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ARSOUTH ACTIVE SHOOTER EXERCISE

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SOLDIER DONATES KIDNEY TO STRANGER

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REFILL PHARMACY REOPENS

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ARNORTH supports combined air defense training exercise with Canada

By Karen Lloyd
U.S. Army North Public Affairs

U.S. Army North civilians provided critical support to a combined air defense training exercise conducted by elements of the 263rd Army Air and Missile Defense Command, or AAMDC, and Canada's 22 Wing North Bay in North Bay, Ontario, from Aug. 11 to 22.

Key to the exercise's success were transportation specialist Chris Lowd, joint operation planning and execution system specialist Rodney Murphy, program analyst Kim Cobb and logistics management specialist

Rodney Jones, said Maj. Dianna Garcia, ARNORTH air defense planner.

"Cobb was able to find the money to fund the exercise, even though it hadn't been forecasted, which was essential," Garcia said. "Jones was key to working the cross-service agreement, which allowed the exercise costs to be shared by the U.S. and Canada."

Garcia, who was the primary ARNORTH planner for this exercise, noted that this was the first time that a U.S. Army air defense unit had participated in training north of the U.S.-Canadian border. The 263rd

AAMDC is one of ARNORTH's subordinate commands and is based in South Carolina.

The training was part of the North American Aerospace Defense Command, or NORAD, ongoing series of exercises and was designed to confirm interoperability in air defense procedures between NORAD and 22 Wing.

"NORAD continuously works to defend against potential threats to the airspace of Canada and the United States, both conventional and unconventional," said Canadian Major-General

See CANADA, P13



Photo by Canadian Armed Forces Cpl. Rob Ouellette

Members and equipment from the 263rd Army Air and Missile Defense Command arrive on board a C-17 Globemaster at 22 Wing North Bay, Ontario during the Vigilant Shield Air Defense Artillery exercise Aug. 13.

Editorial Staff

502nd Air Base Wing/JBSA

Commander

Brig. Gen. Heather L. Pringle

502nd ABW/JBSA

Public Affairs Director

Todd G. White

502nd ABW/JBSA

Public Affairs Chief

Bill Gaines

Writer/Editor

Steve Elliott

Layout Artist

Joe Funtanilla

News Leader office:

3170 Stanley Road

Building 2750

JBSA-Fort Sam Houston

TX 78234

210-221-1031

DSN 471-1031

News Leader Advertisements:

EN Communities

P.O. Box 2171

San Antonio, TX 78297

210-250-2052

News Leader email:

usaf.jbsa.502-abw.mbx.

fsh-news-leader@mail.mil

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Social media antics, postings can ruin career, misrepresent military

By Amy Perry
 Fort Lee (Va.) Public Affairs

Social media is very pervasive these days. As a new generation of Soldiers – all well-versed in the various aspects of Facebook, Instagram and Twitter – join the ranks, senior leaders across the installation are taking steps to ensure these troops realize the impact of their online chatter.

Col. Mary Beth Taylor, 23rd Quartermaster Brigade commander and Col. Thomas Rivard, 59th Ordnance Brigade commander at Fort Lee, Va., both oversee organizations that are responsible for training and preparing thousands of Soldiers each year to move on to their first duty stations. Teaching the new troops about using social media responsibly is among their top priorities.

During the welcome brief, Rivard said his command team covers top issues with about 250 new Soldiers each week.

“I routinely discuss the use of social media and how their identity translates beyond just themselves to the entire U.S. Army,” Rivard said. “This includes making videos while in uniform, naming videos after Army units or installations, etc. I make the distinction that we lack total freedom of speech while we wear our uniform.

“My guidance to them is that if they are identifying themselves as a Soldier – regardless of on/off duty – their post must not rise to PG-13, and never can be as bad, or worse, than a Miley Cyrus video/posting,” he continued. “They fully understand this example and most find it funny.”

During Taylor’s in brief with new quartermasters, she said her command team talks about the lifelong impacts social media can have.

“At the brigade level, we emphasize that in this profession you need to be ‘all in,’” Taylor said. “This is not a part-time job,

even if you’re a guard or reserve component Soldier. Once you don the uniform, you represent the U.S. Army – always.

“Anything you do to disgrace or discredit yourself has the same negative impact for the Army,” she said. “We explain to our newly arrived Soldiers that they are ambassadors for the Army and our unit. Those of us in the military are bound by standards of conduct. We must maintain those standards once we raise our right hand and commit to service in support of our nation as a Soldier or member of the armed forces.”

