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WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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New commander takes helm at Air Force Recruiting Service

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COMMENTARY

Face obstacles with 'you can'

By Col. James Fisher
Air Education and Training Command
Director of Safety

If you served in the Air Force for any amount of time, you likely realized that facing adversity is part of the job.

Whether you are trying to ready your family for your first deployment or trying to prioritize your time between work, family and off-duty professional development, there will be some level of adversity to achieving your goals and continuing to serve.

While serving as the 99th Flying Training Squadron commander, I came to appreciate another type of adversity that some very brave Airmen before me endured. One of these Airmen was a man named Granville Coggs.

Coggs grew up in Pine Bluff, Ark., and in 1943, after two years of college, applied to join the Army Air Corps to become a pilot during World War II. He went on to complete his training and finally got into the war just as it was ending in 1945.

After the war was over, Coggs went on to complete college at the University of Nebraska and then went on to medical school at Harvard. He became a radiologist and over many years, in both California and Texas, was instrumental in the development of groundbreaking centers to identify and treat breast cancer.

As he aged into his golden years, Coggs became active with the National Senior Games winning multiple gold and silver medals in the 400 meter run while well over 80 years old.

What I didn't tell you about Coggs is that he was a member of the famed Tuskegee Airmen and the only African American in his medical school class at Harvard; was instrumental in setting up the Ultrasound Radiology Division at the University of California-San Francisco in the 70s; and has continued to challenge himself both professionally and personally for almost 90 years.

Photo by Melissa Peterson

Former Air Force Chief of Staff Gen. Norton Schwartz visits with Dr. Granville Coggs Feb. 19, 2009, in front of the Tuskegee Airmen mural in the main corridor of the 99th Flying Training Squadron at Joint Base San Antonio-Randolph.

While you might not have to overcome the personal and professional adversity that Dr. Coggs and the Tuskegee Airmen had to face, it is certain that some type of obstacle will be placed in your path for you to face either personally, professionally or both.

The 99th FTS is proud to be in direct lineage to the 99th Pursuit Squadron, one of the four original Tuskegee Airman squadrons. They proudly continue to fly the distinctive "Red Tails" that were the trademark of the Airmen.

I was lucky enough to be able to meet, socialize and learn from these amazing heroes. One common theme among the Tuskegee Airmen was a prevalent belief during that era that African Americans didn't have the ability or capacity to become military pilots. The sheer fact they were told "you can't" made them even more determined to succeed.

How many times in your personal or professional journey has someone simply stated "you can't?" Someone once told women that they couldn't become pilots, let alone fighter pilots. Someone once said that non-rated personnel couldn't be trained to fly remotely piloted aircraft. Someone also once said that amputees can't return to active duty.

I hope that you will take the opportunity to see your next adversity or challenge as a chance to prove that "you can" if you persevere. Having a lifelong attitude that believes in your abilities and a determination to succeed will help you face the next hurdle in the journey that will be filled with "you can't" moments.

ON THE COVER

Gen. Robin Rand (left), commander of Air Education and Training Command, passes the guidon to Brig. Gen. James C. Johnson during the Air Force Recruiting Service assumption of command ceremony Sept. 11 at Joint Base San Antonio-Randolph. For the complete story, see page 3.

Photo by Joel Martinez

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AFRS members welcome Brig. Gen. James Johnson

By Christa D'Andrea
Air Force Recruiting Service Public Affairs chief

Brig. Gen. James C. Johnson assumed command of the Air Force Recruiting Service in a ceremony at Joint Base San Antonio-Randolph, Sept. 11. On the 13th anniversary of the 9/11 terrorist attacks, Johnson reiterated the importance of the recruiting mission.

"Recruiting and retaining exceptional Airmen is the cornerstone of our Air Force," Johnson said.

He emphasized there are more challenges than ever.

"From threats that face our country's military, to the dwindling resources entrusted to our care," he said, "these challenges aren't going away any time soon, as we pursue recruiting the next generation of great Airmen."

Gen. Robin Rand, commander of Air Education and Training Command, presided over the ceremony.

He stated there was no officer more qualified to take the reins.

"You served as a missile combat crew commander, survived a number of staff tours and most notably you are a proven commander," Rand said to Johnson during his opening comments.

"Now he [Johnson] is entrusted to inspire, engage and recruit the most competitive and diverse men and women for service in America's Air Force," he added.

Rand charged the new AFRS commander with providing a clear vision and to lead from the front with passion.

Johnson accepted that charge and told the members of his command that "this cadre of Airmen is the force that will take our service into the future."

He said recruiters will continue to inspire Airmen who, in turn, will continue the pursuit of such game-changing technologies like hypersonics, nanotechnology, directed energy and unmanned and autonomous systems.

