



WINGS SPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 11 • MARCH 21, 2014



Barany Chair Demonstration

1. Have the student sit upright in the Barany Chair with EYES CLOSED

- Rotate chair for approximately 20-30 seconds (25 revolutions per minute)
- Have three other students in front of where the chair will stop
- Stop the chair and have the student open their eyes
- The student should try to keep their focus on an object

2. Graveyard Spin - When a turn is initiated, the fluid within the semicircular canals tends to lag behind and causing the hair cells to bend. The bending of the hair cells is what causes the sensation of turning. If you stay in a turn long enough, the fluid will "catch up" with the rotation of the semicircular canal and the hair cells will no longer bend. If the turn is stopped, the fluid will continue to move and bending the cells once again in the opposite direction. This is what gives the student the false sensation of a turn in the opposite direction.

- Have the student sit upright in the Barany Chair
- Blindfold the student using blacked-out goggles/blindfold and earmuffs
- The room MUST remain as quiet as possible during the demonstration
- The student will indicate the direction of the turn with their thumbs
- Rotate the chair as smoothly as possible - the student will move their thumbs in the direction of the turn
- Rotate the chair for about 20-30 seconds at 25 rpm (the student will indicate with their thumbs that their turn has stopped as the fluid equalizes within their semicircular canals)
- Stop the chair abruptly - the student will indicate a turn in the opposite direction

Barany Chair with their forehead on the bar

- Have the student sit in the Barany Chair with their forehead on the bar
- Rotate the chair at 25 rpm until equilibrium is reached
- Stop the chair, have the student sit upright and point at something in the room
- Repeat the demonstration with their eyes closed
- Repeat the demonstration with their eyes open
- Repeat the demonstration with their eyes closed and their hands on the bar
- Repeat the demonstration with their eyes open and their hands on the bar

Student officers visit JBASA-Randolph

IN MEMORIAM

A celebration of Maj. Gen. A.J. Stewart's life will be held Monday at 9:45 a.m. with a military flyover, at the Community Bible Church, 2477 North Loop 1604 East, San Antonio. See page 2.

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IN MEMORIAM

Former AFPC commander loses battle with brain cancer

By Paige Hughes

Air Force Personnel Center public affairs chief

Maj. Gen. A.J. Stewart, who had an illustrious 32-year military career, most recently as the commander of Air Force Personnel Center, died March 9. He was 55.

Stewart lost his battle with brain cancer, which he fought for more than two years. He wrote openly about his battle in a highly publicized commentary "Never saw this coming: Lessons learned in trying times," published March 12, 2012.

During his career, the general was driven to create a better Air Force for all Airmen. His passion for military service, integrity and excellence was reflected in his daily actions. He often remarked that his steadfast commitment to serve was ignited every time he looked at the American flag.

A beloved military leader and sought-after speaker, Stewart captured the hearts and minds of his audiences with his vivid stories and candid references about the military, his career and life lessons.

Stewart began his military career as an Air Force Academy cadet, graduating in 1981 and going on to become a mobility pilot, flying the KC-135 Stratotanker and the C-17 Globemaster, among others. He logged more than 3,000 flying hours, according to his Air Force biography.

Throughout his career, Stewart commanded an air refueling squadron, an operations group and a flying training wing. He flew air refueling missions in support of the U.S.-led invasion of Grenada in 1983 and deployed to Southwest Asia in support of Saudi Arabia during the Iran and Iraq war in 1985. He also deployed as Combined Air Operations Center director of Mobility Forces in support of the wars in Iraq and Afghanistan.

In June 2008, he came to JBSA-Randolph and took command of Air Force Recruiting Service, Air Education and Training Command, where he was responsible for more than 2,600 Airmen and civilians in more than 1,200 recruiting offices across the United States and abroad.

Stewart epitomized the recruiting spirit as he frequently lauded the Air Force's

"We have the world's most respected and feared Air Force. The secret to our success is not in our hardware or software, but it is our Airmen."

Maj. Gen. A.J. Stewart

Former Air Force Personnel Center commander



emphasis on quality of character and quality of effort.

"If you want to be a part of something special, if you want to go as far as you can possibly go in an unconstrained environment, there's nothing else like it. It's a phenomenal service," he said.

In August 2010, Stewart took over as commander of AFPC, where he oversaw 10 subordinate units and more than 3,600 personnel responsible for operations of Airmen and their family members.

Stewart commanded AFPC at a time when significant personnel initiatives were under way. Those included transforming personnel services delivery for the total force, merging three commands into a single integrated organization and managing the force to meet congressionally mandated end strength.

The general believed in being fit, healthy and strong. He was an active member of the Air Force Cycling Team and rode with the team in 2011 and 2012 at Register's Annual Great Bike Ride Across Iowa. However, his true passion was golfing. He golfed every weekend and often found solace from a difficult day on the links in the early evenings.

His military honors and decorations include the Distinguished Service Medal, Legion of Merit and Defense Meritorious Service medal.

Stewart was born March 6, 1959, in rural Dinwiddie County, Va. and was raised in Baltimore by a single mother who checked his homework each night, kept

books in the house and attended parent-teacher meetings, he said in an Air Force video in December 2011.

Growing up with a working mother and three sisters, he found male role models through the Big Brothers Big Sisters program. Later in life, he became an advocate for that program, frequently remarking on the positive impact BBBS had on his early life.

