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LACKLAND TALESPINNER

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Top dog

Photo by Johnny Saldivar

Military working dog Luigi subdues Col. Michael Gimbrone, 502nd Security Forces and Logistics Support Group commander, during his visit Aug. 3, at Joint Base San Antonio-Lackland's Medina Annex kennels. Gimbrone agreed to participate as a decoy during a training scenario. Luigi is assigned to the 802nd Security Forces Squadron.

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Separated but not alone

By Senior Airman Lauren-Taylor Levin
366th Fighter Wing Public Affairs
Mountain Home Air Force Base, Idaho

As the dawn broke out over the mountains, I woke up to the sun peeping through my window. Once I got up I went straight to the kitchen to make my family breakfast yet in the back of my mind, all I could think about was, "how am I going to manage taking care of my children, dogs and work life."

Just the thought of knowing I'll have twice the amount of things to do at home all while balancing my military work, made my heart sink a bit.

Growing up as a military child myself, I knew separation could be extremely hard and hit at any time. Looking back, I now know how alone my mother felt whenever my father went on deployments or temporary duty. It seems like an eternity waiting for your loved one to return home so you aren't carrying all the weight on your shoulders

There are dozens of base agencies to make these separations easier, but I didn't realize it yet.

After just three days of being with my children and trying to balance everything I felt like the world was crashing down on me. It was as if I was a first-time mother trying to figure out if I was doing anything right and becoming completely overwhelmed. My office was starting to notice a change in my attitude and how quickly I would become agitated to otherwise insignificant events.

My co-worker and I decided to hang out once a week to discuss everything that was on our minds. Although it was nice to vent and get some relief, it only went so far with reducing the stress.

Unfortunately, because of the hours my husband worked, I could only see him for an hour or two each day on Skype, after I put the children down to sleep for the night.

A week went by and I had to pick up my children one afternoon, and I was stopped by a staff member at the child development center.

She asked, "Is there anything going on in your household?"

I explained how my husband was

Courtesy photo

currently on TDY and I've been dealing with a lot of stress lately.

Shortly after my explanation she notified me that my son wasn't acting like himself either. I was so consumed with my own problems I didn't even notice how my family was doing.

The caregiver said, "Your son is starting to become antisocial, not eating as much food and becoming a bully at daycare."

I felt as if I was failing as a mother and I had to get help, not only for my son, but myself as well. The only problem is I had no idea where to start.

The caregiver gave me a pamphlet about dealing with separation and inside was a card. I called to make an appointment to talk to the counselor about how I could help my son and myself through this time of separation.

As I met with the counselor, we discussed my everyday routine. Not only did I find out I wasn't failing as a mother, but I felt some kind of comfort.

The counselor explained that regardless of a child's age, they can tell when a family member is gone or stressed. Athough you may think it won't rub off on them, it does.

As we continued our conversation he recommended I try some exercises with my children and see their reactions to it.

One exercise in particular was the 1-2-3 method, also known as the "count" to stop behavior method. If your child happens to have a tantrum or isn't listening this is a great exercise to try.

This exercise helps to lead your child to learn, think and take responsibility for their actions. Doing this gives the message that your authority is not negotiable before you act with a consequence. This consequence doesn't necessarily have to be a big thing. It can simply be redirecting your child toward doing something else, like assisting you with putting items away or reading a book with them.

He explained that the more I get involved with my children's life, the better. I should replace that sense of separation with love and care, helping to distract that feeling of loneliness.

Once we finished discussing how I could help my children; the counselor asked, "How are you handling all this?"

Just as I was going to start talking my face turned bright red because I knew everything I was carrying on my shoulders was finally about to be lifted off of me. I began to discuss my struggles of trying to make sure everything was the same as it was before my husband left. I was so focused on trying to make sure everything was perfect I became overwhelmed and stressed, not only myself, but my kids too.

He later explained that no matter how much I want things to be the same, they aren't, and all I can do is make the best of each situation. Not only that, but I should take time to help myself relax by finding a hobby to diminish the stress.

I really took what he said to heart. My son is no longer being antisocial; he's eating more and being a lot nicer. I still have to deal with his "terrible-two" moments, with and my 1-year-old daughter deciding to join him, but with some redirection, they're back to normal.

Even when you feel there's nowhere to turn for help, there's always someone who cares and can guide you in the right direction. There are other resources on base to support you in times of need, such as the Military & Family Readiness Center, key spouse groups, first shirts and mental health.

Whether it's a friend, family member, counselor or even just writing a journal there are always avenues for help.

You're not alone.

LACKLAND TALESPINNER

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Deadline for story submissions is noon Wednesday the week prior to publication.

News in Brief

WESTOVER MEDICAL HOME OPENS

The Westover Medical Home on the Northwest side of San Antonio is open.

TRICARE beneficiaries who want to enroll or move to the new Westover location can visit https://www.humanamilitary.com or call 800-444-5445.

For beneficiaries age 65 or older, call 808-2721 for more information. People are encouraged to call soon as enrollment opportunities are limited.

Beneficiaries who sign up for care at the new clinic will need to see their provider at the Fort Sam Houston Clinic or the Taylor Burk Clinic at Camp Bullis until the clinic opens.

The 12,500-square-foot community-based medical home will house 13 board-certified providers with varied backgrounds and a multitude of experience to serve their patients.

People will also have the benefits of on-site laboratory capabilities and a drive-through pharmacy.

The address is 10010 Rogers Crossing, which is located off State Highway 151 and Westover Hills Boulevard.

AIR FORCE MILITARY AMBASSADOR PROGRAM ACCEPTING APPLICATIONS

Two articulate, self-confident Air Force, Air Force Reserve or Air National Guard members are needed to serve as military ambassadors at community events to represent Joint Base San Antonio in 2016.

One male and one female ambassador are chosen each year to represent the Air Force at many community events and promote the military's commitment and relationship with the local community around South Texas.

All E-4 to E-7 Air Force members, who are 21 years old and older and assigned to Joint Base San Antonio are eligible to apply to be a military ambassador.

Nomination packages will be distributed to public affairs offices across Joint Base San Antonio Sept. 1. Once nominated, candidates appear before a selection board of chief master sergeants and former Air Force ambassadors. The selection panel reviews applications, conducts interviews and selects the ambassadors. Nomination deadline is Oct. 16. For more information, call 808-0002.

Heat-related injuries prevalent, yet easily avoided with right tools

By L.A. Shively
JBSA-Fort Sam Houston Public Affairs

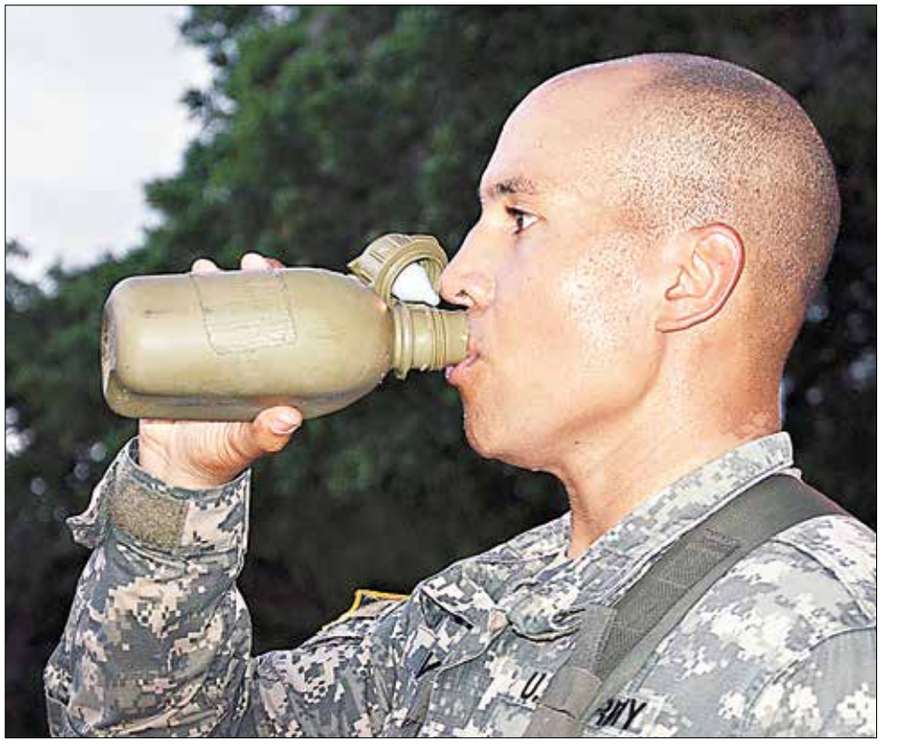

Photo by Esther Garcia

Sgt. 1st Class Owen Davis with Company E, 232nd Medical Battalion, takes a water break following an 8-mile foot march at Joint Base San Antonio Camp Bullis June 12. The 8-mile foot march was part of the 2015 Platoon Sergeant of the Year competition.

Many people succumb to heat-related illnesses and even death due to inexperience with extreme summer temperatures and humidity or a lack of caution outdoors. Military personnel in the San Antonio area are especially vulnerable to heat-related injuries because of exposure during training or duty requirements.

"Since the start of the fiscal year we have had 5,694 heat-related injuries across Joint Base San Antonio," said Staff Sgt. Jerome Montoya, noncommissioned officer in charge of the Environmental Health Section at Brooke Army Medical Center on JBSA-Fort Sam Houston.