"Clearly we must have a commitment to an 'Aim High' culture as we seek to recruit the broadest landscape of Americans to join our great Air Force," Johnson said. "In the AFRS, we must be great Airmen first. Our relationships must be built on trust and respect, we must give more than we take and deliver what we promise."

"Clearly we must have a commitment to an 'Aim High' culture as we seek to recruit the broadest landscape of Americans to join our great Air Force. In the AFRS, we must be great Airmen first. Our relationships must be built on trust and respect, we must give more than we take and deliver what we promise."

Brig. Gen. James C. Johnson
Air Force Recruiting Service commander

Johnson entered the Air Force through the University of Puget Sound Reserve Officer Training Corps program in 1988. His previous assignment was as director for logistics, U.S. Africa Command, Stuttgart, Germany. He has also served in various operational positions supporting U.S. Air Forces in Europe and Air Mobility Command and completed numerous leadership assignments at the squadron, wing, major command, Headquarters Air Force, as well as Joint Command levels at U.S. Transportation Command, Central Command and Special Operations Command.

Johnson is the 33rd commander of the Air Force Recruiting Service, which was established in 1954 as the 3500th U.S. Air Force Recruiting Wing. The name was officially changed to the U.S. Air Force Recruiting Service July 8, 1959. The command has maintained a San Antonio presence since 1965 at what is now Joint Base San Antonio-Randolph.

NEWS

AFPC building renovations nearly complete

By Debra Valine
U.S. Army Engineering and Support Center

Photo courtesy of U.S. Air Force

The U.S. Air Force Personnel Center at Joint Base San Antonio-Randolph has been restored to its historic look. The Facilities Repair and Renewal Project was the first comprehensive renovation of the building since it was built in the 1930s.

Renovations ongoing for a number of years at the U.S. Air Force Personnel Center at Joint Base San Antonio-Randolph are nearly complete, and while the exterior of Building 499 has been restored to its historic look, the interior has significantly changed.

The U.S. Army Corps of Engineers Engineering and Support Center, Facilities Repair and Renewal Program in Huntsville, Ala., the Fort Worth District and the Air Force Personnel Center's engineering staff at Randolph started the renovation project in 2009 with first the A Wing and then the C Wing of Building 499. This was the first comprehensive renovation of Building 499 since the first building was built in the 1930s.

The $73 million project renovated, furnished and outfitted 200,000 square feet of office space and incorporated state-of-the-art features that increase energy efficiency and provide a better working environment for employees. The improvements meet Leadership in Energy and Environmental Design Silver criteria.

A wing renovations were completed in November 2013; C Wing is expected to be complete by October.

"The renovations consisted of demolishing the interior of each wing and replacing closed office space with an open plan and some offices," said Ron Brook, Huntsville Center's project manager. "All the building systems – heating, ventilation and air-conditioning, electrical and plumbing – were installed as new, the exterior was repainted and new modular furniture was installed in each wing."

Other upgrades included Americans with Disabilities Act-compliant features, including a new elevator.

"The project took five years to complete," Brook said. "Through it all, we worked very closely with the project team members. Coordination between Huntsville Center, the Air Force Personnel Center and Fort Worth District Quality Assurance was excellent."

The original buildings housed enlisted Airmen and featured the Spanish Colonial Revival-style architecture and terracotta clay roof tiles. The structure's trademarks were arches that led to open-air porches. Over the years, each of the arches was filled in leaving only a small rectangular window. Now, energy efficient and antiterrorism/force protection compliant windows fill in the arches, helping to reduce electrical usage and provide better climate control and natural light for the building's interior.

While the exterior may resemble the original structures, the inside has been transformed into open office space using system furniture.

According to Ralph Williams, the AFPC engineer for the project (who is now retired), the interior is much more flexible.

Before, as missions changed and personnel were moved around, they were just located anywhere there was space, Williams said. Now personnel can be grouped by function, and if the mission changes and furniture needs to be re-configured, the systems furniture allows for that.

Williams said the Air Force came to Huntsville Center when other agencies could not accept the project without money in hand. All the projects were awarded with end-of-year funds.

"We had an execution strategy, but we had to find an agency willing to develop and advertise our projects in advance of funding," Williams said. "Huntsville Center has been absolutely outstanding. We could not have done it without them."

Huntsville Center uses Indefinite Delivery/Indefinite Quantity service/construction contracts covering all 50 states plus U.S. territories and limited overseas locations. These contracts and how they are used have many benefits and advantages.