According to Stewart, his life changed at age 16 when an Air Force Academy recruiting team visited his high school. He knew from that day forward he wanted to serve his country as an Airman.

"We have the world's most respected and feared Air Force. The secret to our success is not in our hardware or software, but it is our Airmen," said the general in 2010.

Stewart is survived by his wife, Aretha Carter-Stewart; two sons; Brian Vincent Stewart and John Calvin Stewart, II; his mother, Sandra Stewart; his stepmother, Lillian Stewart; and four sisters: Gwen Williamson, Dawn Stewart, Tracy Stewart and Lisa Campbell. He is preceded in death by his father, John C. Stewart.

A celebration of his life will be held March 24, beginning at 9:45 a.m. with a military flyover, at the Community Bible Church, 2477 North Loop 1604 East, San Antonio. In lieu of cards and flowers, donations in General Stewart's memory may be made to the American Brain Tumor Association (<http://hope.abta.org/goto/AJStewart>).

ON THE COVER

Master Sgt. Patricia Manzur-Ballard, 359th Aerospace and Operations Physiology craftsman, demonstrates the effect of the Barany chair with Panamanian Capt. Juan Alvarado, helicopter pilot, March 11 at the 359th AOP Training Unit on Joint Base San Antonio-Randolph. For an additional photo, see page 9.

Photo by Airman 1st Class Alexandria Slade

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.

37th TRW command chief retires

By Mike Joseph

Joint Base San Antonio-Lackland Public Affairs

When the 37th Training Wing command chief master sergeant arrived at Joint Base San Antonio-Lackland in the fall of 2011, his message to the enlisted corps was “enjoy what you’re doing.”

Chief Master Sgt. Craig Recker has spent 30 years in the Air Force living by that message he’s delivered to numerous young Airmen. He’ll express it to graduating Airmen one last time as the wing’s senior enlisted leader at Friday’s Air Force Basic Military Training parade before his retirement ceremony later in the day.

“I will never, ever be this lucky again,” Recker said. “I’ve had a fantastic Air Force career.

“I get to go out on top in an organization that makes a difference every day in the lives of our Airmen,” he said. “I could never ask in a million years to have the level of success that I’ve had in the Air Force. If I could do it again, I wouldn’t change a darn thing.”

Recker has come full circle at Lackland with his retirement. He graduated BMT in

1984, and then spent the next five years in BMT as a personnelist. Over the next 22 years, he served in a variety of NCO leadership assignments before returning to Lackland two and a half years ago as command chief of the largest training wing in the Air Force.

Upon his return, he used “awestruck” to describe the state of BMT.

“When I left here in ’89, I thought we had it right then,” Recker said at the time. “Today, we could pluck an Airman straight out of BMT and send them off to expeditionary operations and they would succeed. Basic training today is more relevant to what we need than when I graduated in 1984.”

Asked to describe today’s BMT, Recker said “inspirational” would be his one-word choice.

“I’m inspired by how dedicated the NCO corps is, how quickly they realized we had a problem and how most of them rushed in to be part of the solution,” he said, referring to an Air Force investigation of trainee sexual assault by military training instructors.



Courtesy photo

Chief Master Sgt. Craig Recker speaks to Airmen and family members assembled at the Air Force Ball in September 2011.

See **CHIEF P6**

Airmen honor former senior enlisted leaders

By Staff Sgt. Gregory Brook
42nd Air Base Wing Public Affairs

Airmen gathered to honor the former chief master sergeants of the Air Force with a positional colors ceremony at the Air Force Senior Noncommissioned Officer Academy on Gunter Annex, Maxwell Air Force Base, Ala., Feb. 27. Chief Master Sgt. of the Air Force James A. Cody presided over the ceremony and presented the Chief Master Sergeant of the Air Force positional colors to several of his predecessors and surviving family members.

The ceremony honored not only the service and contributions of the former chiefs gathered on stage, but the impact all previous 16 enlisted leaders have had on the enlisted force.

The 16th CMSAF, James A. Roy, opened the ceremony by focusing on the meaning of the colors and honoring the chiefs and the enlisted force.

"This is an opportunity to highlight the enlisted force," Roy said. "It's a great day to celebrate the advancement of a professional enlisted force, because to me that's what this flag represents. As we continue to grow as a force, our enlisted Airmen continue to prove they are leaders who can and have often propelled our Air Force into the future.

"The Airmen on stage have carried on a legacy of leadership. They grabbed the torch from the Airman before them and used it to light the path to the future."

Roy charged Airmen in attendance to keep the enlisted legacy alive.

"Every day we will continue to forge new paths," he said. "We will continue to evolve, but we must always take time to pause and remember those paths that we have forged. This flag gives us this opportunity. It is a symbol of how far we have come as an enlisted force."

The first presentation went to the first CMSAF, Paul Airey, who was represented at the ceremony by his son Dale Airey, a retired chief master sergeant.



Photo by Donna L. Burnett

Chief Master Sergeant of the Air Force James A. Cody joins former chiefs and surviving family members on stage Feb. 27 during a CMSAF positional colors ceremony at the Air Force Senior Noncommissioned Officer Academy.

Airey then donated the flag to the Air Force Enlisted Heritage Hall, also located on Gunter, to honor his father's memory and service.

To close the ceremony, Cody spoke of how proud he is of the enlisted force and the former CMSAF's who have led the force to where it stands today.