A majority of the reported injuries were due to dehydration or a lack of electrolytes, Montoya said; but a plethora of other types of heat injuries such as sunburn and photokeratitis – a painful sunburn of the cornea of the eyes – were also reported that could have easily been avoided.

Montoya advised that although no heat-related deaths have been reported and the majority of injuries were a result of improper hydration or drinking alcohol, once a person has had a heat-related injury, he or she may be more susceptible to another heat injury that could lead to death.

"Once you have become a heat casualty you are deemed high risk, because not all casualties recover completely from the initial injury," Montoya explained.

The sergeant pointed out that first heat injury may result in the body's susceptibility to a follow-on injury especially during a repeat of the previous situation, such as inadequate hydration during training.

Adequate hydration translates to consuming both the proper amounts and types of fluids. So what is the proper intake of fluids?

In an online article (http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256), Mayo Clinic staff say studies have produced varying recommendations over the years, but that an individual's water needs depend on many factors including health, activity level and location.

The Institute of Medicine determined that adequate intake for an average, healthy male is roughly about 13 cups or 3 liters of fluids a day. Adequate intake for an average, healthy female is about nine cups or 2.2 liters of total fluids per day.

Total fluids includes water, sports drinks, juice, milk and soup but not sugary, caffeinated or alcoholic beverages.

"People who are more active should drink more water to sustain the amount of water they lose while sweating," Montoya recommends. "The best way to remember the amount is the '8-by-8 rule' which is drink 8 eight-ounce glasses a day, which equates to 1.9 liters."

Drinking too much water may also be hazardous to one's health.

Hypernatremia, also known as water intoxication, is caused by the failure to maintain correct levels of sodium in the body that is lost through sweating.

The signs are similar to dehydration such as nausea, disorientation, muscle cramps and mainly occurs during competition in events lasting for several hours, Montoya explained. He said drinking sports drinks or a simple glass of salt water prevents this injury

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Stage 1 water restrictions implemented across JBSA

By Benjamin Martinez
Joint Base San Antonio utility manager

The 10-day average of the Bexar County index well J-17 reached 657 feet mean sea level as of Aug. 3, triggering Stage 1 water restrictions for all Joint Base San Antonio locations. Stage 1 goes into effect when J-17 dips below 660 feet.

The J-17 well is housed in a nondescript building on JBSA-Fort Sam Houston, just off Harry Wurzbach and near the Fort Sam Houston National Cemetery and serves as the official well for recording groundwater elevations in the San Antonio Pool of the Edwards Aquifer, according to the Edwards Aquifer Authority website (http://www.edwardsaquifer.org).

The JBSA Base Civil Engineer declared Stage 1 water restrictions effective immediately in accordance with the current JBSA Critical Period Management Plan and Biological Opinion issued by the U.S. Fish and Wildlife Service. The biological opinion limits JBSA's water draw from the Edward's Aquifer in order to protect eight endangered species which live in the aquifer and its associated springs. These species can only survive when aquifer levels and spring flows are adequately maintained.

The restrictions within Stage 1 facing base residents and personnel are substantial and all must comply with the JBSA Critical Period Management Plan.

All the Stage 1 restrictions in addition to Stage Normal water restrictions are in place:

• Continue Stage Normal water use measures except as noted or replaced by Stage 1 rules.

• Landscape watering with an irrigation system, sprinkler or soaker hose is allowed only once a week before 10 a.m. or after 8 p.m. on your designated watering day, as determined by your address or facility number.

• Reduce water consumption by any means available.

• New turf or landscaping may be watered as identified in Stage Normal until adequate growth is maintained.

• Privately owned vehicle washing is allowed once per week on Saturday or Sunday as long as there is no water waste. A positive shutoff nozzle must be used with hoses to prevent water waste. Don't let water run into the street.

• All swimming pools must have a minimum of 25 percent of the surface area covered with evaporation screens when not in use. Inflatable pool toys or floating decorations may be used.

• Hand watering with a handheld hose, soaker hose, drip irrigation, bucket or watering can is permitted any time and any day.

• Washing impervious cover such as parking lots, driveways, streets or sidewalks is prohibited except in order to correct life, health or safety concerns.

• Irrigation of athletic fields is permitted only as required to maintain the turf viability/safety. Athletic fields continue Stage Normal water use measures.

• Landscape on golf courses are required to follow one day per week watering

• Use of fountains, waterfalls or other aesthetic water features outdoors or indoors is prohibited, unless a variance has been granted for 100 percent non-potable water use.

• In Stage 1, the watering days are as follows if address/facility number ends in 0 or 1, Monday; 2 or 3, Tuesday; 4 or 5, Wednesday, 6 or 7, Thursday; and 8 or 9, Friday.

All water restriction measures and details are listed in the JBSA Critical Period Management Plan available online at www.jbsa.af.mil/shared/media/document/AFD-130809-013.pdf

JBSA personnel should not confuse the JBSA water restrictions with the SAWS restriction levels. The JBSA water restrictions are more stringent and begin sooner than SAWS restrictions.

Call 652-2392 to report water abusers. Those found not abiding with the JBSA Critical Period Management Plan may face potential disciplinary measures. Reports will remain anonymous.

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from occurring.

Alcohol should be avoided during hot weather because it alters mental status. Generally, an individual consumes alcohol to quench thirst, which lowers water intake and actually creates dehydration.

Playing sports during summer barbeques while drinking is a common scenario where heat injuries from lack of hydration occur Montoya said. He added that although caffeine and sugary drinks served at parties don't alter mental status, they are diuretics which increase urine production ultimately reducing the amount of water in the body and should be avoided as much as possible.

Training or duty risks for military personnel outdoors are mitigated via the Wet Bulb Globe Temperature Index, a tool used to prevent heat injuries. According to the WBGT Index, 5 degrees Fahrenheit should be added to the environmental temperature if a member is wearing a rucksack or body armor and 10 degrees Fahrenheit if in Mission Oriented Protective Posture, or MOPP, 4 gear.

The WBGT Index is a heat stress indicator used to gauge the relative severity of environmental temperature on the human body by measuring humidity, wind speed or wind chill and visible and infrared radiation, or sunlight, and then compositing the information into an actual temperature experienced by personnel.

Derived from a combination of temperatures from three thermometers – wet globe for humidity, black globe for solar factor, and dry bulb for ambient levels – the WBGT is a unit set on a tripod in full sunlight.

The index consists of five color-coded categories with associated temperature information derived from the WBGT and specifies fluid intake requirements and work allowed. Flags with corresponding colors are flown to indicate current heat-work conditions.

Black is at the bottom of the index and signals hazardous working conditions.

"Most training may be restricted during black flag conditions, based on commander directives," said Ken Talley, an industrial hygienist with the 559th Aerospace Medical Squadron/Bio-Environmental Engineering.

Talley explained that a WBGT is located at Joint Base San Antonio-Lackland Bioenvironmental Engineering and the Lackland Basic Expeditionary Airman Skills Training, or BEAST – the Airmen recruit training site on Joint Base San Antonio-Lackland.

"We record temperatures on an hourly basis and transmit the information via a call to the command post," Talley said. "The command post sends an email notifying units of the flag condition."

A WBGT is located at the 359th JBSA-Randolph clinic building, explained Airman 1st Class Tyler Brantley, 359th MDG bioenvironmental technician.

Brantley said that readings are taken continuously, especially during the "101 Critical Days of Summer" where 91 degrees Fahrenheit, based on the WBGT reading, occurs daily and is a black flag condition.

The 101 Critical Days of Summer traditionally begins the Memorial Day weekend and ends Labor Day weekend and supports commands' focus on safety in hot weather.

"Each flag category has work-rest cycles and everyone has to have thermal stress training if they work outside," Brantley said, adding that training is familiarizing personnel with the WGBT work-rest cycles and fluid intake requirements.

At JBSA-Randolph, flags are flown on the flight line and at the fitness centers as well as any place people are working outside as well as near unventilated hangars.

"You're basically outside because those hangars can get really hot," Brantley explained. "Some people have the black pirate flag flying – the Jolly Roger – in place of the regular black flag, it's pretty funny."

"JBSA-Fort Sam Houston relies on command post information for WBGT readings and flag conditions," explained Mark Magalski, chief of 502nd Air Base Wing Operations, "but units training downrange at JBSA-Camp Bullis are required to take their own readings."

Safety is paramount for JBSA personnel Montoya said, stressing that heat accidents are preventable and ensuring everyone is aware gives commanders another tool to ensure the safety of their people.

IAAFA students simulate hostage crisis as part of Special Reation Team course

By Jose T. Garza III
JBSA-Lackland Public Affairs

Inter-American Air Forces Academy students simulated a real-life hostage crisis as part of the Special Reaction Team Aircraft Interdiction Course July 28.

This was the last exercise the students performed as part of the seven-week SRT class, which also covered response to high risk hostage rescues, active shooter situations, vehicle busts and building clearing.

They used a variety of specialized weapons and tactics to make entry into an airplane located at the Joint Base San Antonio-Lackland military working dog training site.

The objective was to quickly neutralize the enemy and escort the hostages to safety.

"The students simulated what would happen if a plane was taken hostage and the officers were not able to make contact with the pilots," said Staff Sgt. Juan Ipatzi, 837th Training Squadron International Force Protection Flight instructor. "If all other means fail, the special reaction team would act to neutralize the threat."