"Huntsville Center was able to do things that were out of the ordinary and extraordinary," Williams said. "I do not think anyone else could have done the job and provided the same level of customer service Huntsville Center provides. There were issues, but we worked through them. I hope we continue the relationship because there is a lot more to do."

"Along the same lines, we are now working a project through Huntsville that will remove the true eyesore to the building and the entire historic district - B Wing," said Rich Hartsell, AFPC Engineering support and space manager.

"The results are great," Williams continued. "I am thrilled with it. Our execution strategy has been unique. Any time we approached Huntsville Center, the answer was always yes, no matter how ambitious the requirement. I do not think any other entity could have done this job using our execution strategy."

Williams said there were several project managers before Huntsville Center settled on Brook. "He has been our project manager for most of the job and he has been wonderful.

The Huntsville Center's Facilities Repair and Renewal Program offers a fast track, efficient method for design and execution of all types of facility repairs, renovations and minor construction. This program is available to all districts and their customers as part of the Corps' one-door-to-the Corps policy, as well as the Department of Defense and other federal government agencies.

Air Force reveals newest recruiting campaign

Air Force Recruiting Service Public Affairs

The U.S. Air Force is bringing back its "Aim High" advertising slogan after a 15-year hiatus with the launch of the "I am an American Airman" recruiting campaign today.

The integrated campaign, created by the Air Force's advertising agency, Gurasich, Spence, Darilek and McClure, commonly known as GSD&M, includes three commercial spots as well as new video content titled, "Barrier Breakers," on http://www.AIRFORCE.com.

The campaign employs inspirational language and imagery to showcase the vast accomplishments Airmen have made throughout history; and the wide range of opportunities and career fields available in the Air Force.

It also ties the Air Force's motto "Aim High ... Fly, Fight, Win" with the "Aim High" advertising slogan to appeal to not only potential recruits and influencers, but current active duty Airmen.

A first for the Air Force, the "New Frontiers" spot features the Air Force's Chief of Staff, Gen. Mark A. Welsh III, and showcases how the Air Force has broken barriers and pioneered new paths.

The "America's Future" spot features excerpts from the U.S. Air Force Academy commencement speeches delivered by former Presidents John F. Kennedy, Ronald Reagan, Bill Clinton and George W. Bush.

In this spot, the former commanders in chief extol the Air Force's dedication to innovation and advancement. The third commercial, "I knew one day" features current active duty Airmen from Eglin, Hurlburt and Nellis Air Force Bases.

Other creative elements include the "Barrier Breakers" video content that shares stories of Airmen who have made significant contributions in their fields, surpassed expectations and accomplished feats once considered impossible. The site will also offer opportunities for visitors to learn more about Air Force careers.

All three Air Force commercials will be broadcasted on major cable television and prime-time channels, to include airing during the NFL season.

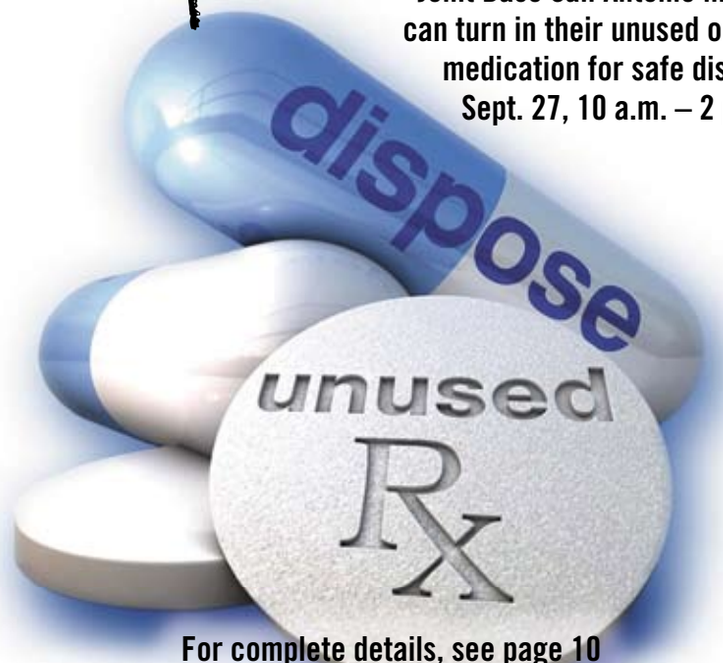
Military spouses make connection during HeartLink class

Alisha Jones-Cotton (left), military spouse, meets Col. Matthew Isler, 12th Flying Training Wing Commander, during a HeartLink class Sept. 4 at Joint Base San Antonio-Randolph. The class covers the basic aspects of the Air Force such as protocol, heritage, reading a leave and earning statement, challenge coins, local base history and provides an opportunity to make friends with fellow military spouses. The next HeartLink class is Nov. 12. Those interested in taking the class can contact the JBSA-Randolph Military and Family Readiness Center at 652-5321.