"These positional colors represent the more than seven million men and women who have become enlisted Airmen in our United States Air Force," he said. "What a significant day in our history to have these men and their families with us today. This is a once in a lifetime event for us to all be together."

He closed by expanding on the meaning of the colors and the importance of the enlisted force in the future.

"These positional colors will forever represent each and every Airman and the contributions they made to our United States Air Force and the difference they have made around the world," Cody said. "It is a proud, proud moment for the en-

listed force. We stand on the shoulders of giants. That legacy will never be forgotten. But make no mistake about it, every single day that legacy goes forward. Our Airmen are defining the future every single moment."

After the ceremony, Sam Parish, the eighth CMSAF, spoke of his faith in the future of the enlisted force.

"If we continue to concentrate on doing the right things at the right times, I guarantee we will have an Air Force that will forge into the future, regardless of size, that will be able to take on any chore or any job."

Other former chief master sergeants of the Air Force in attendance were Rodney McKinley; Gerald Murray; Frederick Finch; Eric Benken; Gary Pfingston (represented by his spouse Marsha); James Binnicker; James McCoy and Robert Gaylor.

The Chief Master Sergeant of the Air Force positional colors were unveiled during Roy's transition and retirement ceremony in January 2013.



41st ANNUAL AIR FORCE ASSISTANCE FUND MARCH 24 - MAY 2

The annual Air Force Assistance Fund campaign for Joint Base San Antonio is set for March 24 to May 2. The four charities the campaign supports are: the Air Force Aid Society, Gen. and Mrs. Curtis E. LeMay Foundation, the Air Force Village and the Air Force Enlisted Village. For more information contact the following AFAF installation project officers:

- JBSA installation project officer and assistant IPO: 1st Lt. Amy Torres, 671-5492; Master Sgt. Roland Thomas, 925-4896.
- JBSA-Randolph IPO and assistant IPO: Capt. Christopher Osborne, 652-6849; Master Sgt. Chadwick Burke, 925-3438.
- JBSA-Lackland IPO and assistant IPO: Capt. Drew Cutler, 671-2007; Master Sgt. Justin Tischler, 925-4883.
- JBSA-Fort Sam Houston assistant IPO: 1st Lt. Julie Casanova, 295-4985.

JOINT BASE SAN ANTONIO-RANDOLPH MISSION PARTNER

Two new apps provide Airmen free mobile medical education, tools

By Capt. Jen Richard

Air Education and Training Command
Public Affairs

Two free mobile applications produced by the Center of Excellence for Medical Multimedia are now available for Airmen and all military health system beneficiaries.

The CEMM released two mobile apps in 2013, the CEMM Virtual Medical Center app and a pregnancy app called "My Pregnancy A to Z Journal." The apps are available for free download from the iTunes store as well as the Android Market.

"These applications were built to provide the ease and speed of information to patients so they can have these resources at their fingertips," said Lt. Col. Constance Smith, CEMM director.

The CEMM Virtual Medical Center app includes three main elements: a Military Treatment Facility locator, a Tricare Plan finder and a section on patient education.

Within the patient education section, app users can look up immunization information, see lists of common health questions, view animations of medical terms or diseases, access an extensive CEMM library and even list and track their own prescriptions.

"The CEMM VMC app features a medication reminder system; this is a valuable tool especially for patients who have difficulties remembering to take their medication," said Smith. "Patients can input what medication they are taking, what time they need to take the medication and the mobile app can remind them when they need to take it."

The pregnancy app includes a variety of features, including a tool for uploading and sharing photos or images such as ultrasounds, a mobile journal, an events log, a health statistics tracker, and more. The app can also be programmed to push notifications to expectant mothers depending on their stage of pregnancy.

"For example, if a mother is in her second trimester, we can push information to her mobile device providing medical recommendations that she may need at that time," said Smith.

CEMM VMC and "My Pregnancy A to Z Journal" are the first two mobile applica-

tions created by the CEMM. The CEMM is an Office of the Air Force Surgeon General initiative, located at the United States Air Force Academy, Colo., with the mission of providing interactive multimedia medical patient education throughout the military health system.

The development and rollout of the pregnancy app involves not only the CEMM, but also the U.S. Department of Veterans Affairs, the Uniformed Services University of the Health Sciences and other service branches. The VA has shared information about the app to its Women Veteran Program Managers, Women's Health Medical Directors, Maternity Care Coordinators and also plans to publicize the link through its Clinical Practice Guidelines site.

The Army also is using "My Pregnancy A to Z Journal," with the app featured on the U.S. Army Medical Department site. Currently, the Uniformed Services University of the Health Sciences is conducting a clinical trial of the pregnancy app and results can be used to continue to shape the app to patients' needs.

The CEMM is already planning the release of their next mobile application, an app called "eWellness," scheduled to be available for download in summer 2014. The wellness app will allow users to track and learn more about aspects of their general health, as well as certain medical conditions.

"If eWellness app users are diabetic, for example, they will be able to track their insulin levels," Smith said. "The app features seven tools to include a weight and fitness tracker, so patients are able to track their calorie count and body mass index."

By developing apps such as these, the CEMM provides interactive, engaging tools aimed to reach patients with their educational programs.

"Our main goal, of course, is to help patients stay well," Smith said. "We are focused on educating today's Airmen – who are tech-savvy and accustomed to accessing knowledge at their fingertips – so they can be fit to accomplish their respective parts of the Air Force mission."