Ipatzi said the training covers the fundamentals the students can apply when they return to their respective countries, adding the course is beneficial for those who aren't part of emergency response teams or feel their skills can evolve.

"We can teach them one way to be prepared for these situations, but in real life there are 1,000 ways on how to be ready," he explained. "They will be able to apply these skills to build their own teams.

"We teach them how to build teams and what type of personnel and equipment they need to use and how they can use it in different scenarios. They can use that information to either refine their techniques or create new ones."

Paraguayan Army Lt. Pedro Morinigo said that learning new police tactics, such as building entry and the development of police teams provided a good experience for him.

"I would like to be able to share this information with my team back home and be able to teach them new things," he said.

Photos by Benjamin Faske
Inter-American Air Force Academy Students conduct a close courters raid on an aircraft during a simulated hostage rescue July 28 at Joint Base San Antonio-Lackland. The IAAFA students practiced close quarters contact as part of the Aircraft Interdiction Course.

Staff Sgt. Jurado Natividad, Inter-American Air Force Academy international force protection officer, briefs IAAFA students on a simulated hostage rescue exercise July 28, at JBSA-Lackland-Lackland. The IAAFA students are part of the special reaction team that specializes in hostage rescue and other special capabilities missions.

IAAFA students conduct a simulated hostage rescue as part of the aircraft interdiction course July 28 at JBSA-Lackland-Lackland.

Master Sgt. Pablo Martinez, IAAFA international force protection officer flight chief, ensures weapons are made safe following a simulated hostage rescue with IAAFA students July 28 at JBSA-Lackland.

59TH MDOG CHANGE OF COMMAND

Photo by Staff Sgt. Chelsea Browning

Maj. Gen. Bart Iddins, 59th Medical Wing commander, hands the 59th Medical Operations Group guidon to Col. Rachel Lefebvre during a change of command ceremony July 24 at the Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio-Lackland. Lefebvre was previously stationed at Kirtland Air Force Base, N. M., where she served as the 337th Medical Group commander.

559th ERPSS: Warriors caring for warriors

By Staff Sgt. Jerilyn Quintanilla
59th Medical Wing Public Affairs

It is 6:30 p.m.

Most of San Antonio is winding down from a full day's work, settling in at home with their families and friends. For Airmen from the 559th En-Route Patient Staging System, the day is just beginning as they make their way to the office one by one.

Based out of the 59th Medical Wing headquartered at Wilford Hall Ambulatory Surgical Center on Joint Base San Antonio-Lackland, the ERPSS unit was formerly known as the Aeromedical Staging Facility.

"The ERPSS mission is to support the transporting [aeromedical evacuation] and caring for wounded warriors returning from deployments overseas," said Tech. Sgt. Crystal Beckham, ERPSS flight chief. "San Antonio is the hub in the Midwest for receiving patients, meaning the patients who stay with us were deployed from somewhere in the Midwest region of the country."

JBSA-Lackland is one of three stateside installations supporting the Department of Defense's aeromedical evacuation mission. Joint Base Andrews, Md., and Travis Air Force Base, Calif., also support aeromedical evacuation missions serving as the hubs for the East and West Coast regions, respectively.

As soon as they receive a notification of an incoming flight, the team goes into preparation mode. Like a well-oiled machine, each person has assigned tasks and they are responsible for making it happen.

"We have 12 people permanently assigned to this team, which never seems like enough," Beckham said. "But we make it work. We're truly like a family and I think part of that is because there are so few of us. It didn't take us long to learn each other's personalities and figure out each other's strengths and weaknesses. I trust everyone in this team to do the job and also to do my job."

Photo by Staff Sgt. Jerilyn Quintanilla

Airman 1st Class Megan Pollard prepares supplies for an incoming aeromedical evacuation flight July 23, at the Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio-Lackland.Pollard is part of a 12-person team assigned to the 559th En-Route Patient Staging System that serves as the Midwest aeromedical evacuation hub for wounded warriors transiting back home or here for specialty care.

On mission days, organized chaos ensues, but there is a clear order of business and everyone has a vital part in it.

"When we have a mission, it's all hands on deck," Beckham added. "I think it's the single most important thing that keeps us working together as well as we do; we're all in it together, working side-by-side, mission after mission, regardless of the time of day or day of the week."

But not everything operates as smoothly as the ERPSS team.

"The air evacuation mission is as unpredictable as they come so we have to be flexible and adapt," Beckham added, "AE flights can come in at any time of the day; arrival and departure times can change in an instant."

Due to the erratic nature of their mission, team leaders go the extra mile to ensure their troops get the time they need to recharge.

"Our Airmen live the core value service before self, day-in and day-out," said Tech. Sgt. Kimberly Kemp, ERPSS NCO in charge. "They are out there on weekends and holidays at odd hours of the night and they do it with a great attitude. We're always checking in with each other and making sure everyone has a good balance between work and home."

"Working here can be tough sometimes. It's hard to make plans with family and friends because things can change anytime; we could get a call and have to start prepping for a mission," said Airman 1st Class Megan Pollard, ERPSS team member. "But when you see the wounded warriors and you learn more about their cases, it puts everything that you're worried about or complaining about back into perspective."

That unique perspective is the other piece that keeps the team united and going full speed.

"We never let ourselves forget that our patients are wounded warriors," Beckham said. "Regardless of their service or the severity of their injuries, they're all wounded warriors and you can't help but feel grateful to them and appreciative of what you have."

Many nights the ERPSS team can be found on the Kelly Field flightline waiting for an AE flight to arrive. As soon as the patients are transported off the plane and to WHASC they are set up at the ERPSS facility.

Touting the slogan "Gateway to Recovery,"the team's focus is on two things: taking care of the patient's medical needs and ensuring they are as comfortable as possible.

To aid in eliminating stressors, the ERPSS facility aims to create a home-like environment. Patients are given hot meals and snacks and have access to modern conveniences like a workout room, wireless internet, a media room where they can watch movies and play video games and much more.

"I'm sure I speak for everyone on the team when I say that being able to care for wounded warriors and having a hand in reuniting them with their families is the greatest part of this job," said Staff Sgt. Travis Smith, ERPSS team lead and former ERPSS patient.

Smith suffered from central serous neuropathy, a disorder affecting his eyesight, during a deployment in 2014 and was ordered to be transported home.

"There were several stops on the way back and each time we stopped, we were evaluated by a doctor to make sure we were able to endure the next leg of the trip," he said. "The feeling of coming home after going through all of that was the greatest feeling in the world. I view it as a privilege now to be able to welcome these warriors home."

School starts soon – is your child fully vaccinated?

School-age children, from preschoolers to college students, need vaccines. Making sure that children receive all their vaccinations on time is one of the most important things you can do as a parent to ensure your children's long-term health – as well as the health of friends, classmates and others in your community.

The Centers for Disease Control and Prevention has online resources and tools to help parents and doctors make sure all kids are up to date on recommended vaccines and protected from serious diseases. Get your children to the doctor if you discover they need vaccines to protect them against serious diseases.

To keep children in schools healthy, your state may require children going to school to be vaccinated against certain diseases, such as pertussis (whooping cough). If you're unsure of your state's school requirements, now is the time to check with your child's doctor, your child's school, or your health department. That way, your child can get any needed vaccines before the back-to-school rush.

It's true that some vaccine-preventable diseases have become very rare thanks to vaccines. However, cases and outbreaks still happen.

The United States experienced a record number of measles cases during 2014, with 668 cases from 27 states reported to CDC's National Center for Immunization and Respiratory Diseases. This is the greatest number of cases since measles elimination was documented in the U.S. in 2000. There have been 178 cases of measles and 5 outbreaks reported in the United States from January 1 to June 26.

Almost 9,000 cases of whooping cough have been reported to CDC from Jan. 1 through July 10, by 50 states, Washington, D.C., and Puerto Rico.

Outbreaks of whooping cough at middle and high schools can occur as protection from childhood vaccines fades. Those who are vaccinated against whooping cough but still get the disease are much more likely to have a mild illness compared to those who never received the vaccine.

Making sure your children stay up to date with vaccinations is the best way to protect your communities and schools from outbreaks that can cause unnecessary illnesses and deaths.

Getting every recommended dose of each vaccine provides children with the best protection possible.

Vaccines for young children (newborns through 6 years old)

During the early years of life, your children need vaccines to protect them from 14 diseases that can be serious, even life-threatening.

Parents who choose not to vaccinate their children increase the risk of disease not only for their own children, but also for other children and adults throughout the entire community.

For example, vulnerable newborns too young to have received the maximum protection from the recommended doses of vaccines or people with weakened immune systems, such as some people with cancer and transplant recipients, are also at higher risk of disease.

Flu vaccines are recommended for kids in preschool and elementary school to help keep them healthy. In fact, all children 6 months and older should get flu vaccines.

Getting all of your children vaccinated – as well as other family members and caregivers – can help protect infants younger than 6 months old. Ask your family's doctor or nurse about getting flu shots or the nasal spray to protect against flu.

Parents can find out what vaccines their children need and when the doses should be given by reviewing CDC's recommended childhood immunization schedule at http://www.cdc.gov/vaccines/schedules/easy-to-read/child.html#print.