Photo by Desiree Palacios

Got expired Drugs?

Joint Base San Antonio members can turn in their unused or expired medication for safe disposal Sept. 27, 10 a.m. – 2 p.m.



For complete details, see page 10
or visit http://www.deadiversion.usdoj.gov/drug_disposal/takeback/.

Pregnancy brings changes to oral health

By Staff Sgt. Jessica Lau
59th Dental Squadron

Many significant changes occur to a woman's body when she becomes pregnant. Adjusting to the physical and emotional changes can be difficult. Aside from the obvious physical changes, pregnancy brings changes to overall health, and that includes oral health.

According to the American Dental Hygienists' Association, research has linked poor oral health, specifically, gum disease to premature, low-birth-weight babies. There are a few things that every expectant mother should be prepared for.

The American Dentists' Association states that it is common for pregnant women to experience an increase in tenderness, swelling, bleeding and inflammation of the gums.

These symptoms are usually related to the hormonal changes experienced during pregnancy, increasing the risk of gingivitis and periodontitis, which is a more severe form of a gum disease.

Pregnant women may also notice changes in their eating habits such as strange cravings and increased snacking. Though these changes don't necessarily spell trouble for the pregnancy, it may lead to increased chances of the mother developing cavities.

According to the ADA, these dietary changes may place the mother at an increased risk for developing cavities.

Another common pregnancy symptom that can negatively affect oral health is morning sickness.

Morning sickness and vomiting can create an issue because the acidity from your stomach attacks tooth surfaces, the ADA states.

If morning sickness and frequent vomiting occurs, the ADA recommends rinsing the mouth with water or with a teaspoon of baking soda and water to prevent stomach acid from attacking tooth surfaces.

The best way to protect your teeth and gums during pregnancy is through an optimal dental care routine and regular examinations and cleanings.

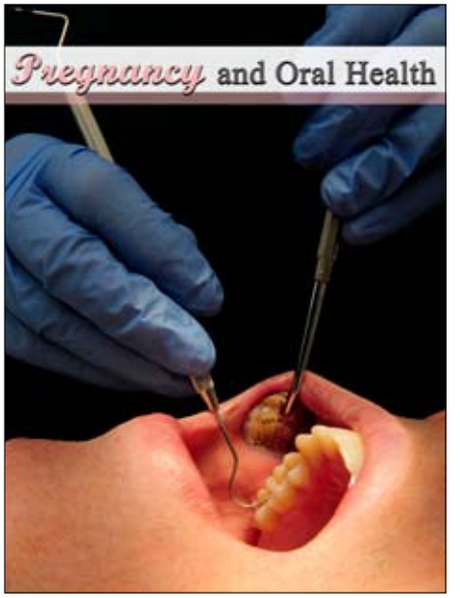


Photo illustration courtesy of U.S. Air Force

Dentists recommend brushing twice daily with a soft-bristled toothbrush, flossing daily and rinsing with an antimicrobial mouth rinse.

Dental examinations and cleanings are especially important during pregnancy, said Col. Mark Wallace, 59th Dental Squadron director of dental operations.

During pregnancy, dentists may decide to avoid taking dental X-rays until after the baby is born. In some instances, radiographs may be necessary if there is a dental emergency or situation that requires them. In that case, a lead apron with a thyroid shield can be provided to protect the patient and the baby.

If other dental care is needed, treatment during the second trimester is generally safest and will likely be the most comfortable for the mother.

This special time can be stressful, but taking a few minutes throughout the day to take care of your oral health can help ensure a healthy start for your baby. If you have a question about your oral health and pregnancy, contact your general dentist.

Critical POV shipping concerns being addressed

By Victor D. Wherry
502nd Logistics Readiness Squadron

Over the past several months, service members shipping their privately owned vehicles have experienced some challenges in obtaining the most up-to-date information regarding their vehicle's location and some service members have experienced significant delivery delays.

As a result, the U.S. Transportation Command and the Military Surface Deployment and Distribution Command are working with International Auto Logistics, Inc. to provide a means for our customer's privately owned vehicle issues to be addressed. IAL is special purpose company designed and built to provide automotive transportation and logistics services to the U.S. Government and related services.

On May 1, International Auto Logistics assumed responsibility for the Global Privately Owned Vehicle Contract, also known as GPC III. Under the terms of the contract, IAL is responsible for processing, transporting and storing vehicles owned by military personnel and Department of Defense civilian employees bound for or returning from overseas duty locations.