As smartphones with quick access to various social media sites become more prolific, it is much more common for new Soldiers to bring those devices with them to advanced individual training, unlike 10 years ago when flip phones were the norm. The ease of access makes it important for commanders to teach their troops how posting can have negative consequences, Rivard said.

“I tell the Soldiers that I don’t look for their social media postings because all of America does this for me,” he said. “If they post something offensive, someone will send it to a senior military leader, along with a description of why they are upset.

“The Wisconsin National Guard Soldiers who were recently suspended for posing with an empty casket (posted on Instagram, 1st Battalion, 147th Aviation Regiment), and Pfc. Tariqqa Sheffey (a quartermaster Soldier at Fort Carson, Colo.) who is being investigated following her post bragging about hiding in her car



Courtesy graphic

rather than saluting the flag are great examples of the possible consequences for a Soldier’s career if their unprofessional social media posts come to the attention of their military supervisor,” Rivard said.

“Once we are aware of a problem, we locate the Soldier to have them remove the posting. We’ve used the Criminal Investigation Division to track down Soldiers who have moved on to their next duty station,” Rivard said. “If appropriate, we will subject the Soldier to Uniform Code of Military Justice punishment and possible administrative action. Although we haven’t yet eliminated a Soldier from the Army for misuse of social media, it remains an option if the situation warrants this.”

Remaining professional while on and off duty – both online and off – are important to maintaining Army standards, Taylor said.

“Because we always represent the Army, and we want our actions to always reflect the goodness of the Army and our profes-

sion,” she said. “Any breakdown in self-discipline reflects the same of our Army. Once the public sees the breakdown, they wonder how widespread that particular act is throughout the Army, post or unit being represented. They also wonder where else we are breaking down.”

“We all make mistakes,” she continued. “I think it is important for leaders to do whatever they can to prevent the mistakes from happening by educating our Soldiers on the impact and consequences of actions.”

It can be hard for new Soldiers to understand why their misuse of social media interests the Army at all, Rivard said.

“The fact is that it reflects poorly on their professionalism, and erodes the public’s trust in the armed forces,” he said. “Nobody would expect to see their doctor, attorney, politician or a police officer acting like a clown publicly. Whether our Soldiers realize it or not, that is the high regard the public holds of our profession. It wasn’t always so, and a lot of Soldiers have worked for decades to build the public trust we currently enjoy.

“Some of the things our young Soldiers do on the Internet undermines that trust, and it’s our obligation to make sure they understand that and modify their public behavior accordingly, both on social media as well as out in the community while not on duty,” Rivard continued. “Wearing the uniform is a privilege, one that was earned by millions of men and women who served over the last 238 years. None of us has the right to wear the uniform and then degrade the Armed Forces with an offensive video or statement in a public domain. I tell the Soldiers that it’s OK to be young and have fun on the social media venues, but if you represent the U.S. Army, you have limits in regard to the content.”



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News Briefs

Winans Entry Control Point Operations

Entry into Watkins Terrace Housing, Youth Services, Fort Sam Houston Independent School District, Dodd Field Chapel and the Army Reserve Center through the Winans Entry Control Point, will require an approved Department of Defense-issued access credential. All visitors, contractors, and vendors with non-DOD issued credentials such as a driver's license, passport, etc., will stop at a visitor center located on Joint Base San Antonio-Fort Sam Houston, to be identity proofed, background vetted and issued a credential prior to entering the Winans Entry Control Point. Visit the JBSA webpage at <http://www.jbsa.mil/Home/VisitorInformation.aspx> for visitor center hours, locations, contact information and more detailed instructions. To speak to a security assistant, call 221-1902 or 221-1903.

Jadwin Entry Control Point Temporary Closure

The Jadwin Entry Control Point is closed through Nov. 6. All traffic will

be re-routed to the commercial and regular lanes at the Walters Entry Control Point. This closure is to allow installation of active vehicle barriers and supporting utilities at this gate. The North New Braunfels gate is open for regular, non-commercial traffic to Department of Defense ID holders from 6-9 a.m. weekdays. For more information, call 221-5283.

BAMC Bariatric Clinic

Bariatric surgery can improve quality of life for individuals who are obese and have obesity-related conditions such as type II diabetes, hypertension (high blood pressure), obstructive sleep apnea, asthma, hyperlipidemia (high cholesterol), gastroesophageal reflux disease, or GERD, or other obesity-related conditions. Bariatric surgery is the most successful long-term treatment of obesity. There are three kinds of laparoscopic bariatric surgeries performed at Brooke Army Medical Center: adjustable gastric band, gastric bypass and vertical sleeve gastrectomy. The BAMC Bariatric Clinic is a self-referral clinic and offers informational seminars on the second, third and

fourth Wednesdays of each month. There is also a bariatric support group held on the first Wednesday of each month in the main dining room in the lower level of BAMC. The Bariatric Clinic will also accept referrals from a primary care manager. Call 916-9023 to set up an appointment.