Vaccines for preteens and teens (7 through 18 years old)

Preteens and teens need vaccines as well As kids get older, they are still at risk for certain diseases. Before heading back to school, three vaccines are recommended for 11-12 year olds – Human Papillomavirus, Tdap (diphtheria, tetanus and pertussis) and meningococcal conjugate vaccine – for continued protection.

The HPV vaccine is important because it can prevent HPV infections that can cause cancer later in life.

For other diseases, like whooping cough, the protection from vaccine doses received in childhood fades over time. That's why 11–12 year-olds are also recommended to get the booster shot called Tdap to help protect them from whooping cough, tetanus, and diphtheria.

Meningococcal conjugate vaccine helps prevent two of the three most common causes of meningococcal disease, which can be very serious – even life-threatening.

It's important to know that flu can be serious, even for healthy, young people. Preteens and teens are no exception. So older kids should get at least one flu vaccine (the shot or nasal spray for healthy kids) every year.

To learn more about vaccines for your preteens and teens, talk to your child's healthcare provider or visit the preteen and teen vaccine pages at http://www.cdc.gov/vaccines/who/teens/for-parents.html.

CDC provides a recommended immunization schedule for people ages 7 through 18 years (http://www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.html#print) for parents and doctors to follow to protect preteens and teens from vaccine-preventable diseases. If your preteens or teens haven't already gotten their vaccines, you should get them caught up as soon as possible.

Getting every recommended dose of each vaccine provides children with the best protection possible. If a child misses a shot, your child's healthcare professional can use the catch-up immunization schedule (http://www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html) help get them back on schedule.

Keep in mind that there are many opportunities to catch up on vaccines for your preteen or teen. Preteens and teens typically see their doctors or other health care professionals for physicals before participation in sports, camping events, travel, and applying to college. Beat the back to school rush and use these opportunities to get your preteen or teen vaccinated today!

More information is available at the CDC's vaccine website for parents at http://www.cdc.gov/vaccines/parents/index.html.

(Source: Centers for Disease Control and Prevention)

DIAMOND SHARP

Airman 1st Class Eduardo Barreto

Unit: *453rd Electronic warfare squadron*
Duty title: Electronic warfare fusion analyst
Time in service: 1 year
Hometown: Riverside, Calif.

"Airman 1st Class Eduardo Barreto, 453rd Electronic Warfare Squadron, exemplifies the Air Force core values and is a model Airman. In his short time at the unit, Barreto has proven to be the lynchpin to the flight's mission success. He was hand-picked for a position in the fusion analysis team, providing essential intelligence to the reprogramming community. Through his attention to detail and relentless work ethic, Barreto was able to monitor 23 potential weapons system transfers cumilating in five reports distributed to national customers. During team reorganization, he single-handedly carried out 80 percent of the fusion analysis mission, monitoring 111 nations and analyzing 9,673 signals. Additionally, he was a key contributor to the successful implementation of a new Major Command-levied information requirement and individually constructed 45 automatic database processes, singlehandedly saving 352 man-hours. Acting as the database subject matter expert, Barreto helped to enhance the flight training program by developing four continuity files and two core certification exams. Barreto makes time to volunteer within and outside of the Air Force. Within his squadron, he promoted esprit de corp by assisting with six squadron ceremonies. He has also actively volunteered his time in the community, participating in five local outreach events, helping to bolster the image of the Air Force within the San Antonio area. Barreto is diamond sharp and a stellar role model for all junior Airmen."

– Master Sgt. Nicole Merrill
453rd Electronic Warfare Squadron, First Sergeant

Senior Airman Cole Grassmeyer

Unit: *802nd Force Support Squadron*
Duty title: *Employments and classifications apprentice*
Time in service: *2 years, 9 months*
Hometown: *Schertz, Texas*

"Senior Airman Cole Grassmeyer arrived to Joint Base San Antonio-Lackland on a humanitarian assignment in April. Coming from another career field, Grassmeyer has proven himself to be a valuable asset to the unit in a short period of time. Since his arrival, he's completed all on-the-job training tasks in 45 days and was awarded his 3-skill level. He entered into his 5-skill level ahead of schedule and has averaged 99 percent on his unit review examinations. Grassmeyer manages the largest Special Duty Assignment Pay program Air Force wide, responsible for $2.7 million in annual payouts. Off duty, his hard work and dedication were instrumental in organizing the annual squadron picnic, which enhanced morale for more than 2,000 attendees. He also volunteered for three San Antonio Missions events operating the concession stand, helping raise more than $1,500 for the annual holiday party and volunteered an additional 10 hours to Habitat for Humanity to help restore a home to benefit a needy family. It is for these reasons and his profound impact that Grassmeyer is truly 'Diamond Sharp.'"

– Master Sgt. Christopher Booth
802nd Force Support Squadron, First Sergeant

Senior Airman Fredrico James

Unit: *59th Dental Training Squadron*
Duty title: Dental assistant
Time in service: 4 years, 7 months
Hometown: Timmonsville, S.C.

"Senior Airman Fredrico James is a dental assistant assigned to the 59th Dental Training Squadron's periodontics residency program. He is an asset who continuously provides outstanding care for seven residents and five staff providers. This month alone, he provided care to 112 patients valued at $49.500, contributing to the wings 98.1 percent dental readiness class 1 and 2 rates and has been lauded by patients for his excellent service. James has unmatched attention to detail and was hand-selected to be the equipment manager for the Periodontics Flight, ensuring accountability for 137 items valued at $680,000. Additionally, he identified 11 damaged equipment items for processing, ensuring no delays in patient care and saving the Air Force $3,000 in equipment replacements.

James recently utilized his knowledge and experience to provide vital upgrade training to three Airmen, aiding in the certification of 75 core tasks and ensuring they stayed on track to receive their 5-Level. To add to his own expertise, he actively pursued his dental assistant Community College of the Air Force degree by attending an American history course at the American Military University. Furthermore, he devoted 10 hours to the San Antonio Food Bank and Air Force Sergeant's Association, shining a positive light on the Air Force and the 59th Medical Wing.

James embodies the Air Force's whole-person concept. He is a natural leader, committed in everything he does, which he demonstrates on and off duty. He is an example for Airmen to emulate."

– Master Sgt. Sean Frugé
59th Dental Group, Interim First Sergeant

Senior Airman Kara Mitchell

Unit: *3rd Combat Camera Squadron*
Duty title: Broadcast journalist
Time in service: 3 years, 2 months
Hometown: Portales, N.M.

"Senior Airman Kara Mitchell embodies what it means to be a modern Airman while also being a gifted professional. Mitchell personally led teleprompter training for 10 Airmen from two separate flights which helped prepare a slew of upcoming field and studio Combat Camera productions. Additionally, she produced four five-minute productions for the Air Force Profession of Arms Center, highlighting professionalism in today's military and the resiliency of today's Airmen. Lastly, Mitchell was a key assistant to the production, outlining the Air Force Personnel Center's changes to the enlisted evaluation system which was disseminated to more than 455,000 people thru the Air Force website. Her dedication is truly a shining example of an Airman leader and a vital part to the success of the 3rd CTCS."

– Tech. Sgt. Rico L. Sison
3rd CTCS, Additional Duty First Sergeant

Airman 1st Class Thomas Jones

Unit: *502nd Security Forces Squadron*
Duty title: Installation entry controller
Time in service: 2 years
Hometown: Mount Hope W.Va.

"Airman 1st Class Thomas Jones serves as an installation entry controller for the 502nd Security Forces Squadron at Joint Base San Antonio-Fort Sam Houston. His primary duties are to verify entry authentication and control installation access for the largest joint base in the Department of Defense. In the past month, he exceeded standards in the performance of his primary duties by apprehending 10 drivers with suspended licenses and three drivers under the influence of alcohol. He also assisted in apprehending a gate runner and caught and processed two underage drinkers. Despite the unit's rigorous operations tempo, Jones utilized his off-duty time to attend the National Highway and Traffic Safety Administration's standard field sobriety testing course, receiving the certification to process alcohol related incidents and enhancing the squadrons driving while intoxicated detection and processing program. Additionally, he volunteered as the flight safety representative and created a flight safety binder and 15 Air Force Form 55's for the active duty military members as well as a flight-specific job safety training outline to ensure work center safety standards. Lastly, he is currently enrolling in American Military University where he plans to complete his Community College of The Air Force degree in Criminal Justice. Jones represents the best of the 502nd SFS and the future leaders of the United States Air Force and is truly 'Diamond Sharp.'"

– Master Sgt. Oran McClellan
502nd SFS, First Sergeant

Senior Airman Jose Baquero

Unit: *502nd Operations Support Squadron*
Duty title: Air Traffic Controller
Time in service: 4 years, 4 months
Hometown: San Angelo, Texas

"Senior Airman Jose Baquero has gone above and beyond in his duties. Since graduating Airman Leadership School earlier this year, he began supervising three Airmen. He ensures his subordinates are set up for success and rewards them for superior performance. In just four months, Baquero completed two quarterly award packages, wrote two EPRs and a winning Senior Airman Below the Zone package. He also excels in his primary duties as an air traffic controller. Baquero was instrumental in assisting the training manager to transcribe 144 Air Traffic Control checklists and created digital templates used daily by more than 30 controllers. His tireless work ethic is shown by more than 300 hours controlling aircraft in the busiest joint base airfield in Air Education and Training Command. Lastly, he has devoted more than 20 hours towards troubleshooting and completing repairs on the $1 million air traffic control tower simulation system."

