



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 22 • JUNE 6, 2014

Event highlights Asian culture



INSIDE: BOUNCING BACK, P2 ... JBSA, COMMUNITY PARTNERSHIP, P4 ... ON THE RUN, P12

COMMENTARY

KEEPING A BOUNCE IN YOUR STEP

How to bounce back: It's all about perspective

By 1st Lt. David Liapis
39th Air Base Wing Public Affairs

I'm a ball. Yeah, you heard me right. I didn't say I'm having a ball. I'm a sports ball – the "basket" kind to be more specific.

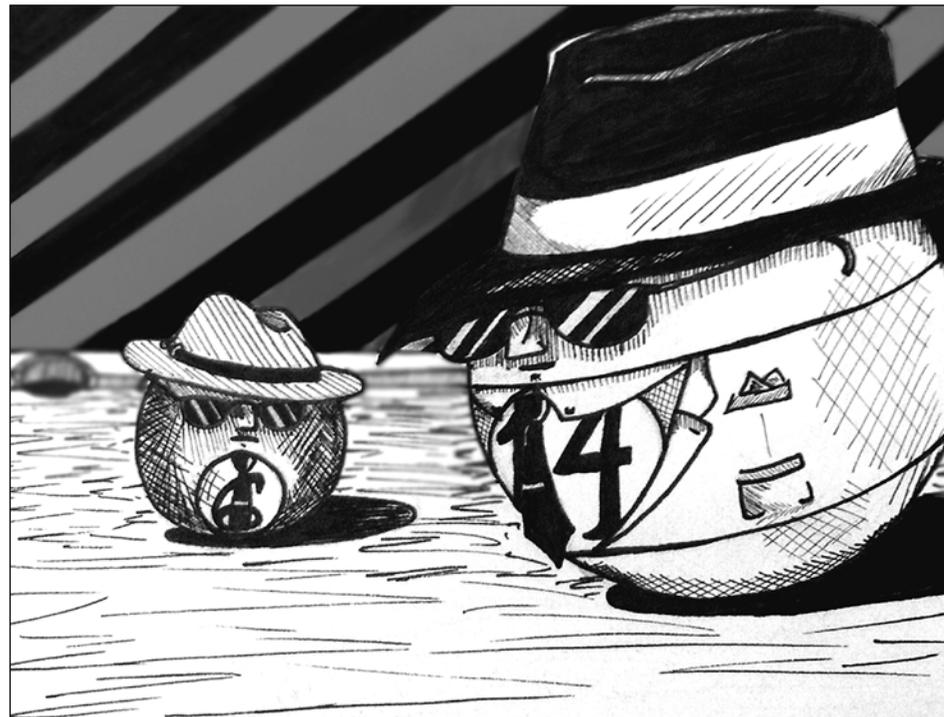
We sports balls have it pretty rough. My cousins and I may have different functions, but we all, without exception, have to put up with an awful lot of abuse – and I won't say from whom (cough, humans, cough, cough).

How would you like it if you existed so people could use you, toss you around, kick you in dirt and hit you with clubs, racquets and bats? Then, to top it all off, they yell at us when they screw up!

I'll tell you what though, I feel lucky to have as much ability to bounce back as I do! It takes some serious resilience to be me. Although, not all of us have it so well. My second cousin, "Rollie" the bowling ball, well, he ain't got any bounce. When he hits the floor, he rolls around in the gutter and then just disappears for a while. He eventually shows back up seemingly ready for more, but I have my doubts. I think he gets especially tired of being poked in the eyes all the time. I know I would!

Then there's old grandpa pigskin. He bounces all right, but you never know which way he's gonna go. Sometimes he heads in the right direction, but other times he seems to lose as much ground as he may have gained. Of course, he's susceptible to the same struggles most of us balls have – leaking. However, those snooty Billiard Brothers and even Rollie don't have to deal with it like the rest of us.

How about you? Do you ever just feel flat? I know when I'm feeling a bit deflated, it's hard to bounce back like I want to. I don't know about you, but it pretty much always takes a helping hand to come along and help me feel full and happy again. Sure, I can sit there on the rack next to all the other basketballs and look like there's nothing wrong; but all it



U.S. Air Force graphic by Senior Airman Brandon Sabin

Maintaining physical, mental, social and spiritual fitness is vital to being the best Airman you can be. Ask your supervisor or contact the community support coordinator at your base for more information on building and maintaining resilience.

takes is for someone to dribble me once and then there's no question I need a little care. I sure wish I could reach out and let someone know I need a little attention.

You humans have it so good, especially you military members. You've got all kinds of ways to seek help when you're feeling flat or need someone to talk to. There are all the Comprehensive Airman Fitness resources, mental health services, chaplains, commanders and first sergeants, supervisors, coworkers, family and friends. The list goes on!

What do we sports balls have? Towels and sanitizing spray? I really shouldn't complain though. My uncle, Birdie the golf ball, has it the worst! In addition to his complexion problem (poor guy has pockmarks all over him), people smack him all over the place, curse at him, then jam him into

a nasty little tube with brushes and water and try to drown him! That is, of course, if they can keep track of him. If he gets lost, they just leave him to rot at the bottom of a pond or become home décor for some groundhog. Some life that is!