Personal property shipping offices across Joint Base San Antonio have been contacted by customers about the issues they face with delivery and shipment of their POVs. The majority of customer concerns are a result of missing or incomplete in-transient visibility data, failure to meet delivery dates and unanswered emails and phone calls.

In-transient visibility, or ITV, is an organization's capability to provide their customer with maximum visibility and near real-time status on the movement of all classes of supply, from origin to destination.

To address these concerns, the easiest way for customers to check the status of their POV is by visiting http://www.pcsmypov.com by entering the shipping instruction number provided by International Auto Logistics, Inc. or call 855-389-9499, option 2.

In the event a customer does not receive their POV on the required delivery date and cannot resolve their issue through IAL channels, they can contact the USTRANSCOM Inspector General's team directly at usarmy.scott.sddc.mbx.pov-ig-response@mail.mil to assist with POV inquiries.

The Military Surface Deployment and Distribution Command wants customers to know they are aware of and understand the performance issues experienced while shipping privately owned vehicles and solving those issues is their No. 1 priority.

Photo courtesy of the Department of Defense

A Soldier and a contractor agent inspect the Soldier's car at a processing center. The Defense Department is working with its new vehicle-shipping contractor to resolve a growing number of complaints about shipment delays.

Rambler Fitness Center opens two morning classes

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

The Joint Base San Antonio-Randolph Rambler Fitness Center added two weekly morning classes to its group exercise catalog earlier this month, one a fan favorite and the other is new.

Zumba, a Latin-inspired dance fitness class, was previously offered during the evening, but Rambler staff members decided to start one at 11 a.m. every Monday in room 128 based on feedback.

"Our clients had been asking for an earlier time and we wanted to give them the option," Rey Salinas, Rambler Fitness Center fitness programs manager, said. "Those who work regular business hours can go for midday stress relief, while those who work late can get some exercise when they get off."

Lynette Gotay-Cui, the morning Zumba class instructor, said she normally has 30 to 40 participants during the Rambler's evening editions, so she's excited about bringing it to another audience.

"Zumba is not about perfection, but participation," she said. "As long as you are moving in the right direction and having fun, you are succeeding."

She said going to at least five 55-minute sessions can ensure participants get comfortable with the class.

Attendees should wear fitness shoes with minimal treading and bring water and a towel, Gotay-Cui added.

For the Rambler's new "Pedal and Pump" class, held 9 a.m. every Tuesday in room 158, interval strength training is fused with traditional cycling.

According to instructor Holly Middleton, classes consist of high-intensity pedaling for two or three minutes followed by light weight training with dumbbells, resistance bands and body weight on the floor for the same amount of time.

The routine is repeated for 45 minutes.

"This is a joint-friendly version of interval training for people who want to lose weight and burn a lot of calories," Middleton said. "The idea is not letting the body plateau (by resting) and to keep it guessing for optimal cardiovascular benefits."

Participants should dress in breathable clothes that don't fit too loosely, she said.

Running or cross-training shoes are recommended over cycling shoes and participants should bring water, a towel, weights and a mat. The latter two items can be borrowed from the Rambler facility.

Both classes are $3 per session, and anyone 16 years of age and up with JBSA-Randolph access can register.

Salinas said the classes are intended for people of all fitness levels.

Ten- and 20-point passes are available at the fitness center for $25 and $50, respectively, which saves members 50 cents per class. One group exercise class costs one point.

For more information, call the Rambler Fitness Center at 652-2955.

Photo by Airman 1st Class Stormy Archer
Marie Marin takes part in the new "Pedal and Pump" class Sept. 9 at Joint Base San Antonio-Randolph's Rambler Fitness Center.

USAF revamps Air Expeditionary Force

By Senior Airman Jason Brown
633rd Air Base Wing Public Affairs

The Air Force will deploy Agile Combat Support Airmen under its redesigned air expeditionary force construct Oct. 1.

The primary purpose of the redesign was to look at ways to deploy more ACS Airmen with their units and standardize dwell times across the Air Force as much as possible to present a consistent Air Force capacity to the warfighter.

While the construct was approved April 2013 by Air Force Chief of Staff Gen. Mark A. Welsh III, the first deployments under this construct will be October 2014. Under the revised AEF construct, installations will deploy larger numbers of Airmen from the same unit under a 1:2 deploy-to-dwell ratio for active component, ACS Airmen. The revised construct establishes an 18-month battle rhythm where an Airman may deploy for six months and be home for 12. This will allow wings to more effectively posture their forces to meet global mission requirements as well as continue home station training.

In the past, Airmen deployed as individuals or small elements via "tempo bands" based on their Air Force specialty codes. Those Airmen met downrange from bases across the Air Force.