To download the CEMM VMC and the "My Pregnancy A to Z Journal" apps, Airmen can visit the CEMM library at <http://www.cemmlibrary.org/> and click on the "Mobile Apps" tab on the left.

Joint Base San Antonio 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.

Women's History Month luncheon

A luncheon from 11 a.m. to 1 p.m. March 31 at the Joint Base San Antonio-Randolph Parr Club concludes the month-long celebration with guest speaker retired Air Force Maj. Gen. Mary Saunders, who was selected as the Texas Woman's University Leadership Institute's executive director to prepare young men and women for positions of leadership.

CHIEF from P3

"It was inspirational to me that NCOs were rushing toward the guns, not running away," Recker said. "The majority of our NCOs were indignant that some among them had damaged the institution through their disregard for our core values. Quite honestly, they were embarrassed.

"I have no doubt our institution is better because of what we've gone through," he said.

The command chief called his final assignment the best ever.

"We get to reshape the Air Force here every day," Recker said. "This is an amazing opportunity. Not only are we reshaping the Air Force, we're reshaping the world.

"We've got students from 110 countries in Defense Language Institute English Learning Center learning English," he said. "They have witnessed the professionalism this wing offers. In Inter-American Air Forces Academy, we have Latin American countries using our professional military education as a baseline to develop their own enlisted corps. We are shaping the hemisphere, the world and the Air Force."

Recker admitted his first day out of uniform will be an adjustment.

"I can't imagine what it's going to



Chief Master Sgt. Craig Recker

be like," he said. "For 30 years, every morning I got up thinking, 'I can't believe I'm fortunate enough to put on this uniform.' I think it will be one of those mixed emotion days.

"I'll be excited to have graduated from the Air Force, but I'll be saddened not to be an active part of this great organization," he said. "I'm proud of everything we accomplished and I'm excited that we have a great team behind us to pick up the mantel, but I think I'm going to feel a little lost."



One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.

SAMMC garage relighting project saves money at no cost to JBSA

By Steve Elliott
JBSA-Fort Sam Houston Public Affairs

As the result of an innocuous phone call, the San Antonio Military Medical Center's multi-story parking facility is getting a major energy conservation facelift starting Monday.

"A local resident called to say he was seeing the bright lights on in the SAMMC garage during the day. He thought it was a waste of money and energy," said Frank Thomas, Joint Base San Antonio resource efficiency manager.

"I went to check it out, contacted Brooke Army Medical Center leadership and then conducted a light system audit. An energy conservation project was initiated as a result."

After the garage opened several years ago, there was a noticeable uptick in energy costs of approximately \$300,000 a year to BAMC, with another \$150,000 in annual lighting maintenance, Thomas said.

"When the garage was originally planned, it was designed with older, less efficient lighting. This is sometimes the case with a project that takes many years to come to fruition," Thomas added. "The

lighting industry is evolving at a very rapid pace and new and improved efficiencies are hitting the market continually."

Anyone who has parked in that garage knows there are thousands of lights in there. So how much will this lighting upgrade cost?

"This is what is incredible! It will come at no cost for JBSA-Fort Sam Houston!" exclaimed Thomas. "It originally had an independent government estimate of \$1,586,000. An Air Force Productivity Enhancing Capital Investment grant was awarded for \$978,200, coordinated by Craig Henry, the resource efficiency manager at the time.

"The relighting project became the inaugural energy conservation project partnered locally with CPS Energy and JBSA," Thomas said. "The JBSA energy team and contracting office employed the area-wide Public Utility Contract for Electricity, Natural Gas, and Regulated Energy Management Services and CPS Energy's bid for the project came in at an amazing \$581,647."

After the project wraps up May 23, there will be an annual savings of \$252,233 in energy and from \$100,000



Photo by Frank Thomas

The San Antonio Military Medical Center's multi-story parking facility is getting a major energy conservation facelift starting Monday that will come at no cost for Joint Base San Antonio-Fort Sam Houston.

to \$150,000 in maintenance costs. "This project will pay for itself in a very short time," Thomas added.

By using CPS Energy's energy conservation rebate program, the local utility company will rebate up to 60 percent of the cost of the project.

"Federal funding came through a manpower arena program called Productivity Enhancing Capital Investment or PECL," Thomas said. "It's an Air

Force Program established in 1977 that uses self-sustaining funds to purchase equipment or facilities."

Facility Solutions Group of San Antonio, a subcontractor to CPS Energy, will carry out the project and Thomas said SAMMC visitors won't notice any lack of parking spaces during the re-fitting project.

"Only half of a floor will be closed off at a time and no parking areas will be closed off," he said. "Patrons will not be affected in a negative way at all. They may notice that an area is not as bright, but they won't see unnecessary lights on, when daylight is adequate."

Thomas notes the lighting throughout the garage will be more efficient. The new fixtures are more reliable, relight instantly and the lamps last longer. In addition, energy-saving LED lighting will be used on the roof.

"One phone call was the first step towards major energy savings for Joint Base San Antonio," Thomas said.

Cellular therapy, apheresis section saves lives at SAMMC

By Mark Salcedo

Joint Base San Antonio-Fort Sam Houston
ASBP Blood Donor Recruiter

Each year, more than 12,000 people are diagnosed with diseases that require an infusion of stem cells, but more than 70 percent of patients are unable to find an appropriate match within their own family and will require an unrelated donor, according to the C.W. Bill Young Department of Defense Marrow Donor Program website (<https://www.salutetolife.org/>).