– Master Sgt. Jacelyn Duvall
502nd Operations Support Squadron, First Sergeant

Senior Airman David Cooper

Unit: *3rd Combat Camera Squadron*
Duty title: Combat photojournalist
Time in service: 3 years, 2 months
Hometown: Columbia, S.C.

"Senior Airman David Cooper is both a highly motivated Airman and talented photojournalist. His efforts were key in the documentation efforts of the Air Force Women in Services Review, studying whether to open up combat Air Force Specialty Code positions to women. Cooper captured 148 physical evaluation test images for personal review of the Chief of Staff of the Air Force. Additionally, he served as the squadron physical training leader where he personally led 22 physical training sessions achieving a unit 71 percent excellent rating. Lastly, he was chosen as the unit's change of command photographer culminating in 11 historic images which were loaded on social media sites and heralded the transition of the 3rd Combat Camera Squadron leadership from old to new. He is truly a shining example of an Airman and a vital part to the success of the 3rd CTCS's mission."

Tech. Sgt. Rico Sison
3rd CTCS, Additional Duty First Sergeant

Staff Sgt. Michael Wingate

Unit: *Air Force Life Cycle Management Center*
Duty title: Depot-Level secure communications systems technician
Time in service: 10 Years
Hometown: Sebring, Fla.

"Staff Sgt. Michael Wingate recently led a team of four technicians in the depot-level repair and restoration of 50 secure voice encryption units valued at $150,000. He guided his team in the testing and performance validation of all devices before packaging and shipping the 'like new' items to Air Force customers world wide. The devices will be used to secure air to ground voice communication on C-130 Hercules and C-5 Galaxy aircraft. Additionally, Wingate is responsible for the Division's largest preventative maintenance inspection program which oversees interval inspections on 503 communications security assets. This program enabled the production element of the Cryptologic and Cyber Systems Division to maintain an on-time repair rate of 94 percent on 556 secure communication's equipment items this month. Furthermore, he applied the soldering expertise, gained from the High Reliability Solder Course at Keesler Air Force Base, Miss., in the repair of 14 secure radio transmitters. His efforts avoided a backlog of equipment and averted an estimated cost of $2,225 in contract maintenance fees. Finally, he facilitated a mentoring session on the navigation of the Air Force Portal to 25 junior members, in which he highlighted career resources, military benefits and database locations. Wingate is truly a valued member of our United States Air Force and a shining example of a "Diamond Sharp" NCO."

– Tech. Sgt. Victor Gutierrez
AFLCMC, Assistant NCO incharge of, COMSEC Production Element

Senior Airman Michael Hamby

Unit: *35th Medical Support Squadron/Airman Medical Transition Unit*
Duty title: Chaplain assistant
Time in service: 3 years, 8 months
Hometown: New Milford, Conn.

"Senior Airman Michael Hamby was instrumental in supporting the chaplain section by providing excellent customer service that was crucial to the chapel receiving Air Education Training Command's small chapel of the year award. He also supported three resiliency training workshops that trained 42 Airmen and families also giving the chapel after action reports glowing customer ratings. Hamby was part of three clinic outreach program events that reached more than 200 59th Medical Wing personnel resulting in greatly improved morale. He directed eight personnel seeking immediate chaplain services to appropriate chaplain service personnel averting further crisis and helping return personnel to duty. He is a great asset to the Chapel team at Wilford Hall due to his willingness to help others and unselfish ways."

Master Sgt. De'Lisa Harris
59th AMTU, First Sergeant

Staff Sgt. Andrea Vida

Unit: *453rd Electronic Warfare Squadron*
Duty title: Parametric analyst
Time in service: 7 years, 6 months
Hometown: Henderson, Tenn.

"Staff Sgt. Andrea Vida is a 453rd Electronic Warfare Squadron parametric analyst. Immediately upon arrival to the unit eight months ago, she surpassed expectations of production in her work center, completing her qualification training in only two months. She has demonstrated exceptional leadership and management abilities by frequently performing NCO in charge duties and has served as an excellent adviser and model example to her peers. Vida exemplifies the motivation and skills to analyze parametric data and statistics for over 2,200 aircraft. In only two months, she has improved data production output by 30 percent. Vida is a motivated and selfless NCO, dedicated to mentoring and developing her Airmen to be the NCO's of tomorrow."

– Master Sgt. Nicole Merrill
453rd EWS, First Sergeant

Staff Sgt. Joseph Marrujo

Unit: *433rd Training Squadron*
Duty title: Assistant NCO in charge
Time in service: 6 years
Hometown: Los Angeles, Calif.

"Staff Sgt. Joseph Marrujo personifies the 'Total Force Concept.' His involvement within both active and reserve units has proven his extreme flexibility and versatility as an NCO. An outstanding professional, Marrujo oversees more than 10 unit programs and meticulously manages the commander's support staff as the assistant NCO in charge. His in-depth knowledge and understanding of the Air Force administrative functions has given him a highly effective means to create and implement numerous tracking mechanisms to ensure accuracy and accountability of more than 40 unit members. His ability to accept and execute all duties, instructions, responsibilities and lawful orders in a timely and efficient manner, make him a powerhouse NCO."

– Senior Master Sgt. Ricardo Chavez
433rd TRS, Acting First Sergeant

Tech. Sgt. Todd Scheff

Unit: *433rd Training Squadron*
Duty title: Military training instructor
Time in service: 14 years
Hometown: Smithfield, N.C.

"Tech Sgt. Todd Scheff exemplifies the training standard of excellence by leading from the front. His dedicated and selfless actions have not only set him apart from his peers but, have made him an unequivocal role model for basic trainees. He has become a fixture of reliability and a pillar of knowledge. His actions have contributed to the graduation of more than 35,000 Airmen annually. Scheff has taken the lead to help prepare Traditional Reserve members during their activation period, helping to aide Basic Military Training during a surge period, ensuring mission capable instructors. Through his initiative to become the most effective NCO possible and a passionate desire to master his instructional craft as an MTI, he has been identified as a 433rd Section 1 interim instructor supervisor."

– Master Sgt. Amy Kanawi
433rd TRS, First Sergeant

Tech. Sgt. Paul Richardson

Unit: *319th Training Squadron*
Duty title: Military training instructor
Time in service: 15 years, 10 months
Hometown: Springtown, Texas

"Tech. Sgt. Paul Richardson is a Military Training Instructor assigned to the 319th Training Squadron's Basic Expeditionary Airman Skills Training site. As a cadre member, he is responsible for providing trainees with simulated deployment scenario operations to include base defense, combative training, post-attack response and chemical attack exercises. Richardson was one of only five cadre members certified by security forces as an Air Force combative training level 1 Instructor. He recently represented the Air Force in the community by collecting flood disaster supplies and coordinating food drives for San Antonio Food Bank. Richardson is a performer on- and off-duty. While balancing his family life and busy work schedule, he is pursuing a Bachelor's degree in Electronics Engineering with a current 4.0 GPA. Most recently, as the Information Technology Equipment program manager, he completed an extensive review and upgrade of 40 computer systems assigned to the squadron. Richardson continues to separate himself as a leader among peers in the Basic Military Training community and is a true asset to the 319th TRS."

– Master Sgt. Nathan Pigza
319th TRS First Sergeant

FOSTER a PUPPY

The Department of Defense dog breeding program needs families to foster puppies for three months.

Potential foster families need:

- time and patience to raise a puppy age 12 weeks to six months,
- a stimulating and safe home environment, and
- a desire to help raise a military working dog.

Call 671-3686

DOD awards contract for electronic health records

By Jim Garamone
Department Of Defense News, Defense Media Activity

The award of the new modernization contract for electronic health records is a great opportunity to "save money, save time, and most importantly, save lives," Christopher A. Miller, Defense Healthcare Management Systems program executive officer, said July 29.

In a culmination of a more than two-year effort, the Defense Department awarded a $4.3 billion contract to Leidos, Inc. Now begins the hard part: putting the contract in place, Miller said.

The new contract will cover more than 9.5 million Defense Department beneficiaries and the more than 205,000 care providers that support them.

The contract will improve current interoperability among the DOD, the Veteran's Administration and private sector health-care providers and enable each to access and update health records. The contract is based on protocols established by the Office of the National Coordinator for Health IT and the DOD/VA interagency program office.

The DOD and the VA are interoperable now, said Undersecretary of Defense for Acquisition, Technology and Logistics Frank Kendall, but this contract ensures it will continue by including future software upgrades.

Training is also included in the contract, he said.

"The trick … in getting a business system fielded isn't about the product you're buying, it's about the training, the preparation of your people, it's about minimizing the changes to the software that you're buying," Kendall said. "We've done a lot of work to ensure that our users … are prepared to take on this product and use it."

The next step in fielding the system is to test the software to ensure it is secure and does what is needed. The contractor will begin fielding the system at eight locations in the Pacific Northwest covering each of the services late next year.

Ultimately, the system will be fielded at more than 1,000 locations worldwide. The cost over 18 years was placed at $11 billion, but new figures suggest the ultimate cost will be below $9 billion, Kendall said.

Dr. Jonathan Woodson, assistant secretary of defense for health affairs, called electronic health records "a critical enabler for supporting and maintaining medical readiness" around the world.

The new system is global and must operate in remote places like Afghanistan, in addition to DOD's 55 hospitals and more than 600 clinics, Woodson said.