"Our Airmen have performed superbly in their individual deployments under the current AEF structure for the last 11 years," Welsh said. "This new construct will facilitate even better teamwork and unit performance during deployed operations. I visited a deployed squadron last year that was manned by 81 Airmen from 41 different bases! While we've proven we can be successful with that approach, we believe the new AEF model is a more efficient way to get the job done."

While there are some other subtle changes, the most noticeable change to ACS Airmen will be a stabilized battle rhythm at 1:2 deploy-to-dwell ratio. Some Airmen will see this battle rhythm as an increase in their deployment vulnerability. Requirements for most skill sets have remained constant. However, those who deployed less frequently may be more vulnerable. Not all Airmen will be selected for deployment in their vulnerability window.

Air Force leadership has worked very hard to secure 1:2 as the standard battle rhythm therefore reducing the number of Airmen who will deploy at rates greater than 1:2. While this is the goal, there may still be some high-demand specialties that may deploy under a different scheduling construct.

"Previously, Air Force specialty codes played a large role in determining an Airman's battle rhythm and deployment location; the redesign focuses on aligning Airmen to deploy with their unit," said Col. Stephen Hart, the Chief of War Planning and Policy Division. "Deploying with members of their own unit increases continuity of work, allows our junior Airmen to deploy with their supervisor, trainers, and enhances the skills and management of wing missions."

According to Hart, there are benefits to the Airmen and to the service, as it allows the Air Force to better understand its available capacity and it allows Airmen to have a better idea of when they will be deploying within the given year.

For Airmen maintaining expeditionary readiness, it's "business as usual." Airmen should continue preparing themselves and their families for the reality of deployment.

For more information on AEF battle rhythm and individual base dwell times, Airmen should contact their local unit deployment manager.

(Information courtesy of Air Force Public Affairs Agency)

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.

Joint Base San Antonio-Randolph

News Briefs

Parenting legal clinic

A free clinic on legal information for parents takes place 11 a.m. to 1 p.m. Wednesday at the Military & Family Readiness Center, building 693, at JBSA-Randolph.

JAG Corps and Texas Attorney General Staff will answer questions about family care plans, visitation, paternity and child support, but cannot represent or give legal advice. Attendees are asked to not bring their children, but to bring any prior court orders with you.

Call the Legal Assistance Office at 652-6781 for more information.

Retiree Appreciation Day

The 2014 Military Retiree Appreciation Day is from 8 a.m. to noon Sept. 27 at building 2841 on Joint Base San Antonio-Fort Sam Houston for retirees and family members of all armed services members. The event includes representatives from legal services, the Texas Veteran's Commission, South Texas Veterans Affairs, the Texas Department of Insurance and others. A San Antonio Military Medical Center Health Fair will also be held to provide flu shots and accept unwanted or expired medications. Call 221-9004 or 671-2728 for additional information.

JBSA takes back prescription drugs Sept. 27

People can help prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs from 10 a.m. to 2 p.m. Sept. 27 at National Prescription Drug Take Back Day locations throughout Joint Base San Antonio.

Three collection sites will be located at JBSA-Fort Sam Houston. The first is at the medical mall in the San Antonio Military Medical Center. The second is at the community pharmacy, located at corner of Scott and Allen Roads, near the main exchange. Another location is available during the Military Retiree Appreciation Day at building 2841 from 8 a.m. to noon.

There will also be collection sites at the JBSA-Randolph Exchange refill pharmacy located in the main exchange. At JBSA-Lackland, the satellite pharmacy, across from the main exchange, will collect medications. The service is free and anonymous.

All pills should be emptied into a zip-lock or plastic bag and only the bag of pills should be brought to the collection site. Medication bottles can be disposed of through local recycling programs.

Additional local "Take Back" locations can be found at http://www.deadiversion.usdoj.gov/drug_disposal/takeback/.

Flag conditions meant to keep Airmen safe, prevent illness

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

During the hottest months of the year, computer users throughout Joint Base San Antonio receive email messages from the 502nd Air Base Wing command post that play an important role in mission safety and efficiency.

Photo by Joel Martinez

Airman 1st Class Tyler Brantley, 359th Medical Group, sets up the wet bulb globe temperature instrument Sept. 3 to monitor flag conditions at Joint Base San Antonio-Randolph.

The messages let supervisors know it's time to protect their Airmen and other workers from the effects of oppressive heat by announcing the wet bulb globe temperature index, a combination of temperature measurements that factor dry air temperature, air movement, relative humidity and radiant heating.

"It's done to protect the workers," Maj. Alfred Doby, 359th Aerospace-Medicine Squadron bioenvironmental engineering flight commander, said. "It ensures that supervisors are providing them with the proper rest cycles to combat heat illness and heat stroke."

Five "flag conditions" are based on the WBGT index, Airman 1st Class Tyler Brantley, 359th AMDS bioenvironmental engineering technician, said.

Flag conditions, displayed in five colors, range from white for a WBGT of 78 to 81.9 degrees to black for a WBGT of 90 degrees or more, but messages are not typically relayed to computer users until the flag condition is red, or 88 to 89.9 degrees, he said. Other flag conditions are green, 82 to 84.9 degrees, and yellow, 85 to 87.9 degrees.

A device called a thermal environment monitor, which is placed in an unshaded location behind the JBSA-Randolph Medical Clinic at the beginning of the day, measures the WBGT, Brantley said. The monitor includes three temperature elements – a white "wet bulb" that measures humidity and air movement, a black dry "globe" that measures radiant heat from the sun and a shielded thermometer that records ambient temperature.

"It's done through a digital medium," he said. "In addition, the new device we use does not require water."

Readings are relayed to a remote display inside the bioenvironmental engineering flight and are announced to the JBSA command post when they reach the yellow flag WBGT, Brantley said.

At JBSA, flag conditions are sent via email messages from the command post, but some installations also use actual flags, Giant Voice notifications, and cellphone texts and voice messages, Doby said. Examples are Air Combat Command and Pacific Air Forces bases.

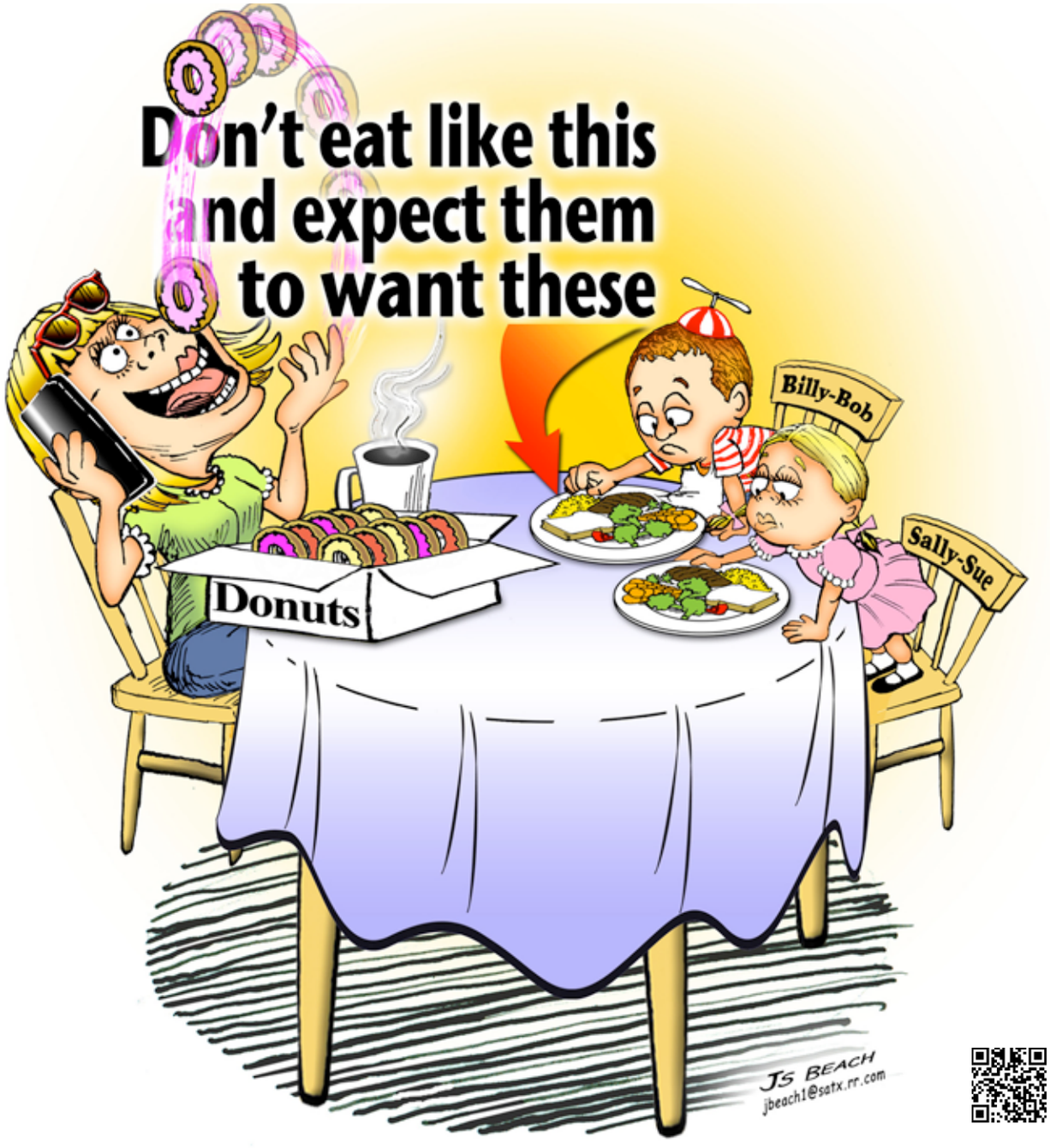
"That's ultimately where we want to be," he said. "They're pushing the envelope because of their missions."

The flag conditions are especially important for Airmen and civilians who are subjected to heat on a regular basis, Brantley said. They include people who work in shops on the flightlines, security forces, firefighters and groundskeepers, as well as Airmen who take part in physical training and others who exercise outdoors.

Supervisors monitor the different flag conditions so they can implement work/rest cycles and water intake based on guidance in Air Force Pamphlet 48-151, he said. Taking these measures helps prevent heat-related illnesses.

Developing healthy eating habits begins early

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs



Nutrition is such a vital component of overall well-being that Air Force health and wellness centers dedicate courses to it as part of the service's "Fit to Fight" fitness program.

However, the foundation for healthy eating should begin even earlier in life – in childhood.

"Providing frequent nutrition education to early learners is key to developing lifelong healthy eating habits," Shae Peters, Joint Base San Antonio-Randolph Health and Wellness Center Health Promotions Program coordinator, said. "According to the Centers for Disease Control and Prevention, nutrition education strategies are most likely to promote lifelong habits for good health if they help children learn the skills needed for healthy eating behaviors, provide opportunities to practice these behaviors and make nutrition education relevant and fun."

Peters said eating well enhances students' ability to achieve their full academic and physical potential, and they learn how to eat well through the example of their role models.

"For young children, healthy eating is learned through actively watching and doing," she said. "By providing positive food experiences to preschool-age children, it helps them develop an awareness of good nutrition."

Whether for adults or children, a healthy diet can be achieved by following the "Dietary Guidelines for Americans" jointly issued by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, Peters said.

The latest nutrition guide, MyPlate, recommends fruits and vegetables make up half of a meal while whole grains and proteins make up the other half, with low-fat or fat-free dairy on the side. A healthy diet is also low in saturated fats, trans fats, cholesterol, sodium and added sugars, according to the guidelines.

"MyPlate provides recommendations based on the government's 2010 dietary guidelines that can help you figure out how much food kids and adults should have based on age, gender, and activity level," Peters said. "Once you know that, you can decide how much of those heaping restaurant portions your family should actually eat. You can go to http://www.choosemyplate.gov for more information."

Portion sizes are as much a concern for children as they are for adults, Peters said. They began to increase in the 1980s and have been skyrocketing ever since.

"As portions have gone up, so have the calories consumed," she said. "Don't serve kids large portions or expect them to clean their plates. Not only do kids need less food than adults, but studies show that preschoolers do a better job controlling portion size when they're allowed to serve themselves. As kids grow, their appetites will vary depending on a number of factors. As their appetites change, keep serving right-sized portions and encourage them to slow down to enjoy their food."

A common problem for parents is persuading their children to eat vegetables. Offering them a variety of vegetables is helpful, Peters said.

"According to a study of 250 preschoolers led by researchers at the University of Leeds, the secret to getting kids to eat vegetables is offering a wide variety – and simply serving them more often," she said. "The study also revealed 2- and 3-year-olds were harder to please than younger children. Kids tended to enjoy vegetables their mothers frequently ate. Favorites included carrots, broccoli, peas, corn and cucumbers.

"Another technique you can try is to involve them in shopping," Peters added. "Visit a farmers' market or grocery store with your child when it's not busy. Let them see and feel different vegetables."

Parents should also encourage their children to stay active since a healthy lifestyle requires exercise as well as good eating habits, the two components that are crucial to preventing childhood obesity, Peters said.

"Children and teens should participate in at least 60 minutes of moderate-intensity physical activity most days of the week, preferably daily," she said. "Remember that children imitate adults. Start adding physical activity to your own daily routine and encourage your child to join you."

Exhibit honors Air Force history

Michele Mays sets up a vintage military memorabilia exhibit Monday at the Joint Base San Antonio-Randolph Base Exchange. The exhibit celebrates the 67th birthday of the Air Force and will end in a sale Saturday. For more information call 845-9271.

Photo by Joel Martinez