The San Antonio Military Medical Center is the only Department of Defense medical facility collecting autologous and allogeneic transplants for patients. Autologous cells are obtained from the same individual, while allogeneic transplants are collected from a genetically similar, but not identical, donor.

Tucked away in the corner of the fourth floor of the facility is blood services' cellular therapy and apheresis section – the only one of its kind for the DOD. With a staff of eight military and civilian employees, the section has had a direct impact on the long-term quality of health for military beneficiaries being treated at SAMMC.

“Most patients seen by the cellular therapy and apheresis team have been diagnosed with leukemia, multiple myeloma, Hodgkin’s disease or non-Hodgkin lymphoma,” said Linda Weigand, technical supervisor and program quality assurance manager. “We generally provide this service to patients who have tried other therapies which were not successful.

“Our nursing staff collects autologous and related (family member) allogeneic hematopoietic progenitor cells using an automated apheresis procedure,” Weigand added. “The progenitor cell processing lab is responsible for processing, packaging, labeling and cryopreservation hematopoietic progenitor cells, stem cells and sometimes bone marrow. We can also receive and ship products for transplant to and from other hospitals around the United States.”

Hematopoietic progenitor cells are immature cells located in the bone marrow and, to a lesser extent, in the bloodstream. These specialized cells create more blood-forming cells or mature into the body’s red blood cells, white blood cells and platelets.

For SAMMC patients, transplant or “engraftment” procedures usually happen within a couple months after



Photo by Mark Salcedo

Elisa Jackson, progenitor cell processing lab medical technologist, prepares a microbiology sample for a recently collected hematopoietic stem cell product.

their collection. The two major transplant approaches used are autologous, which uses the patient’s own cells, and allogeneic, which uses cells from related or unrelated donors, peripheral stem cell collection.

For autologous transplant patients, the patient’s stem cells are collected between cycles of high-dose chemotherapy given before the patient receives chemotherapy to destroy the cancerous cells. In the process, the chemotherapy also destroys the patient’s bone marrow.

After chemotherapy or radiation therapy is completed, stem cells are transfused back into the patient where they travel back to the bone marrow to produce mature blood cells and platelets.

During the next several days to weeks, transplant patients are dependent on blood donors and available blood products until their bone marrow fully recovers.

Allogeneic stem cells are donated by another person – a family member or a volunteer donor identified by one of the

national marrow programs.

Donors must be screened and qualified through a medical questionnaire and tissue typing. The donor’s tissue typing or human leukocyte antigen type needs to closely match the patient’s type to help prevent the risk of graft versus host disease, a potential major complication following the engraftment procedure. This disease occurs when a donor’s cells recognize the patient’s cells as foreign and attack them.

“Several months ago, the program performed an allogeneic transplant with one identical twin donating for the other – a synergistic transplant – this was rare,” Weigand noted. “The product was almost the same as an autologous. There was virtually no chance for a graft versus host reaction for the patient.”

Once the stem cells have been collected, the progenitor cell processing lab removes any excess plasma and prepares it for a cryopreservation procedure. Cryopreservation is essential to improve cell storage and ensure the quality of the

product for later infusion. Preparation removes excess plasma and adds a cryoprotectant to the product.

The staff then uses a control rate freezer to freeze the product steadily, but quickly, down to minus 150 degrees Celsius. Once frozen, the products are transferred into storage vats using either liquid nitrogen or liquid nitrogen vapor and can be stored up to 10 years.

The bone marrow transplant program at the Brooke Army Medical Center and the then-Wilford Hall Medical Center – a joint program at the time – was first accredited in 1988 by the Foundation for the Accreditation of Cellular Therapy. FACT is the only accrediting organization that addresses all quality aspects of cellular therapy treatments to include clinical care, donor management, cell collection, cell processing, cell storage and banking, cell transportation, cell administration, cell selection and cell release.

“The lab undergoes an inspection for re-accreditation every three years. For the years it’s not inspected, staff members are required to submit documentation on procedures, registration, labeling, staff qualifications and training,” Weigand said.

Additionally, the lab must also meet regulatory and accrediting requirements of the Food and Drug Administration, the College of American Pathologists, the American Association of Blood Banks and the Joint Commissioning requirements, making it one of the most regulated sections within the SAMMC.

For more information or questions about how to sign up to be a blood donor or a potential bone marrow/stem cell donor, call the Akeroyd Blood Donor Center blood donor recruiter at 295-4655 or 295-4989.

Walk-in donors are always welcome at the Akeroyd Blood Donor Center. The center is open from 7:30 a.m. to noon, Monday through Friday. The center is located at B1240 Harney Road, behind Budge Dental Clinic on Joint Base San Antonio-Fort Sam Houston.

To find out how to can help the Armed Services Blood Program or to schedule an appointment to donate, visit <http://www.militaryblood.dod.mil>. To see photos or get the latest news, visit <http://www.facebook.com/militaryblood>, <http://www.flickr.com/militaryblood> or <http://www.twitter.com/militaryblood>.

LIGHTS – CAMERA – ACTION

Videographers tell service stories in 'reeltime'

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

If photographers capture moments in time and graphic artists create artwork and images, then 502nd Air Base Wing videographers record life, keeping the Joint Base San Antonio community informed.