Air Force Ball

The U.S. Air Force hosts its annual ball Sept. 16 at the Hyatt Hill Country Resort with the theme of "You Are What Makes Our Air Force Diverse." Social hour begins at 6 p.m. and main event at 7 p.m. Call 325-2035 or 925-1716 for tickets.

FEGLI Open Season

The Office of Personnel Management holds a Federal Employees' Group Life Insurance, or FEGLI, open season from through Sept. 30. During this time, eligible employees can elect or increase their FEGLI life insurance coverage. The effective date for changes to FEGLI coverage under an open season election will be delayed one full year to the beginning of the first

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Joint Base San Antonio prepares for implementation of the REAL ID Act of 2005

The REAL ID Act of 2005 implements the 9/11 Commission's recommendation that the federal government "set standards for the issuance ... of sources of identification, such as driver's licenses."

The Act prohibits Federal agencies from accepting for official purposes State driver's licenses or identification cards that do not meet specified standards.

Congress modified U.S. federal law pertaining to security, authentication, standardization and issuance procedures standards for the state driver's licenses and identification cards, as well as various immigration issues pertaining to terrorism. Secure



driver's licenses and identification documents are a vital component of our national security framework.

The Department of Defense directed implementation of REAL ID Act requirements in October 2015, with enforcement commencing at Joint Base San Antonio Thursday through the invalidation of identifica-

tion from American Samoa, Minnesota, Missouri, and Washington; all non-compliant states and territories that did not have an approved waiver to the Act.

More than two dozen additional non-compliant states whose identification is currently accepted through a Department of Homeland Security waiver are scheduled to invalidate Oct. 10.

This means, unless further extensions are approved, visitors, vendors, and contractors using a driver's license or identification card from one of the four previously invalidated states and territories, as well as Alaska, Arkansas, California, Guam, Idaho, Illinois, Kentucky, Louisiana, Maine, Massachusetts, Michigan, Montana, Northern Marianas,

New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Oklahoma, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Carolina, Texas, Virginia or the U.S. Virgin Islands, must show an approved alternative source of identification for unescorted access.

In cases where alternative identification is unavailable, the individual must be sponsored by a DOD credentialed escort (DOD ID holders may escort up to five individuals at a time), or will be denied access to the installation.

DHS approved forms of alternative identification include a U.S. Passport; U.S. Passport Card; Permanent Resident Card/Alien Registration Receipt

Card (Form I-551); foreign passport with a temporary stamp or temporary printed notation on a machine readable immigrant visa; employment authorization document that contains a photograph (Form I-766); identification card issued by Federal, State, or local government agencies provided it contains a photograph and biographical information including name, date of birth, gender, height, eye color, and address; U.S. Coast Guard Merchant Mariner Cards/Credentials; federally-issued Personal Identification Verification (PIV), PIV-1, or PIV-I Cards; DHS "Trusted Traveler Card" (Global entry, NEXUS, SENTRI, FAST);

Merchant Mariner Card issued by DHS/ United States Coast Guard; Border Crossing Card (Form DSP-150); U.S. Certificate of Naturalization or Certificate of Citizenship (Form N-550), and U.S. Permanent Resident Card (Form I-551).

While the REAL ID Act alters access requirements for some JBSA visitors, vendors, and contractors, there is no change for individuals who already possess valid and current DOD credentials, including a DOD Common Access Card or locally-issued DBIDs Card.

For more information about installation access, contact the JBSA Visitor Control Centers at JBSA-Fort Sam Houston at 221-2650; JBSA-Lackland at 671-6174; and JBSA-Randolph at 652-3939.

BAMC REDEDICATES STAFF, PATIENT LACTATION ROOM



Photo by Robert Shields

Lt. Col. Kristi Norcross, certified nurse midwife, and Dena Miller, lactation consultant, cut the ribbon Aug. 26 to officially rededicate Brooke Army Medical Center's renovated staff and patient lactation room, located on the fifth floor. BAMC rededicated its first lactation room, located in the Pediatric Clinic, last month. BAMC also offers a monthly lactation support group to empower mothers to achieve their breastfeeding goals. For more information on the support group, call 539-9546.