Just remember that no matter how bad you think you have it, there are always ways to find help. Use the avenues available and look out for yourself and your wingmen.

I get to be part of basketball games all the time (don't forget, I'm the ball!), and it's pretty evident when a team communicates well and has each other's backs. They may drop me from time to time, but we always bounce back together. That's the point of all of this – being able to bounce back requires communication, teamwork and a willingness to ask for help.

ON THE COVER

Master Sgt. Matt Miller (right), Air Force Recruiting Service, samples Asian cuisine served by volunteers during the Joint Base San Antonio Asian American and Pacific Islander Heritage Festival May 29 at the Randolph Youth Center gym.

Photo by Joel Martinez

WINGSPREAD

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Precision transition

Maj. Gen. Bart O. Iddins (left), 59th Medical Wing commander, presents the guidon to Col. Dana James, 359th Medical Group commander, during the 359th MDG change of command ceremony May 29 at Joint Base San Antonio-Randolph.

Iddins officiated the ceremony, where Col. Althea B. B. Miller relinquished command to James. Previously the commander of the 60th Medical Operations Squadron at Travis Air Force Base, Calif., James was born in Reading, Pa. She received her Bachelor of Science in Nursing from West Chester University, Pa., in 1987 and was directly commissioned into the Air Force in May 1989. James received her Master of Education in Exercise Science and Wellness from Wichita State University in 2001. She is board certified in nursing administration and has held various clinical and administrative positions.

Photo by Melissa Peterson



NEWS

Initiative generates first of many JBSA, community partnerships

By L.A. Shively
Joint Base San Antonio-Fort Sam Houston Public Affairs

Brig. Gen. Robert D. LaBrutta, commander, 502nd Air Base Wing and Joint Base San Antonio, signed a Memorandum of Agreement with Erik Walsh, deputy city manager, May 29, during the Joint Base San Antonio Public/Public/Public/Private (P4) Community Partnership Initiative Table Top Exercise held at the Alamo University Center in Live Oak.

A certificate of appreciation for the members of JBSA from the City of San Antonio, signed by Mayor Julian Castro, was also presented to LaBrutta.

The agreement allows the City of San Antonio Animal Care Services to capture nuisance strays on JBSA-Fort Sam Houston and JBSA-Lackland. ACS would ensure the animals are neutered and have dogs placed up for adoption and cats released back into their environment.

“Erik, we are absolutely looking forward to partnering with you in the future. This is the first of many more initiatives we’ll be able to address together in the days and years ahead,” LaBrutta said.

“It’s in our best interest and it’s in the taxpayers’ interest to work with all of our

partners to solve many of our community issues we have. We certainly appreciate the relationship.” Walsh said.

The P4 initiative was organized in direct response to the fiscal constraints that the 502d Air Base Wing faces over the next five to ten years. In 2013, the defense authorization bill allows installations to enter into intergovernmental support agreements with local governments. This initiative will permit the 502d ABW and JBSA to enter into partnerships in the community in order to provide, receive or share installation support services for many of its municipal and morale, welfare and recreation functions.

Such agreements have proven successful previously at a handful of installations, but this new authority permits all military installations to partner with host communities to obtain or provide support services.

Locally, several planning meetings were launched beginning in February where a core group of installation and community leaders shared information on existing partnerships, organizational needs, capabilities and resources, while identifying potential partnering opportunities to reduce operating and service costs, or reduce



Photo by L.A. Shively

From left: Erik Walsh, deputy city manager; Terrye Heagerty, 502nd Force Support Squadron director; Michael Baldwin, assistant San Antonio Parks and Recreation manager; and Brig. Gen. Robert D. LaBrutta, commander, 502nd Air Base Wing and Joint Base San Antonio, pose with a certificate of appreciation for the members of JBSA from the City of San Antonio, signed by Mayor Julian Castro.

risks, while retaining or enhancing quality of services and infrastructure.

Last week’s table top exercise hammered out strategies for creating and budgeting new community partnerships while mapping the way ahead for the long range.

“We have subject-matter experts from

all of our locations of Joint Base San Antonio reporting on what requirements they need,” said Fil Jimenez, technical director for installation support. “A good example is our libraries – due to funding we may be forced to close our libraries.”

Jimenez explained that a partnership
See INITIATIVE P13

502nd Air Base Wing hosts Wingman Week

By Staff Sgt. Marissa Tucker
Joint Base San Antonio-Lackland Public Affairs

Members of the 502nd Air Base Wing participated in a weeklong celebration of the Wingman concept through a series of classes, fitness events and group outings May 26-30 across Joint Base San Antonio.

Wingman Week was held as an opportunity for all members of the 502nd ABW to deviate from the normal workday activities to focus on various facets of the Air Force’s wingman concept, such as teamwork, problem solving, camaraderie and resiliency, said Senior Master Sgt. Aubrey Herrera, JBSA legal operations superintendent and project officer for the event.

“Comprehensive Airman Fitness (aka Wingman) Week is our community’s opportunity to stand down and recommit to central aspects of Airmanship – namely Comprehensive

Airman Fitness and resiliency,” she said. “For it to be successful, it requires strong and innovative leadership behind each of the activities so as to effectively reinforce the concept of employing resilient strategies that enhance CAF not just on Wingman Day, but all year long.”

Various JBSA locations held an all-call where topics such as interpersonal relationships, listening techniques, San Antonio safety and various approaches to resiliency were discussed. A highlight for many was a speech by the fifth chief master sergeant of the Air Force, retired Chief Master Sgt. Bob Gaylor.

While discussing both pleasant and difficult times of his life and career, Gaylor stressed the necessity of putting each experience into perspective and not allowing the negative things in life to cause one to give up.

See WINGMAN WEEK P6



Photo by Joel Martinez

From left: Col. Christine Erlewine, 502nd Security Forces and Logistics Support Group commander, coins San Antonio Police Department officers James Shirley, Joel Zulaica and Robert Rodriguez May 29 during Randolph Wingman Day at Joint Base San Antonio-Randolph. The SAPD officers gave a safety briefing to Randolph personnel.

Historian seeks to preserve military medical history

From 59th Medical Wing Public Affairs

A modest display that occupies what was once a flower shop at the Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland is the seed of what one day may be an Air Force museum dedicated to military medicine.

For Judith Taylor, Air Force Medical Services historian, that is the goal.

"There has always been a desire by many to have a medical museum for the Air Force. I think it's time the Air Force Medical Service had one" said Taylor.

The AFMS was created in 1949. Its components included the Medical Corps, Dental Corps, Veterinary Corps, Medical Service Corps, Air Force Nurse Corps and the Women's Medical Specialist Corps.

"Each of these groups has contributed greatly to advancements in military medicine, and to saving people's lives. It only makes sense there should be something out there to showcase what they've done," she said.

"Many don't know how AFMS has contributed to the medical world," said Taylor. "The concept of aerobics

began in the Air Force. AFMS also helped develop the Bird ventilator, which helps newborns to breath."

For now, the humble display of lithographs and storyboards by the WHASC information booth will suffice. The current medical facility, affectionately called "Big Willy" by those who know its history, is scheduled for demolition and health care services are set to move to a new adjacent facility within the next few years.

"There's not a lot of time left to build a permanent display. With operations set to move to the new building, the solution was a modest, but in-depth, timeline highlighting AFMS contributions," said Taylor.

Now, everyone can see and learn a bit about the accomplishments of medical personnel from years past. "Hopefully, providing more awareness and stirring up a better appreciation for the foundation upon which modern Air Force medicine was built," she added.

"It's a much-needed and well-deserved tribute to Air Force military medicine and it's just the start," she said. "With a few other projects in line, this is only the beginning of bigger things yet to come."



Photo by Harold China

Judith Taylor, Air Force Medical Service historian, talks with retired Air Force Master Sgt. Tony Garcia and his wife, Gracie, about the medical history display May 21 at the Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio-Lackland.

WINGMAN WEEK from P4

“Have I failed? Yes, many times in my life. Have I faltered? More times than I can count,” he said. “But I took responsibility, faced up to it and kept moving. I’m not sure if that’s resiliency or not, but that’s how I’ve made it all these years. You face it and move on.”

The fifth CMSAF also shared his philosophy on the most important things in life, which included fourteen colorful words beginning with the letter F. Through many laughs and a few somber moments, those in attendance were moved by his story as he received a standing ovation upon his exit.

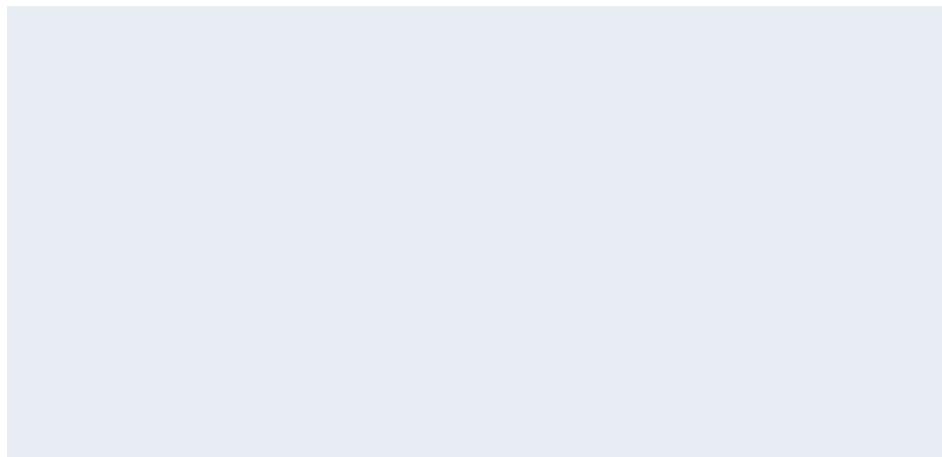
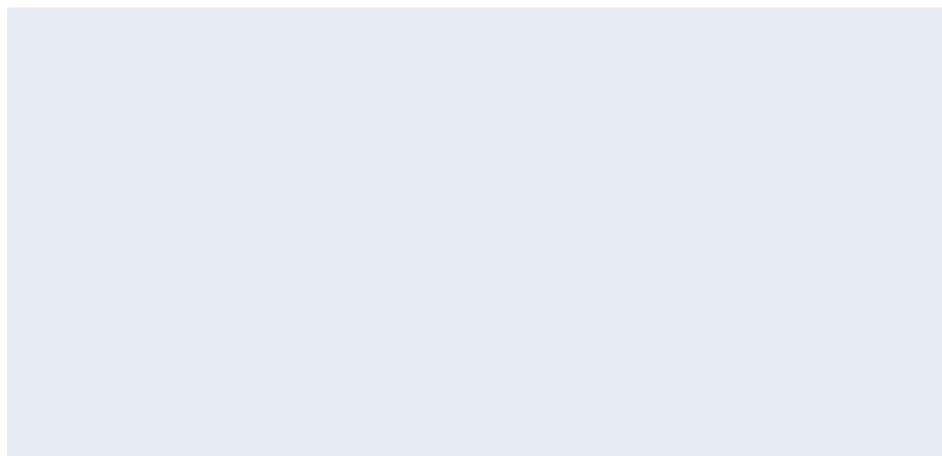
Dedicated Airmen designed various events at JBSA-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph to ensure maximum participation and availability to all Airmen and Department of Defense civilians of the 502nd ABW.

Events included a Crossfit Challenge and group fitness classes, a burger burn, team building training, a two mile funny run at JBSA-Fort Sam Houston, a competitive softball game

between the 502nd Logistics Readiness Squadron and the 802nd Security Forces Squadron, and a field day organized by the 502nd Installation Support Group at JBSA-Lackland.

While Wingman Day activities are a requirement at Air Force installations, JBSA held events for a week to ensure the message behind the activities was not lost in simply “checking a box.” Both participants and organizers of the events expressed their thoughts on why Wingman Day is important at JBSA.

“I was a point of contact for the Oct. 18 Wingman Day events and wanted to do it again because I saw that people really enjoyed it, said Staff Sgt. Melissa Williams, 502nd ISG knowledge operator and POC for the 502nd ISG Field Day. “Wingman Week is a time for us to really learn about each other and remember that under the uniform, we are all people with a story. Knowing a little of that story can help us all work together more cohesively and let people know they are never alone in the Air Force family.”



DID YOU KNOW?



Designed by Herbert S. Green, a local architect who designed buildings throughout the southwestern United States and Mexico in the 1920s and 1930s, the Air Education and Training Command commander's house, aka The Clark House, was built in 1931 on then Randolph Air Force Base, at a cost of \$25,000 which was thought excessive at the time.

The house, located directly across from the Administration Building, is 6,000 square feet with 15 rooms.

So imposing and impressive was the house that on several occasions past commanders have experienced befuddled young lieutenants knocking on the door, confusing the residence for the Officers' Club.

The story goes, in the 1950s when Gen. Charles Myers was in residence, there were a couple of young lieutenants who were visiting the base on temporary orders. One evening they asked directions on how to get to the Officers' Club and were directed to the main circle – "It's a big white building – you can't miss it," they were told.

So the young lieutenants walked over to the

circle, came across this big white building and let themselves in.

Myers was home, relaxing in his easy chair in his civilian clothes, when the young lieutenants came in and sat down.

After a moment, one of the lieutenants asked, "So what does it take to get a drink around here?" The general asked them what they would like to drink, went out to his kitchen and came back with some drinks. A few more moments passed and another of the lieutenants asked, "So is it always this slow of an evening at the Officers' Club?"

Myers responded, "Well, I don't know about the Officers' Club, but it is here in my living room."

Although the story originated then, it carried over into modern times, as two recent AETC commanders, Gen. Henry Viccellio and Gen. Joseph Ashy, also had people mistake the house for the Officers' Club and walk in unannounced.

(Information courtesy of 12th Flying Training Wing history office.)

Preventing bird strikes keeps pilots safe

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

For almost a decade, Michael Pacheco, wildlife biologist and airport operations with the 12th Flying Training Wing, has cruised around the Joint Base San Antonio-Randolph flightline every day, armed with a pail of bird scare ammunition and two shotguns. His role is to scare away birds and wildlife that come too close to the flightline.

According to Birdstrike Committee USA, these avian hazards cause hundreds of deaths and millions of dollars in aircraft damages each year.

“Preventing bird strikes is a very important part of ensuring flightline security and protection,” Pacheco said. “If a bird strike happens, it could put the pilots, crew members and passengers in a deadly situation. Bird strikes have been known to cause aircraft crashes.”

The Federal Aviation Administration receives annual reports recording thousands of wildlife-related strikes. Strikes involving military aircraft cause about \$75 million in damage a year.

In an effort to control this environmental hazard, the Department of Defense pushes to improve aviation safety programs. One of these programs, the Bird and Wildlife Aircraft Strike Hazard prevention program, requires constant interaction among aviation safety members, air

“Preventing bird strikes is a very important part of ensuring flightline security and protection. If a bird strike happens, it could put the pilots, crew members and passengers in a deadly situation.”

Michael Pacheco

12th Flying Training Wing wildlife biologist and airport operations

operation shops, pilots and aircrews.

“To ensure the safety of everyone, I coordinate constantly with the aircraft safety office, the supervisor of flying operations and the airfield control tower,” Pacheco said.

There are two types of control measures, active and passive.

Active control is when pyrotechnic, bioacoustics and depredation methods are used to provide short-term relief.

Pyrotechnics use BASH cannons, which produce loud, booming sounds to scare off birds in the flightline area. Bioacoustics, or the broadcast of local bird distress signals, is another way to provide immediate, although short-term, relief. Depredation allows officials like Pacheco to scare birds roosting on the taxiways using scare-away gas cannons and shooting at them with shotguns loaded with bird-scare cartridges.

Passive control measures involve environmental factors, such as maintaining grass height, smoothing out hills and eliminating forestry. Trees, shrubs and other plants can attract wildlife for food, shelter and roosting sites for birds, so it’s important to eliminate them from areas in the vicinity of the flightline.

“Tall vegetation provides wildlife with food, shelter and pools of water, which birds specifically find enjoyable for their morning baths,” Pacheco said.

Although most bird strikes at JBSA-Randolph are non-damaging strikes, a few of the bird strikes are damaging. The severity of the damage varies from bird strike to bird strike, as do the associated repair costs, Maj. David Braun, 12th Flying Training Wing safety officer, said.

To identify birds involved in strike events, avian remains are collected and analyzed. Even if the remains are tissue and feather fragments, they are sent to the

See BASH P13



Photos by Airman 1st Class Kenna Jackson

Above: Michael Pacheco, 12th Flying Training Wing wildlife biologist and airport operations, helps a turtle return to a nearby pond after spotting him close to the flightline May 21 at Joint Base San Antonio-Randolph. Left: Pacheco makes sure his weapon is clear before packing it in his bag May 16 at Joint Base San Antonio-Randolph.

Airfield manager keeps fightline ops running smoothly at JBSA-Randolph

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

Geren Fawver, Joint Base San Antonio-Randolph airfield manager, is hardly ever at his desk.

In charge of maintaining 18 taxiways, three ramps and two runways used by air traffic control to launch and receive about 30,000 local sorties, 500 transient aircraft and 300 distinguished visitors per year, Fawver spends most of his time on the busiest airfield in Air Education and Training Command, ensuring it operates as safely as possible.

"The first part of my day is inspecting the airfield," he said, "checking signs, grass height, lighting, pavement conditions and markings. Afterward, I meet with civil engineers and contractors to oversee ongoing maintenance projects or plan future projects," such as repairing concrete spalls on taxiway or runway pavements, which are broken pieces of concrete that can be ingested by jet engines.

The rest of his day might be devoted to coordinating flight plans for inbound wounded warriors, dignified transfers and distinguished visitors, or performing security to escort unauthorized people and vehicles off the airfield.

He also supervises seven staff members who conduct numerous airfield checks throughout the flying day, ensure runways are properly configured, process flight plans, publish Notice to Airman advisories and

respond to wildlife hazards on the airfield.

Whether it's replacing outdated taxiway signs, repainting airfield ground markings or cutting the grass to a specific height to discourage the presence of birds, "everything we do is to keep airfield operations safe," Fawver said. "It's a total team effort between air traffic control, airfield management, civil engineering, the fire department and flying squadrons."

Managing airfield support to the east flightline for T-1 Jayhawk and T-38 Talon instructor pilot training, and the west flightline for T-6 Texan instructor pilot training, is a constant challenge.

"Prioritizing what needs to be fixed now versus later with a limited budget is the toughest part of my job," Fawver said. "For example, spotting a small crack today and anticipating how long before that small crack becomes a hazard to flight operations requires a lot of attention to detail."

Working on a time crunch due to airborne planes also challenges Fawver and his team, but they are "great at planning to get it done efficiently."

They are also great at communicating.

Last July, before a 12th Flying Training Wing T-38 belly landed on the east runway with its landing gear up, "the pilot notified the air traffic control tower and the tower notified us (airfield management)," Fawver said.

JBSA-Randolph's airfield management team swiftly relayed the critical in-flight emergency



Photos by Johnny Saldivar

Geren Fawver, 12th Operations Support Squadron airfield manager, marks the location of a damaged area on the taxiway May 16 during his morning flightline inspection at Joint Base San Antonio-Randolph.



Geren Fawver (right), a 12th Operations Support Squadron airfield manager, talks with contractor Randall Schow about restriping the flightline ramp May 16 at Joint Base San Antonio-Randolph.

information to emergency responders "who were prepared and ready for the aircraft to land well before it touched down," he added.

Both aircrew members, an instructor pilot and a student pilot, were unharmed.

There are about 200 in-flight emergencies every year at JBSA-Randolph, which range from hydraulic problems to electrical issues, but timely pilot-to-tower-to-airfield-to-responder communication ensures aircraft land safely, Jaime Gomez, JBSA-Randolph deputy airfield manager, said.

"There's never a boring day," Fawver said. "Seeing a project through from beginning to end, watching plans come together and everyone land safely at the end of the day, makes me feel like we're doing our part to keep the mission going."

Joint Base San Antonio-Randolph News Briefs

Minimal manning

Due to an official function, the Personal Property Processing Offices and Passenger Travel Element at Joint Base San Antonio-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph will operate at minimum manning 1-4 p.m. Thursday. For more information, contact element supervisors at 652-1154 for PME and 652-1642 for PPPO.

Mass BAH recertification

The 502nd Comptroller Squadron Financial Services Office will host a Joint Base San Antonio Basic Allowance for Housing mass recertification from 8 a.m. to 1 p.m. June 20 at JBSA-Lackland, building 5616, room 118. Attendees need to bring original or notarized copies of the following: birth certificates of dependents, marriage certificates or divorce decrees. All legal documents that justify entitlement to "With Rate BAH," for example: notarized agreements or dependency determinations, DD214 for spouse recently separated or retired. Participants will have to fill out a new AF Form 594 that day. For more information, call 652-1851.

Reporting fraud, waste or abuse

Members of the public, military members, civilian and Department of Defense contractor employees may report suspicious activity concerning fraud, waste or abuse and employee or management misconduct. Report suspected FWA to your local Inspector General, the 502nd Air Base Wing IG or the DOD FWA Hotline. The 502nd ABW/IG FWA hotline is 808-1000 or visit <http://www.jbsa.af.mil/fwa.asp>. The DOD hotline is 800-424-9098 or visit <http://www.dodig.mil/hotline>.

Home fire sprinklers save lives

Did you know? Installing sprinklers and smoke alarms in your home reduces your risk of dying in a fire by 82 percent.

Test your home sprinkler system IQ:

Here are five statements about home sprinkler systems.

Are they true or false?

- When one sprinkler goes off, all the sprinklers go off.

False - Only the sprinkler over the fire will activate

- A sprinkler could accidentally go off, causing severe water damage to a home.

False - This is not likely to happen. Home fire sprinklers are specifically designed and tested to reduce such accidents.

- Water damage from a sprinkler system will be worse than fire damage.

False - The sprinkler system will limit a fire's growth. Damage from a home fire sprinkler system will be much less severe than the smoke and fire damage as well as water damage from the fire department hoses.

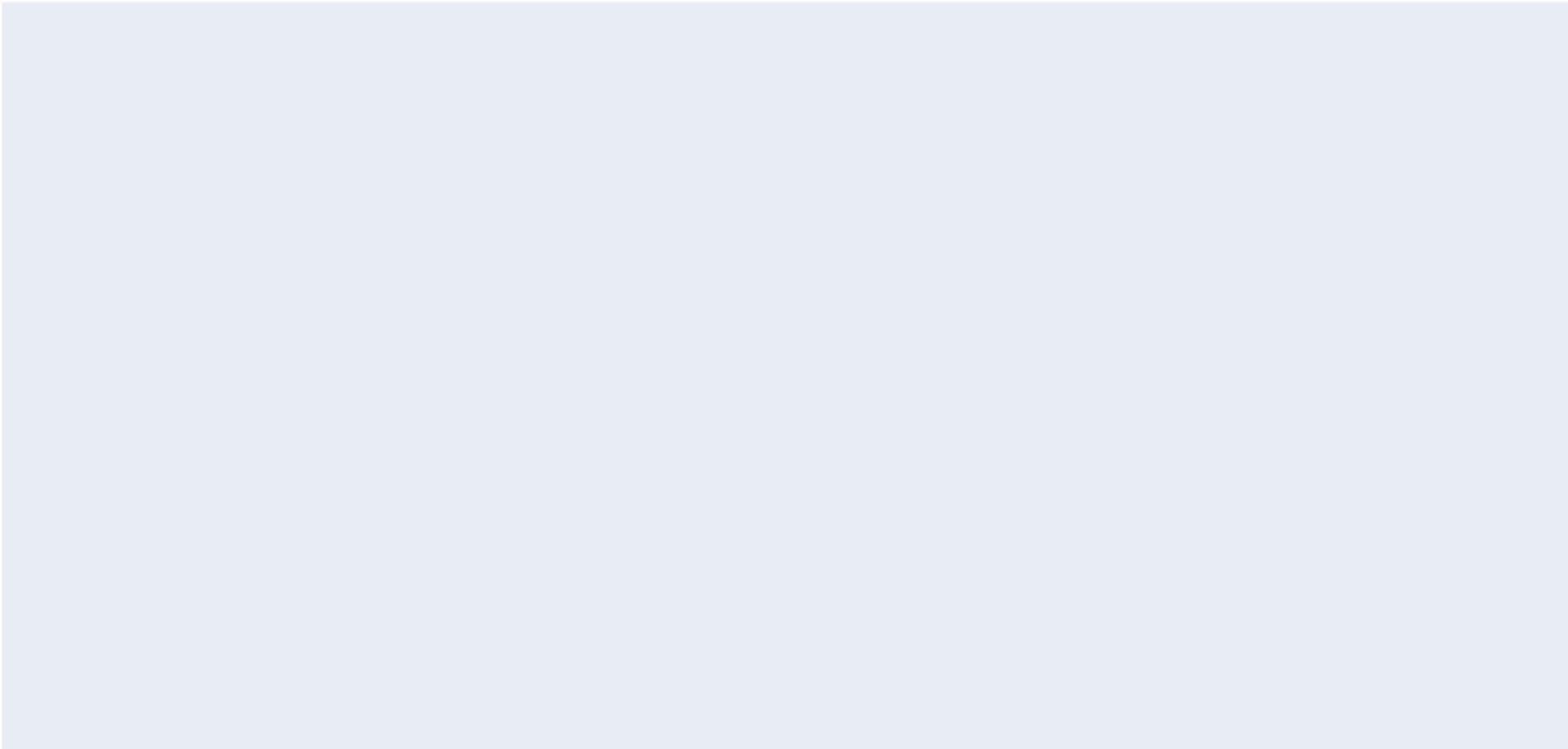
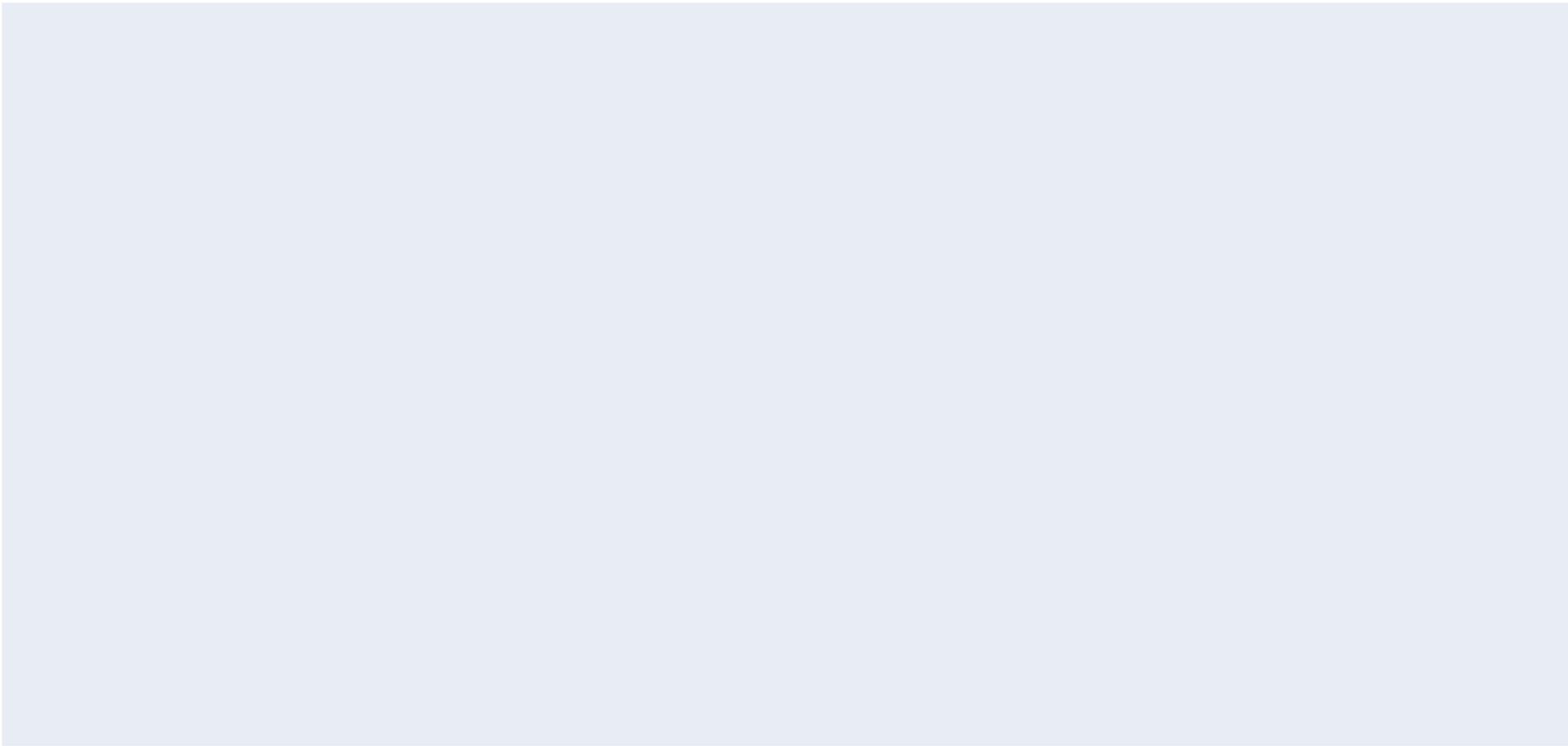
- Home fire sprinkler systems are expensive.

False - They typically cost one to one-and-a-half percent of the total building price.

- Residential sprinklers are ugly.

False - Sprinklers for home use are now being designed to fit in with most any décor.

Information provided by the U.S. Fire Administration and the Federal Emergency Management Administration, <http://www.usfa.fema.gov>



Airman enters running 'renaissance,' reverses years of damage

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

If it wasn't for an hour-long meeting about improving his running and physical fitness performance three months ago, one Airman at Joint Base San Antonio-Randolph would have never reversed the strain his body accumulated after more than two decades.

Now, Maj. William Howard, Air Education and Training Command Initial Skills Training Plans and Policy chief, is not only a better runner, but said he enjoys exercising more than ever.

"Running correctly with proper form has allowed me to exercise pain-free and opened the door to overall better fitness," he said. "I've lost 20 pounds and I'm back to the same weight I was as a second lieutenant. This has been a renaissance for me."

With an improved running form and less weight pressing his joints, Howard's devoted conditioning undid years of wear and tear on his body. His back and knees stopped aching after runs, and he doesn't wake up sore every morning.

"In the last three months, I've run more miles than in the last 24 years of my life," the 46-year-old said. "I average 17-20 miles a week. Sometimes, I have to stop myself from running because I'm not sore."

The most amazing part of his transformation is "I'm just an average guy," Howard said. "I'm not training for a marathon or an extreme fitness event. I made a small change that led to a bigger one."

A gait analysis at the JBSA-Randolph Health and Wellness Center in late January revealed Howard's irregular running patterns, which triggered pain

"Running correctly with proper form has allowed me to exercise pain-free and opened the door to overall better fitness. I've lost 20 pounds and I'm back to the same weight I was as a second lieutenant. This has been a renaissance for me."

Maj. William Howard

Air Education and Training Command Initial Skills Training Plans and Policy chief



and countless days of uninspired workouts. After discovering the proper way to run, he also learned how to attain a healthy body mass index and metabolic rate.

"Instead of pushing myself hard during workouts, I stay within 80 percent of my target heart rate for longer periods of time," he said. "Doing something consistently right at a moderate intensity can make a world of difference."

Efficient running "positively affects everything I do," he added. "My energy levels are consistent throughout the day, my mood has improved and I sleep a little better."

Howard explained how a 2011-2012 deployment to Iraq, where he stepped off Blackhawk helicopters with up to 350 pounds of equipment, would have been easier if he was in better shape.

"I wasn't prepared moving from forward operating

base to forward operating base," he said. "There were a lot of concerns I had with my body."

With an upcoming deployment to Afghanistan, Howard now has "zero concerns" about the physical rigors he may endure.

"Adequate fitness standards won't cut it down-range," he said. "Adequacy and excellence may be the difference to survival."

One of the best ways the military can protect its members is to encourage them to exercise the right way, Howard said, which can save the services millions of dollars in medical bills.

"It's important for the military to provide and promote professional guidance at places like health and wellness centers," he said. "Physical fitness is essential to the mission."

For more information, call the JBSA-Randolph HAWC at 652-2300.

safeTALK
suicide abettors for everyone
www.livingworks.net

Learn how to be more suicide alert at safeTALK training

As a safeTALK-trained suicide alert helper, you will be better able to: move beyond common tendencies to miss, dismiss or avoid suicide; identify people who have thoughts of suicide; apply the TALK steps to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

safeTALK seminar dates and locations

Joint Base San Antonio-Randolph

- Thursday, 1-4:30 p.m. at the Chapel Annex
- June 23, 8:30 a.m. to noon at the Chapel Annex

Joint Base San Antonio-Lackland

- June 17, 8-11:30 a.m. and 1-4:30 p.m. at Freedom Chapel, building 1528
- July 17, 8-11:30 a.m. and 1-4:30 p.m. at Freedom Chapel, building 1528
- Aug. 7, 1-4:30 p.m. at Gateway Chapel, building 6300
- Sept. 25, 8-11:30 a.m. and noon-4:30 p.m. at Freedom Chapel, building 1528

INITIATIVE from P4

agreement for installation libraries would not only continue to provide programs to military and family members but also establish student resource centers, spaces for military staff and faculty development, and allow access to the professional medical collections library and cybrary.

"These community partnerships are put into play to allow installations to run more effectively and efficiently," explained Corina Castillo-Johnson, an attorney with the Department of the Air Force General Counsel, Installation

Energy and Environment Division.

"There are constraints on their budgets but the San Antonio community needs to provide services to all of the operations that are inside the fence," she said, adding that successful partnerships will not only sustain services but potentially create ideal situations where other Defense Department organizations and civilian businesses will be drawn toward San Antonio.

"A premier installation, such as JBSA, is a huge source of economic development for the San Antonio re-

gion. So this initiative behooves us to become better service providers and that's what these community partnerships do," Castillo-Johnson said. "It is something communities can use to make their cities better places to live and work by leveraging each other's access to funds."

"This is uncharted territory," LaBrutta said, "but it is absolutely the right thing to do for both JBSA and the San Antonio community that we're so fortunate to have the opportunity to live and work."

BASH from P8

Smithsonian Institute in Washington, D.C., by the 12th FTW safety office. The Smithsonian Feather Identification Lab performs DNA analysis on blood samples and microscopic feather analysis. By identifying the bird species involved in the strike, researchers and airfield managers can better understand why certain birds are attracted to a particular area.

When a dynamic map of bird strike risk levels across the United States is created, pilots can avoid flying in certain areas at certain times of the year based on the concentrations of birds predicted to be there, which helps reduce bird strikes.

Each BASH team member is trained and certified to scare off birds, testing annually for recertification.

"Part of the training involves practical training with a shotgun," he said. "The next part is a verbal test administered by our certifier to see if we know all the rules and regulations for shooting birds on the flightline."

The BASH team does not shoot avian species indiscriminately and takes care in identifying what direction to shoot to prevent migration near aircraft, Pacheco said.

Although Pacheco respects the importance of the job, he also acknowledges the satisfaction of it all.

"I have a very unique job," he said. "I spend the majority of my time outdoors, and yesterday, I saw a snake eat a bird. To have the opportunity to see something like that as a wildlife biologist, it's pretty neat."

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.

To advertise in the Wingspread,
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