From readiness exercises at JBSA-Randolph to military training at JBSA-Lackland to educational medical instruction at JBSA-Fort Sam Houston, the current three-person video crew's tight schedule includes planning, filming and editing projects for customers throughout JBSA.

The team generates about 30 video products each quarter. The video services division mission is to provide documentary and production videos.

Videos support education and training, mission operations and heritage, plus senior leader communication and news pieces.

"We're cameramen, sound and lighting crew, film editors and more," Wayne Cooper, 502nd ABW public affairs video services division chief, said. "For each



Photo by Joel Martinez

Tony Hearst, Joint Base San Antonio-Randolph videographer, documents the reassembly of a C-130 at JBSA-Camp Bullis. The 502nd Air Base Wing Video team produces about 30 videos each quarter.

production, we wear many hats. It's a constant balancing act with our manpower and workload."

Using the latest equipment and software, videographers split their time between being out on "shoots" and back at the office editing and preparing footage.

While demand is up for their services, these videographers get satisfaction from serving each customer.

"We know our work is valued and people are naturally drawn to digital storytelling," he said. "Video stories often show what's motivating an

event as it unfolds."

"The joy in a customer's face when a video exceeds their expectations is the best part of my work," Tony Hearst, a 502nd ABW/PA audiovisual production specialist with 30 years video experience, said. "That never gets old."

The team admits that being out of the office and learning about different specialties and being a part of preparing training videos that normally affect an entire military service is a motivator that keeps things new and exciting every day.

"Getting out on the field with military members during training is always a good time," Cooper said. "Getting up close to an event and seeing how it happens and knowing it affects so many people is a great job to have."

To request video services, call Cooper at 652-4876 or email him at wayne.cooper.2@us.af.mil. Customers can also reach the video services section by calling the JBSA-Randolph Public Affairs customer service desk at 652-4226.

For more information, visit <http://www.jbsa.af.mil>, scroll over "Library" and click on "Multimedia."

Students take advantage of aircrew training

Inter-American Squadron Officer School students from Joint Base San Antonio-Lackland listen to a presentation in Spanish on the 359th Aerospace and Operational Physiology Training Unit's altitude chamber March 11 at JBSA-Randolph. The Inter-American Squadron Officer School, which is part of the 37th Training Wing's Inter-American Air Forces Academy, is a professional military education course taught in Spanish to members of several Latin American federal agencies and U.S. Air Force captains. The students were at JBSA-Randolph as part of an aircrew training immersion tour.

Photo by Airman 1st Class Alexandria Slade



Joint Base San Antonio-Randolph News Briefs

Joint Base San Antonio exercise

All Joint Base San Antonio locations will participate in an exercise Wednesday in order to educate the community on actions necessary to protect themselves from the effects of severe weather, such as tornado activity. For information, call 221-0714.

Women's History Month Warrior Challenge

To celebrate National Women's History Month, a Warrior Challenge will take place noon to 4 p.m. March 28 at the Joint Base San Antonio-Randolph Airmen Heritage Park. To participate, teams of four must be wearing athletic gear and include at least one female. The deadline for registration is today. For details, call Master Sgt. Sanelle Romero at 652-2525 or Master Sgt. Tinita Harris at 652-8254.

2014 Freedom Flyer Reunion

The 560th Flying Training Squadron will host the 41st Freedom Flyer Reunion, an annual gathering of Vietnam War Prisoner Of War pilots, March 28 at Joint Base San Antonio-Randolph. Events will include a POW/Missing In Action symposium at 9 a.m. at the JBSA-Randolph Fleenor Auditorium, with presentations by former POWs, spouses and those involved in the repatriation process. A wreath-laying ceremony begins at noon at the Missing Man Monument in Washington Circle. Portions of Washington Circle will be closed from 5 a.m. to 2 p.m. March 28. All DOD ID card holders and their families are invited to attend. For more information, contact Maj. Edward Balzer at 652-0789 or edward.balzer@us.af.mil.

502nd ABW enlisted promotion ceremony

The 502nd Air Base Wing monthly enlisted promotion ceremony takes place 3 p.m. March 31 at the Bob Hope Theater on JBSA-Lackland.

Drug Take-Back Day

Joint Base San Antonio-Randolph will sponsor the Drug Enforcement Administration National Drug Take-Back Day 10 a.m. to 2 p.m. April 26 at the JBSA-Randolph Exchange pharmacy. For more information, call Capt. Quan Tram at 652-4189.

Correction

Maj. Gen. Timothy Zadalis, Air Education and Training Command HQ Intelligence Operations and Nuclear Integration director, was incorrectly identified as Col. Gerald Goodfellow, 12th Flying Training Wing commander, in the photo cutline on page 3 of last week's Wingspread. We apologize for the error.

CEASE SPREADING GERMS

Hand washing helps reduce mass illness

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

With 10 times more bacteria than cells in a human body, it's no wonder people can get sick by breathing, touching, eating or drinking just about anything.

While many of those bacteria are actually beneficial, there are ways to stop spreading harmful germs like flu viruses and colds, which can persist as late as May.

"Washing your hands with warm soapy water, vigorously rubbing them together for at least 20 seconds, is one of the most effective ways to prevent infection and illness," Master Sgt. Michael Warren, 359th Aerospace-Medicine Squadron Public Health Flight chief, said.