MICC HOLDS INDUSTRY DAY



Photo by Ryan Mattox

Hunter Davenport III (left) registers attendees for the Mission and Installation Contracting Command-Fort Sam Houston industry day at the Fort Sam Houston Theater Aug. 30. Davenport is a contract specialist with the MICC-Fort Sam Houston contract operations center. More than 60 people attended the event, a joint event hosted by the MICC-Fort Sam Houston Contracting Office and the U.S. Army Installation Management Command, which helps business owners discover acquisition opportunities to work with the Army at Fort Sam Houston or other locations in the continental United States.

News Briefs

Continued from P3

full pay period on or after Oct. 1, 2017. Coverage can be cancelled or reduced at any time and enrollees satisfied with their current FEGLI coverage do not need to make any elections during the open season. Department of the Army civilians must log into the Army Benefits Center-Civilian website at <https://www.abc.army.mil> and go into the Employee Benefits Information System. For assistance, call 877-276-9287 weekdays from 6 a.m. to 6 p.m. For additional information, visit <https://www.opm.gov/health-care-insurance/life-insurance/>.

Check Military, CAC, Dependent ID Expiration Dates Now

All Defense Enrollment Eligibility Reporting system, Command Access Card and military ID card locations throughout Joint Base San Antonio are by 100 percent appointment only and wait time for an appointment can be up to 30 days. Civilian and military members need to remember their CACs and military IDs expire and schedule renewal appointments

appropriately. Appointments can be made online at <https://rapids-appointments.dmdc.osd.mil>.

Voting Assistance

The Joint Base San Antonio Voting Assistance Program office is located at JBSA-Fort Sam Houston, 2380 Stanley Road, building 124, first floor. Assistance is available by appointment only between the hours of 9-11:30 a.m. and 1-2:30 p.m. Call 221-VOTE (8683) for more information. Visit <http://www.FVAP.gov> for more voting resources.

Weingarten Rights: Having Union Representation

The Labor Relations Statute entitles a bargaining unit employee to representation by the union during an examination, by an agency representative, in connection with a matter under official investigation if that employee reasonably believes disciplinary action will result. If the employee requests union representation, no further questioning will take place until a representative is present. For those stationed at Joint Base San Antonio-Fort Sam Houston, call 808-0205; JBSA-Randolph, call 652-4658 and JBSA-Lackland, call 671-4528.

ARSOUTH raises terrorism awareness with active shooter exercise

By Eric R. Lucero
U.S. Army South Public Affairs

As many Soldiers and civilians were pre-occupied closing out their last tasks before a four-day weekend, shots rang out in the hallway of U.S.

Army South headquarters on Fort Sam Houston Sept. 1.

At first the shots were distant, then closer and closer. In a matter of seconds, thoughts of weekend barbecues and trips to the beach were dashed and a new thought pulsed with each gunshot heard ... how can I survive?

U.S. Army South conducted an active shooter exercise Sept. 1 at its headquarters building to provide its Soldiers and civilians an opportunity to rehearse their actions during such an event. Although many of the participants in the exercise realized that while an actual active shooter event is unlikely, it remains a real possibility.

Just five months ago, the Joint Base San Antonio community was alerted to an active shooter event when an Airman carried two pistols into this commander's office

and opened fire, killing the commander and himself. It was only because of the commander's quick thinking that a third Airman was able to escape from the room unharmed.

During this incident, the "Run, Hide, Fight" response was immediately acted upon and ultimately saved lives while keeping casualties to a minimum.

It was with this in mind that Army South's Operational Protection Directorate, or OPD, conducted several classroom training evolutions, followed by the actual active shooter exercise.

"The purpose of this exercise is to put employees into an active shooter situation and make them think through their courses of action which are Run, Hide or Fight," said Lonnie Crook, Army South OPD anti-terrorism officer. "We want employees analyzing the situation and choosing the best and safest course of action, which ultimately could save their life."

During the scenario, several shooter teams were employed on multiple floors of the building, providing an increased population of the command the opportunity to



Photo by Kaye Richey

A U.S. Army South Soldier role-playing as an active shooter searches for his next target at the command's headquarters during an exercise at Fort Sam Houston Sept. 1.

react and work through their response plans. Each shooter was accompanied by a person acting as a safety, while several observers were placed throughout the buildings and immediately outside to witness and note the various response plans that were acted upon.

While several directors barricaded themselves within their working space, others chose to escape through alternate points of entry. Because of the nature of the exercise, there was virtually no wrong choice as almost anything a Soldier or civilian chose to do provided the command the opportunity to learn from. The various courses of action were immediately dissected during after action reviews conducted as soon as the exercise ended.