"Even apart from the wartime requirements, the patients we serve are frequently on the move, as are our caregivers, so it is very important to have a highly integrated system that is portable to serve the needs wherever they may be required," he said.

"Today is not just about picking a software vendor," Miller said. "Today is really about making sure we provide the right team that will provide the services and all those things that are necessary to meet our objectives."

Nevertheless, the department is sensitive to potential vendor lock situations. To mitigate this risk, the government negotiated specific rights to the software and technical data that will allow future contractors access to operate or sustain the system, Miller said.

Building the new system will be complicated, Woodson noted, adding that implementing it does not simply mean turning off one system and turning on another.

The new system will replace up to 50 legacy systems and there is a transition plan for each one of those systems, Miller said.

"You can't just take away the old [system] and drive in the new one," Kendall said. "You have to provide health care continuously: you cannot stop. You have to keep the old system running until the new system is ready to step in and take over. It requires us to keep the old systems running."

ICE
Interactive Customer Evaluation

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 five minutes or less to submit a comment at http://ice.disa.mil.

Joint Base San Antonio-Lackland is on Instagram

Share your JBSA-Lackland photos with us by tagging us @JBSALackland

External health insurance must be divulged, official says

By Terri Moon Cronk
Department Of Defense News,
Defense Media Activity

The Defense Department wants to remind its health care beneficiaries who carry commercial health insurance to provide their policy information to their TRICARE providers, a Defense Health Agency official said recently.

Mark Ellis, a DHA senior health program analyst, said the issue is important to DOD because by law, commercial health care insurance companies pay first and TRICARE pays second on medical bills.

When commercial health care insurers pay first, it saves DOD and insured patients money, because beneficiaries will have little to no copayments, he said.

"Beneficiaries don't pay their normal cost shares and deductibles, because the other health insurance combined with the TRICARE insurance typically covers most of their out-of-pocket expenses," Ellis pointed out.

Providing other insurance information to a health care provider is a law that's been on the books for some time, Ellis noted.

Veterans, family members and sometimes even service members carry commercial health insurance in addition to having TRICARE coverage – for a variety of reasons, he said.

DOD surveys show about 14 percent of veterans and spouses who work receive employer-sponsored coverage, Ellis said. The Affordable Care Act mandates all U.S. citizens have health insurance or face penalties, he added.

In some cases, retirees purchase insurance to cover older dependents who are past the age to use TRICARE, Ellis noted.

Or, a service member's spouse might have to pay for commercial health insurance if he or she works for a company that employs more than 50 people, according to the Affordable Care Act, he said.

Active-duty personnel who purchase other health insurance only total about 5 percent of DOD's health care beneficiaries, Ellis added.

It's essential for TRICARE beneficiaries to tell health care providers if they carry commercial insurance, Ellis emphasized.

"If we find out about it later, by law we have to make sure TRICARE is the secondary payer," he said.

DOD is concerned some beneficiaries aren't providing their commercial health insurance information to TRICARE, Ellis said.

Because of that, DOD uses what Ellis called an "industry standard" to obtain evidence from commercial firms when military beneficiaries have other health insurance.

DOD is looking for beneficiaries who do not provide their commercial health insurance information to TRICARE providers, Ellis said. DOD can retrieve money it is owed from the health care providers who performed the services, he added.

Such a process can cause frustration for the provider and the beneficiary in particular, Ellis said.

"It puts beneficiaries at risk for having to pay the whole bill," he said.

Certain state insurance laws say claims must be filed within a certain timeframe, he said.

If DOD doesn't find out about a beneficiary's other health insurance in enough time, Ellis said, "the likelihood is we'll take the money away and the provider will bill the beneficiary directly for the entire amount."

Some beneficiaries with commercial health insurance believe their premiums will go up if they use it, Ellis said, adding that is not the case.

When beneficiaries with commercial health insurance are proactive and volunteer the information to TRICARE health care providers, it's a win-win situation for them and the taxpayer, he said.

"We hope folks will understand we're doing what we need to do to make sure the taxpayers and patients benefit from this project," he said.

Straight Talk Line

For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line.

- JBSA-Fort Sam Houston: 466-4630
- JBSA-Lackland: 671-6397
- JBSA-Randolph: 652-7469

JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE • 808-SARC (7272)
DOD SAFE HELPLINE • 877-995-5247
JBSA CRISIS HOTLINE • 367-1213
JBSA DUTY CHAPLAIN • 365-6420

LACKLAND GATEWAY THEATER SCHEDULE

Friday
- **6 p.m.** Terminator Genisys (3D) (PG-13)

Saturday
- Noon Studio Appreciation Advance Screening – Free Admission – Tickets available at your local Exchange Food Court. Seating open to non-ticket holders 30 minutes prior to showtime. Rated PG-13
- 3 p.m. Terminator Genisys (3D) (PG-13)
- 6 p.m. Ted 2 (R)

Sunday
- Noon Terminator Genisys (3D) (PG-13)
- 3 p.m. Ted 2 (R)

Thursday
- 4 p.m. Terminator Genisys (3D) (PG-13)

FRIDAY THROUGH THURSDAY

Movie Line: 671-3985 or View schedules at:https://www.shopmyexchange.com/reel-time-theatres/

Program Note
Locate the *Day of the Week* and *Read* across for specific show times.
We have one movie screen, one movie per show time. Doors open 30 *minutes* prior to each show time.

Local Briefs

FRIDAY

HOW TO START A SMALL BUSINESS

The Small Business Development Center teaches a class from 1-4 p.m. at the Military & Family Readiness Center on starting a small business. They provide information on writing effective business plans, market research, selecting a good location, time management and other important topics.
For more details, call 671-3722.

PARENTS' NIGHT OUT

This program provides children ages 5 (in kindergarten)-12, activities, games, entertainment and snacks for an enrollment fee of $25 per youth with multiple child discounts or free with "Give Parents a Break" referral. Program runs from 6:30-10:30 p.m. and late pickup is subjet to $5 fee for first five minutes then $3 for every minute after that. For additional information, call 671-2388.

SATURDAY

BAG SALE

The Lackland Thrift Shop will have a $5 Bag Sale from 10 a.m. to 2 p.m. Store hours are Tuesday through Thursday from 10 a.m. to 2 p.m. in the One Stop building #5460. For additional information, call 671-3608.

WEDNESDAY

BUNDLES FOR BABIES

The Military & Family Readiness Center will be holding a Bundles for Babies class 1-4:30 p.m. Active duty expecting parents are encouraged to attend this class. Information will be provided on financial planning from conception to college, support programs offered within the community, and parenting skills. For more details, call 671-3722.

AUG 14

TROOPS TO TEACHERS

Troops to Teachers assists eligible military personnel in pursuit of teaching as a second career in public schools and will be from 9 a.m. to 3 p.m. at the Military & Family Readiness Center. Troops to Teachers provides counseling, referral and placement assistance, identifies required certifications and employment opportunities. For additional information, call 671-3722.

AUG 25

FEDERAL APPLICATION PROCESS

Review the federal employment process and careers offered within the federal government during a class 1-4 p.m. at the Military & Family Readiness Center. Learn about resources that support the Veterans Employment Program, skill translators, resume builders and more. For additional information, call 671-3722.

AUG 27

UNDERSTANDING SELF-INJURY

The Exceptional Family Member Program support group will focus on understanding self-injury noon to 1:30 p.m. at CAMP, building 3850 with special guest Beth Confer, director of community relations at Clarity Child Guidance Center. Review why children and teenagers may engage in this practice and learn about coping strategies, as well as tips for teachers, parents and mental health professionals who work with children that self-injure. For more information, call 671-3722.

INFORMATIONAL

24-7 FITNESS ACCESS

Fitness Center after-hours access is available for authorized patrons 18 years and older at the following participating centers: Rambler Fitness Center, Jimmy Brought Fitness Center and the Chaparral Fitness Center. Registration for access is taken at the front desk for those with Department of Defense Common Access Cards. Registration for all other DOD ID cards will begin at a later date.

For additional information, see front desk personnel.

GATEWAY GOLF COURSE GRILL CLOSING

The golf course grill, located at the Gateway Hills Golf Course on Joint Base San Antonio-Lackland, is closed for renovations.

Construction is estimated to last until October. The golf course continues to operate as usual. Snacks and drinks available at the pro shop. For additional information, call 671-3466.

CAR SEAT CLINIC

Family Advocacy is partnering with SafeKids USA to provide a child safety seat clinic at the Joint Base San Antonio-Lackland Fire Station, located at 1910 Kenly Ave., building 2325, Thursday from 9:30 –11:30 a.m.

Safety seat check ups, installation education and recall checks are included.

Only military ID cardholders are eligible and the child must be a dependent. New car seats are provided only if the current seat is outdated or on the recall list.

Children must be present and under 4 feet 9 inches or 100 pounds. Only one seat will be replaced per child. Registration is required; and no walk-ins.

Provide the following information: child's name and age, weight and height, number of children and make and model of vehicle.

For more information or to register, call 292-5967.

JBSA FAMILY ADVOCACY PROGRAM CARE LINE

Assistance is available to those in need of services related to the prevention of family maltreatment in the community.

To report incidents of spouse or child abuse and to coordinate an emergency response for victims of domestic violence, call 292-5967. This line is monitored 24 hours per day, seven days a week.

CHAPEL SERVICES

—PROTESTANT WORSHIP SERVICES

Freedom Chapel – Building 1528

Contemporary Service	Sun.	9:30 a.m.
Religious Education	Sun.	11:00 a.m.
Gospel Service	Sun.	12:30 p.m.
Spanish Service	Sun.	3:00 p.m.

LITURGICAL SERVICE
Airman Memorial Chapel – Building 5432
Sun. 8:00 a.m

CHURCH OF CHRIST
New BMT Reception Center – Building 6330
Sun. 7:30 a.m. (Rm. 175)

SEVENTH - DAY ADVENTIST
Gateway Chapel – Building 6300
Sat. 12:30 p.m.

CHRISTIAN SCIENCE
New BMT Reception Center – Building 6330
Sun. 7:30 a.m. (Rm. 112)

—ORTHODOX CHRISTIAN

Airmen Memorial Chapel – Building 5432
Sun. 9:30 a.m.

—WICCA

New BMT Reception Center – Building 6330
Sun. 9:00 – 11:00 (Auditorium)
Freedom Chapel – Building 1528
Wicca Open Circle 1st Tues. 6 – 7 p.m.

—REFUGE STUDENT CENTER

Building 9122 (Tech Training & TDY Students)

Wednesday	6 – 8 p.m.
Thursday	6 – 8 p.m.
Friday	6 – 11 p.m.
Saturday	12 – 9 p.m.
Sunday	11 – 5 p.m.

—JEWISH

Airmen Memorial Chapel – Building 5432

Sabbath & Kiddush	Fri.	4:30 p.m.
Religious Education	Sun.	1:30 p.m.

—ROMAN CATHOLIC

Freedom Chapel – Building 1528

Religious Education	Sun.	9:00 a.m.
Mass Sat. 5:00 p.m.	Sun.	11:00 a.m.
Reconciliation	Sat.	4:00 – 4:45 p.m.
Daily Mass	Mon., Tues. & Thur.	11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

Global Ministry Center – Building 7452
Jumu'ah Prayer Fri. 1:30 p.m. – 2:30 p.m.

—BUDDIST

New BMT Reception Center – Building 6330
Sun. 10 a.m. (Rm. 175)

—ECKANKAR

Gateway Chapel – Building 6300
1st, 3rd, and 5th Saturdays 12:30 p.m.

—BAHA'I

Gateway Chapel – Building 6300
1st, 3rd, and 5th Sun. 11:00 a.m.

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Gateway Chapel – Building 6300

Religious Education	Tues.	6:30 p.m.
LDS Institute	Thurs.	6:30 p.m.
LDS Service	Sun.	1:00 p.m.

For more details, contact Freedom Chapel - 671-4208 • Gateway Chapel - 671-2911

JBSA-LACKLAND KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society	671-3722
Airman & Family Readiness Center	671-3722
Airman's Attic	671-1780
American Red Cross	844-4225
Base Post Office	671-1058
Bowling Center	671-2271
DEERS	800-538-9552
Exceptional Family Member Program	671-3722
Family Child Care	671-3376
Legal Office	671-3362
Library	671-3610
Medical Appointment Line	916-9900
MPF ID Cards	671-6006
Outdoor Recreation	925-5532
TRICARE Info	800-444-5445
Thrift Shop	671-3608

Enlisted Spouses' Club	http://www.lacklandesc.org
Force Support Squadron	http://www.lacklandfss.com
Lackland ISD	http://www.lacklandisd.net
Officers' Spouses' Club	http://www.lacklandosc.org
JBSA Public website	http://www.jbsa.mil
My Air Force Life	http://www.MyAirForceLife.com

BMT HONORS

Congratulations to the following 66 Airmen for being selected as honor graduates among the 664 Air Force basic military trainees who graduated July 31:

320th Training Squadron
–Flight 409
Timothy Carter
Gage Harmon
Matthew Huggins
Lawrence Romero
–Flight 410
Elizabeth Black
Shelby Coyne
Kaitlyn Mueller
Hannah Petersen
Amy Reese
Angelica Santamaria
Cassidy Thompson
Jessica Weissman
–Flight 417
Jake Young
–Flight 418
Erica Hancock
Shanteya Leverette-Wilson
Pauline Mathenge
Ashley Peotter

321st Training Squadron
–Flight 407
Kevin Coffman
Jordan Gargiulo
Antonio Hinton
Jesse Hyam
Corey Speight
–Flight 408
Kenneth Evans
Stephen Owen
Kevin Seyffert
James Smith
Daniel Wilgus

322nd Training Squadron
–Flight 413
Eric Chistolini
Kristian Cooper
Mark Graham
Zach Kahlig
Joseph Spence
–Flight 414
Nicholas Boguski
Patrick Hamilton
Matthew Hohenhaus
Vazquez Marquez
Daryl Martin
Kyle Mullinix
Thomas Raschein
Anthony Rose
Zackery Wyre

323rd Training Squadron
–Flight 411
Taylor Day
James Horn
–Flight 412
Cheyenne Alvarez
Sharon Dujardin
Verena Jack
Jennifer Janowski
Candace Stevens
–Flight 415
Jarron Helbock
Austin Lavelle
Kristofer Steed
–Flight 416
Dana Beck
Kaylee Dubois
Ria Phillips
Brianne Walski

331st Training Squadron
–Flight 405
Patrick Holmes
Kyle Keesecker
Chris Lyles
Austin Oakley
Gregory Ralph
Bradey Santulan
Dennis Zollicoffer
–Flight 406
David Creed
Osasumwen Edomwandagbon
Matthew Elder
Jacob Oliversen

Top BMT Airman
Amy Reese
320th TRS, Flight 410

Most Physically Fit
–Female Airmen
Denisse Carios
320th TRS, Flight 418
Diamone Wamer
320th TRS, Flight 418
Amy Reese
320th TRS, Flight 410
Jordanne Dow
323rd TRS, Flight 416
–Male Airmen
Brady Guthrie
320th TRS, Flight 409
Robert Martinez
321st TRS, Flight 408
Keenan Fowler
323rd TRS, Flight 415
Luke Reiter
331st TRS, Flight 406

–Female Flights
320th TRS, Flight 418
320th TRS, Flight 410
323rd TRS, Flight 412
323rd TRS, Flight 416
–Male Flights
331st TRS, Flight 405
322nd TRS, Flight 414
320th TRS, Flight 409
331st TRS, Flight 406
322nd TRS, Flight 413
321st TRS, Flight 408
323rd TRS, Flight 415
323rd TRS, Flight 411
320th TRS, Flight 417
321st TRS, Flight 407

Top Academic Flights
323rd TRS, Flight 411
320th TRS, Flight 409
321st TRS, Flight 407
320th TRS, Flight 417
323rd TRS, Flight 415
331st TRS, Flight 405
320th TRS, Flight 418
322nd TRS, Flight 414
320th TRS, Flight 410
321st TRS, Flight 408
331st TRS, Flight 406
323rd TRS, Flight 416
322nd TRS, Flight 413
323rd TRS, Flight 412

BMT HONORS

Congratulations to the following 51 Airmen for being selected as honor graduates among 515 Air Force basic military trainees who graduated today:

320th Training Squadron
–Flight 419
Daniel Brusser
John Dougherty
Colton Dubose
Christian Mabe
Lawrence Mccoy
Kerry Moody Ii
Zachary Riesselmann
Justin Schmidt
Justin Vaughn
–Flight 420
Aurora Prokopiou
–Flight 427
Colton Ellis

321st Training Squadron
–Flight 428
Simona Gerulyte
Aura Jennings
Katie South
–Flight 429
Harrison Boynton
Enoch Cronk
Zachary Flores
Zachary French
–Flight 430
Alexis Eyo
Tia Freeman

322nd Training Squadron
–Flight 421
Chase Jackson
David Neuberger
Isaiah Ondler
Valentin Seillier
Kenneth Vercellotti
–Flight 422
Brandon Byrd
Tanner Croxton
Aron Flowers
Noah Little
Alexander Murray
Corbin Thurman

323rd Training Squadron
–Flight 425
Zachary Carter
Tyler Davies
–Flight 426
Joshua Acierno
Grant Korol
Osvaldo Lua
Ian Wittnebel

331st Training Squadron
–Flight 423
Christopher Casey
Jonathan Marrero
Kevin Moore
–Flight 424
Jae Bae
Jake Bord
Braden Gibson
Robert Haffly
Charles Higgins
Logan Kukuk
Chance Landers
Lance Lippig
Ryan Murphy
Adam Shramek

Top BMT Airman
Colton Ellis
320th TRS, Flight 427

Most Physically Fit
–Female Airmen
Simona Gerulyte
320th TRS, Flight 428
Aurora Prokopiou
320th TRS, Flight 420
Kathleen Payne
320th TRS, Flight 428
Alexis Thedford
320th TRS, Flight 420
–Male Airmen
Matthew Bowers
320th TRS, Flight 427
Daniel Rivera
320th TRS, Flight 419
Ian Wittnebel
320th TRS, Flight 426
Alonso Abraham
320th TRS, Flight 427

–Female Flights
320th TRS, Flight 428
320th TRS, Flight 420
321st TRS, Flight 430
–Male Flights
320th TRS, Flight 419
320th TRS, Flight 427
322nd TRS, Flight 422
331st TRS, Flight 424
323rd TRS, Flight 426
322nd TRS, Flight 421
323rd TRS, Flight 425
321st TRS, Flight 429
331st TRS, Flight 423

Top Academic Flights
320th TRS, Flight 419
322nd TRS, Flight 422
331st TRS, Flight 424
323rd TRS, Flight 426
331st TRS, Flight 423
321st TRS, Flight 430
322nd TRS, Flight 421
322nd TRS, Flight 414
320th TRS, Flight 427
323rd TRS, Flight 425
321st TRS, Flight 429
323rd TRS, Flight 428
320th TRS, Flight 420

New Joint Base San Antonio website

The Joint Base San Antonio website has a new look and includes easier access to family-related resources.
Visit the new site at http://www.JBSA.mil.

Simulation center boosts exercise realism

By Staff Sgt. Chelsea Browning
59th Medical Wing Public Affairs

The 59th Medical Wing Simulation Center worked with local emergency responders to deliver enhanced, realistic training scenarios during four large-scale active shooter exercises July 17 at Joint Base San Antonio-Lackland.

A simulation center team created realistic injuries, including 50 gunshot wounds, and provided advanced simulation manikins so students in the San Antonio Tactical Medic Program could treat lifelike injuries. Multiple amputation trauma trainer and tactical operations manikins, along with modified K-9 manikins, gave students a valuable opportunity to get realistic hands-on training in various trauma or medical situations, explained Mark Tuazon, 59th Medical Wing Simulation Operator Engineering and Computer Simulations.

"The students (can) react to the urgency of the situation because of the realism of the simulator," he explained.

Photo by Staff Sgt. Chelsea Browning
A student from the Tactical Medic Course provides medical care to a wounded person and his K-9 during an active shooter exercise July 17 at Joint Base San Antonio-Lackland. A working dog simulator was used during the exercise to provide a more realistic training experience for working dog handlers.

Hosted by the San Antonio Police Department and San Antonio Fire Department, with assistance from JBSA and the University Texas Health Science Center San Antonio, the course was the culmination of four months of planning and is a new undertaking for the SAPD Tactical Medic Program and SAFD Medical Special Operations Unit. There were 35 students in the program, including four active-duty Airmen, 21 current SAPD tactical medics and 10 MSOU members.

"This class, at this level, would not have been possible without the assistance of the Air Force and our JBSA military partners," said Robert Smith, SAPD Special Operations Unit Tactical Medic Coordinator. "The training sites at both Camp Bullis and at JBSA-Lackland gave our students the ability to learn and practice in a very realistic environment."

The 56-hour course, held at training sites around San Antonio, certifies students as tactical medics. It features live-fire training, a cadaver lab, K-9 medicine, air ambulance operations and many hours of point of injury training in a tactical environment.

Having Airmen as both students and instructors benefits everybody, Smith said.

"As students, (Airmen can) can go back to their commands and share some of the knowledge learned. As instructors, they gave us the ability to learn K-9 operations and medicine from the (tip of the spear)."

TRICARE Online and MiCare have similarities, differences

Air Force Surgeon General Public Affairs

TRICARE Online and MiCare Secure Messaging may seem to offer the same services, but there are important differences to these software tools, designed to enhance access to care for all military beneficiaries.

"Both programs are endorsed by the Military Heath System, and although they may seem very similar, in actuality there are a few differences," said Col. Gwendolyn Johnson, Chief of Air Force Secure Messaging, Air Force Medical Operations Agency. "While they do have some features in common, it is up to our beneficiaries to decide which tool they desire to use."

In both TRICARE Online and MiCare, beneficiaries can validate medication lists and obtain test results, including labs. Both systems can facilitate appointments.

With TRICARE Online, beneficiaries can schedule available appointments themselves, whereas with MiCare, beneficiaries can request appointments via secure messaging. Once the appointment request is made, clinic staff will schedule an appointment with the provider as soon as possible.

Another feature with TRICARE Online is that it allows patients to track their claims and deductibles, and to obtain proof of medical insurance. This is because TRICARE is for medical insurance coverage, and addresses issues and tasks related to activities that involve healthcare insurance, explained Johnson.

In comparison, MiCare is focused on secure messaging communication between patients and their healthcare teams.

"Using secure messaging promotes better access to care for patients who need clinical advice or assistance from their healthcare teams. This is one of the reasons MiCare is considered a valued service across the military health system. Not only does MiCare ease communication between patients and clinical staff, it also allows patients to access robust patient education materials regarding their medical conditions or illnesses," Johnson said.

An additional unique feature of MiCare is the "Health Record" or "Personal Health Record." This tool can be used to collect, track and share past and current information of the beneficiary's health.

For example, when referred to new off-base medical providers for care, the Personal Health Record is a source of health information which can prevent providers from repeating routine medical tests that have already been done and documented in the Personal Health Record. This feature enables off-base medical providers to have more insight into the personal health story of their patients.

"It may initially seem confusing that there is both TRICARE Online and MiCare, but each tool has its potential benefits for those patients who desire to use them. Even though beneficiaries may use either tool to schedule an appointment or review their lab results, only MiCare can be used for secure communication to the healthcare team," Johnson said.

For information on TRICARE Online and MiCare Secure Messaging, contact your local military treatment facility.

Sources:

- Air Force Medical Service - MiCare http://www.airforcemedicine.af.mil/micare/
- About TRICARE Online https://www.tricareonline.com/portal/page/portal/TricareOnline/Prelogin/About%20TOL

UPCOMING

FIRST STEPS SOCCER

First Steps is an instructional development program with parental participation with their children at all times. Register children ages 3-5 at the Joint Base San Antonio-Lackland Youth Center Aug. 17-21 from 6 a.m. to 5:30 p.m. Parents must have current immunization records and completed physical forms at registration. Cost is $35 and is due at registration. Sessions are held Monday through Thursday at the track located behind Lackland Elementary School. For more information, call 671-2388/2510.

Scoreboard

SOFTBALL

NATIONAL LEAGUE

NL WEST	W	L
1. 502nd FSG	11	2
2. NTTC	8	3
3. 717th MI Bn	7	7
4. 624th OC	7	7
5. 502nd OSS	5	9
6. 59th MLRS	0	14
NL CENTRAL	**W**	**L**
1. 343rd TRS-SB	10	2
2. 37th TRSS	9	4
3. 802nd SFS-Blue Team	8	4
4. 341st TRS	4	8
5. 502nd CONS	2	12
NL EAST	**W**	**L**
1. AFLCMC	13	0
2. 453rd EWS	9	4
3. 149th FW	7	6
4. 502nd LRS	6	7
5. 688th CW	4	10
6. CGCU-TX	1	12

AMERICAN LEAGUE

AL EAST	W	L
1. NIOC-TX	12	1
2. 737th TRG	11	2
3. 802nd SFS-White	8	4
4. 369th RCG	6	6
5. 92nd IOS	3	10
AL WEST	**W**	**L**
1. DISA	8	5
2. 35th IS	7	5
3. 33rd NWS	6	7
4. Lady Warhawks	5	9
5. IAAFA	1	13
6. 433rd AMXS	0	14
AL CENTRAL	**W**	**L**
1. 543rd ISRG	10	2
2. 690th COG	9	3
3. 502nd CEF	9	5
4. 543rd SPTS	7	7
5. 668th ALIS	6	7
6. 559th MDG	3	11

Warhawks men's team confident they can win Military World title

Tech. Sgt. Daryll Clark, 737th Training Group NCO in charge of military drill and ceremonies and a first baseman/catcher for the Joint Base San Antonio-Lackland Warhawks men's varsity softball team, bats during practice July 23 at JBSA-Lackland's Field No. 1. The Warhawks will compete in the United States Specialty Sports Association Military World Men's Varsity "B" Tournament Friday through Sunday at Columbus, Ga.

Story and photo by Jose T. Garza III
JBSA-Lackland Public Affairs

The Joint Base San Antonio-Lackland Warhawks men's varsity softball team enters the United States Specialty Sports Association Military World Tournament confident after winning two military world championships this season.

The team will compete in the tournament's Men's Varsity "B" category Friday through Sunday in Columbus, Ga.

The Warhawks, who have an overall 14-4 record in the USSSA Slow Pitch Men's Military Varsity B Division, enter the tournament confident after slicing through the competition in both the Texas Military State Tournament in July and the Military Commander's Cup in March with a perfect record.

"I have 15 players going into the tournament and we are going to win," said Warhawks coach Paul Hackett, 711th Human Performance Wing chief of logistics at JBSA-Fort Sam Houston.

The Warhawks placed 13th and 17th in the Military World Tournament in 2014 and 2012, respectively, but Hackett stressed that talent will be the factor for the Warhawks this year, adding he was able to select players from across Joint Base San Antonio during tryouts in February.

"This is one of the best defensive military softball teams I have been around in 25 years," he said. "The talent from top to bottom is incredible."

Tech. Sgt. Leonard Anderson, a military working dog handler assigned to the 59th Patient Squadron and an extra hitter on the team, agreed.

"We are one of the most talented and experienced teams here," he said. "We have a lot of guys who have tournament experience, and experience is what takes you a long way."

Hackett said the team has to set the tone early by winning its first couple games in convincing fashion.

Bringing the Military World Championship to JBSA-Lackland would mean a lot to the team, Anderson said.

"This is what we have worked to achieve the entire year," he said. "Going down there and bringing home the championship would be a statement that we worked hard the entire year to get to this point."