Choosing to air dry hands and avoiding contact with a paper towel lever that can transfer unwanted microbes can also help eliminate the spread of germs.

"Hand sanitizers are great for killing germs too, but they should not substitute for hand washing with soap and water," he said.

When washing or using hand sanitizers, rub the front and back of the hands, getting in between the fingers and under the nails. Not making a habit of this can lead to some astounding facts. For example, according to researchers in London, one in every six cellphones – which are now owned by most American adults – were found to be contaminated with fecal matter.

According to the Centers for Disease Control and Prevention, hands should be cleansed before and after handling or eating food; after using the restroom, smoking and being around sick people and before being near babies.

However, Warren said it's important to not overdo hand sanitization.

"Too much hand washing or sanitizing can irritate or dry out skin and people can develop sensitivity to sanitizers because they are alcohol-based products," he said.

Although overly excessive hand washing may be detrimental to the body, Warren said the same rules do not apply to certain household spaces that fester high



Courtesy graphic

concentrations of germs. Some of these areas include kitchens, bathrooms and designated areas for changing diapers, workplaces, break rooms, door handles and computer keyboards.

According to Warren, these areas not only need to be cleaned, but also disinfected and yes, there is a difference.

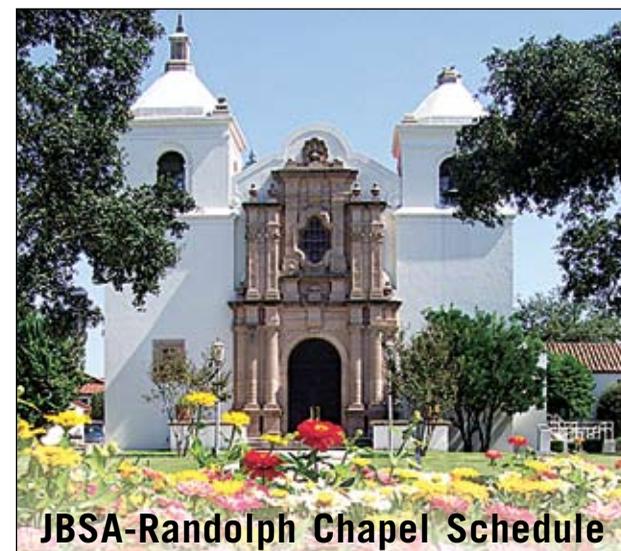
"Cleaning means removing visible markings like dust, dirt and grime, while disinfecting means removing germs by properly sanitizing an area," he said. "To do this, try using one capful of bleach for every gallon of water."

Making sure these spots are regularly cleaned is key to minimizing the spread of contagion.

In addition to cleaning and disinfecting areas and objects, according to the CDC, staying home when sick, covering the mouth when coughing or sneezing and avoiding touching the eyes, nose or mouth – which greatly increases the chance of contracting a flu virus – can also help prevent the spread of germs.

At hospitals or health clinics, Warren said patients should wear masks that guard the mouth to protect against undesirable airborne particles.

For more information on germ spread control and diseases, visit the CDC website at <http://www.cdc.gov/>.



JBSA-Randolph Chapel Schedule

PROTESTANT

Sunday

8:15 a.m. service, Main Chapel

11 a.m. service, Religious Activity Center (building 975)

CATHOLIC

Monday-Thursday

11:30 a.m. Daily Mass, Main Chapel

Saturday

5:30 a.m. service, Main Chapel

Sunday

8:30 a.m. service, Religious Activity Center (building 975)

11:30 a.m. service, Main Chapel

TRICARE simplifying life for beneficiaries with online options

By Joe Bela

59th Medical Wing Public Affairs

While walk-in services will no longer be available at local TRICARE Service Centers nationwide starting April 1, eligible beneficiaries now have access to a full range of services both on the web and by telephone.

With TRICARE's self service web options, available at <http://www.tricare.mil>, customers get access to a wide variety of online features designed to simplify life and help manage medical needs. Services include:

- Enroll in or purchase a plan • File or check a claim
- View referrals and prior authorizations • Find a doctor

- Change your primary care manager
- See what's covered • Compare plans • Manage prescriptions

Beneficiaries also have access to many self-service features at <http://www.Humana-Military.com> where customers can create accounts, make payments, chose a primary care provider, verify eligibility, and check on referrals or claims.

By visiting <http://milconnect.dmdc.mil>, eligible beneficiaries can update e-mail and mailing addresses in DEERS, and also view eligibility and enrollment information, enrollment cards and other important information about their benefits.

A self-service option is also available by phone at 1-800-444-5445.

SPORTS - HEALTH - FITNESS

Diabetes class emphasizes standards of care, treatment

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

A class offered last week by Joint Base San Antonio-Randolph's 359th Medical Group focuses on a disease that is the seventh leading cause of death in the United States.

Diabetes Update, which was presented Wednesday at the JBSA-Randolph Health and Wellness Center, provides diabetics and their family members with valuable information about diabetes and how they can better manage the disease.

"In this class, we review the different types of diabetes and go over the standards of care for people who have diabetes," Jennifer Wetzel, 359th MDG health management registered nurse, said. "An important lesson is that diabetics have to be their own advocate. They should know what to expect at each diabetes visit and know what their treatment goals are."

Diabetes, a group of diseases marked by high levels of glucose resulting from defects in insulin production, insulin action or both, affects nearly 26 million Americans, or more than 8 percent of the population, according to the Centers for Disease Control and Prevention. The disease impacts nearly 1,200 of the more than 24,000 enrollees at the JBSA-Randolph Medical Clinic.

Wetzel, who called the class a refresher course "that does not replace formal education," said attendees learn about the standards of care, which include foot, weight, body mass index and blood pressure checks, and a blood glucose review at every office visit; a hemoglobin A1c test and dental exam every six months; and a dilated eye exam, cholesterol check, foot exam and influenza vaccine every year.

Foot exams are important because foot ulcers and amputations are a major cause of morbidity, disability and emotional and physical costs for people with diabetes. The A1c test – which measures what percentage of a person's hemoglobin is coated with sugar – diagnoses Type 1 and Type 2 diabetes and gauges how well people are managing their disease.



Photo by Don Lindsey

Jennifer Wetzel (left), 359th Medical Operations Squadron health management registered nurse, conducts a Diabetes Update class with Charrisse Goffigan March 12 at the Joint Base San Antonio-Randolph Health and Wellness Center.

Wetzel said weight is one of the modifiable factors for diabetes.

"A weight loss of just 5 percent can improve insulin sensitivity and blood sugar control," she said.

The class also covers controlling the "ABCs," Wetzel said. These are the goals for A1c, blood pressure and cholesterol levels that can be achieved through diet, exercise and medications.

Class attendees learn about pre-diabetes, a condition affecting an estimated 79 million Americans in which blood sugar levels are higher than normal, but not high enough for diabetes.

"The good news is that, with some exercise and reduction of body weight, not everyone with pre-diabetes will progress to

diabetes," Wetzel said. "However, diabetes is not reversible. Once diagnosed, you will always have it. People can manage it, but it never goes away."

Wetzel, who teaches the class, said she is hopeful it will be offered on a quarterly basis because of the importance of diabetes education and reminding diabetics they need to be proactive in dealing with their disease.

"We work with Randolph patients to make sure they receive the appropriate screenings and treatment," she said. "We want them to know what their standards of treatment and treatment goals are, and we want them to prevent complications and improve the quality of their everyday life."

For more information or to request individual counseling, call Wetzel at 652-6934.

Joint Base San Antonio-Randolph
Sports
BRIEFS

JBSA seeks volunteer game officials

The Joint Base San Antonio Sport and Fitness programs are seeking volunteers to officiate intramural sport games at all three JBSA locations. Volunteer officials need to be certified in the sport they officiate. Certifications may be obtained through local official associations and chapters, and must remain current by attendance at a yearly rules clinic. Volunteers should be willing to officiate at least once a week for all games that day. For more information, call the sports office at 221-1367 or email douglas.w.stanley2.civ@mail.mil.

Archery Range open

The Archery Range at JBSA-Camp Bullis is open 8 a.m. to 4 p.m. Thursday through Monday. Targets, which range from 10-60 yards, cost \$3 a day or \$20 annually. A 3-D archery competition is also offered every fourth weekend of the month. For more information, call 295-7577.

Half-price boats

The JBSA Recreation Park at Canyon Lake offers half-price fishing boats during March. A live-bait machine is available to purchase live minnows, worms, catfish dough bait or chicken livers. A boater's safety course is required to operate the rental boats. Patrons can complete the 90-minute course at Guest Reception at the lake for \$2 per person. For more information, call 830-964-3576.

5K at JBSA Recreation Park

In support of wounded warriors, a 5K fun-run will take place at 8:30 a.m. April 26 at Joint Base San Antonio Recreation Park. For more information and to register, go to <http://www.floatasoldier.org>.

Register by March 31 to guarantee an event T-shirt.

JBSA-Randolph Chapel Lenten and Easter Schedule

Chapel Services - Lenten Schedule

Stations of the Cross

Every Friday, until April 11 at 5:30 p.m. at Chapel One

Lenten Lunches

Every Wednesday, lunches will be hosted until April 16.

Catholics: Start Mass at 11:30 a.m. in the Main Chapel.

Protestants: Start Service at 11:30 a.m.
in the conference room of building 103.

Lunch will be at building 103 from 12-12:30 p.m.

Holy Thursday

April 17, 5:30 p.m. at Chapel One.

Catholic Good Friday Service

April 18, 5:30 p.m. at Chapel One.

Protestant Good Friday Service

April 18, 3 p.m. at Chapel One.

Easter Vigil

April 19, 8:30 p.m. at Chapel One (no confessions)

Easter Sunday

April 20: Regular Mass and service times
at the regular locations.

Water Conservation Tips

- Use a pool cover to reduce evaporation and heat loss when the pool is not being used. About 95 percent of pool water that is lost can be saved with the use of a cover.
- Apply water, fertilizer or pesticides to your landscaping only when needed. Look for signs of wilt before watering established plants.
- When washing dishes, keep dishwashing liquid to a minimum to reduce the amount of rinse water needed. If using an automatic dishwasher, scrape dishes before placing in the dishwasher instead of pre-rinsing them.
- Do not run the kitchen faucet continuously while washing dishes. Use one sink for washing and another, or a separate tub, for rinsing.
- Compost appropriate food scraps from your meals instead of running the garbage disposal.

(Source: 502nd Civil Engineer Squadron)