"The most important thing about this training is to learn from the After Action Review and

ronments and publishing active shooter training requirements. Employers and commanders owe it to their employees to keep them informed of the risks and what to do in an active shooter incident."

A major component of that training revolves around the "Run, Hide, Fight" response.

According to the Department of Homeland Security, being aware of personal surroundings and having an escape route in mind by identifying the two closest exits is an important first step in assessing a potentially dangerous situation. If no exits are available, barricade in place and attempt to hide until help arrives. Last, if no other options are available, attempt to fight the attacker by assuming physical aggression.

Although Army South's exercise took place at the command's headquarters during working hours, Crook maintains the skills learned through this event do not have to stay behind when you punch

out at the end of the day.

"Families should take the time to at least talk about it," Crook said. "Talk to your families on how to respond. Simply paying attention to where exits are when going into an unfamiliar situation could save your life."

At the conclusion of the exercise, while each Soldier and civilian returned to their work stations to begin logging out of the computers and wrapping up any last-minute tasks before their long weekend, the immediacy of the training loomed large. And for McNeill, Crook and the rest of the Army South leadership, they wouldn't have it any other way.

"The biggest take away should be this isn't a fire drill," Crook said. "Previous active shooter exercises show that many people treat it as a fire drill. We need employees to think through what to do in an active shooter situation and respond accordingly. Treating an active shooter incident as a fire drill could cost you your life."



Photo by Kaye Richey

A U.S. Army South Soldier role-playing as an active shooter prepares to enter an area of the command's headquarters during an exercise at Fort Sam Houston Sept. 1.



Photo by Miguel Negron

U.S. Army South Soldiers attempt to hide from an active shooter during an exercise at the command's headquarters at Fort Sam Houston Sept. 1.

apply lessons learned so you can improve your personal response and your section's response plan," said Lt. Col. David Mark McNeill, Army South provost marshal. "Murphy's Law dictates that plans never survive first contact, so make sure to have alternate plans of action if your primary escape route is blocked. In an active shooter incident, stress is an obstacle to rational thought processes. Your plan should be simple and well-rehearsed."

McNeill believes that a well-rehearsed plan starts with a rehearsal environment's leadership stressing the importance of proper training.

"Employers and employees understand that it could happen anywhere," McNeill said. "A big factor in everyone taking this threat more seriously is the guidance from leadership in both civilian and government work envi-

Army National Guard Soldier at Camp Bullis follows sign to donate kidney to stranger

By Sgt. Elizabeth Pena
Texas Military Forces

Every day held the possibility for a miracle, but Arthur Corenblith, 56, husband and father of two, was quickly losing hope and questioned how many days he had left to live.

Corenblith, an elementary school teacher, was suffering from a genetic illness and needed a kidney transplant – fast. He had been on the waiting list for what seemed like a lifetime.

Friends and family tried donating to Corenblith, but were disqualified due to medical history. His sister went as far as writing a sign on her car.

“She put on her car, with shoe polish, ‘My Brother Needs A Kidney,’” he said.

Unbeknownst to Corenblith, he had found his miracle. Or rather, his miracle found him.

Texas Army National Guard Spc. Brittany Reppond, then with 197th Special Troop Support Battalion carpentry and masonry specialist at Camp Bullis, was working as a salesperson outside a local gas station.

“I saw on the back of a car, ‘My Brother Needs A Kidney,’” Reppond said. “I’ve seen stuff like that in the past, but this time it was like God was calling me to do it.”

Reppond called the number on the vehicle and got all the information she needed from Corenblith’s sister. She responded none too soon. At 93 percent kidney failure, Corenblith was on dialysis.

“At that time I had been on the list for four years and I was getting nowhere. I had gotten pneumonia,” Corenblith said. “I had been in the hospital for more than a month. I would connect to the dialysis machine every night for a year and a half for nine hours and I was still teaching school as well. I would literally have to hold onto my podium while teaching.”

One of the hardest parts for Corenblith during his illness was missing out on his youngest son’s soccer season due to being on the dialysis machine every day. “I really didn’t have a life anymore. My 13-year-old son had to be driven to and from soccer practice by his coach,” he said.

Under a United Network for Organ Sharing policy change made in 2012, the fittest organs would be given to those likely to live the longest with the donated organ. The top 20 percent of kidneys would be offered to the top 20 percent of patients, and the other 80 percent would work the same way.

“Literally the month I was supposed to get a kidney, the national standards changed,” Corenblith said. “I had no idea what I was going to do.”

That’s when he decided to broaden his chances of finding a donor.

“I went to the Methodist Specialty and Transplant Hospital in San Antonio to register, because I wasn’t getting anywhere in Houston,” