March 1, 2014.

Officers must also provide a letter of conditional release from their current career field. Selection for both programs is competitive.

Applicants meet a selection board in early March and selections are made based on a review of the entire application package using a "whole person" concept. AFI 51-101, Judge Advocate Accession Program, Chapters 2 and 3, discuss the FLEP and ELP.

For more information and application materials, visit <http://www.airforce.com/jag>, contact your base legal office, or send an email to [megan.mallone@pentagon.af.mil](mailto:megan.mallone@pentagon.af.mil) or call 800-524-8723.

# Joint Base San Antonio receives rebate from CPS Energy

By Mike Joseph

Joint Base San Antonio-Lackland Public Affairs

Joint Base San Antonio, CPS Energy's largest customer, will receive a five-figure check this month for its participation in a demand response program by the utility.

Col. William Eger, 802nd Mission Support Group commander, and Chief Master Sgt. Donaldo Puller, 802nd MSG superintendent, accepted an oversized check for \$40,066 from CPS Energy officials Garrick Williams, JBSA energy solutions director, and Yvonne Haecker, JBSA account manager on behalf of JBSA during a presentation Monday at JBSA-Lackland.

The demand response program's objective is for the customer to reduce its power demand load during an event to earn the rebate. JBSA received 15 notifications between June and September to curtail load from CPS. On the day of each event, CPS notified JBSA energy officials at 1 p.m. to reduce energy usage from 3-6 p.m.

JBSA averaged 598 kilowatts of reduction for the 15 events after signing an agreement with CPS to reduce 600KW per event.

The rebate, \$67 per average kilo-

watts reduced, will be applied to JBSA operations and maintenance. Along with the check, JBSA also generated \$2,000 in energy savings by participating in the program.

This is the first year all JBSA locations participated in the demand response program, said Ruben Ramos, JBSA-Randolph energy manager. JBSA-Randolph has been in the program for the past three years.

"This is a win-win situation for JBSA and CPS," Ramos said. "JBSA saves energy and gets paid for it."

Ramos said JBSA had some challenges implementing the demand response on each location.

"Each location has different systems, so they applied load curtailment in their own way," he said.

At JBSA-Lackland, limiting chiller demand and air handle unit fan speed reset functions were used on building 1530. The building load was also reduced by shutting down warehouse reset fans. All reduction techniques were done manually by JBSA personnel.

At JBSA-Fort Sam Houston, the chiller that provides cooling for buildings 2840 and 2841 was shut down. Johnson Con-



CPS Energy presents a \$40,066 check to Joint Base San Antonio officials Monday at JBSA-Lackland for participation in the CPS Energy Demand Response Program. Participating in the presentation were (from left to right), John Enyeart, JBSA energy utility team chief; Chief Master Sgt. Donaldo Puller, 802nd Mission Support Group superintendent; Col. William Eger, 802nd MSG commander; Garrick Williams, CPS Energy's JBSA energy solutions director; Yvonne Haecker, CPS Energy's JBSA account manager; and Andy Hinojosa, 802nd Civil Engineering Squadron base energy manager.

trols, which has an energy savings performance contract with JBSA, implemented the action manually.

At JBSA-Randolph, its energy management control system used a software program to perform demand rolling on most of its buildings. The software program controls air handle units and variable frequency drives to limit power consumption. The software is set up to

run automatically when a curtail notification is received from CPS.

JBSA just completed Energy Action Month in October, an annual national campaign to save natural resources with conservation measures through energy awareness. JBSA military members and civilians were also encouraged to take action in meeting energy goals in order to complete the every day mission.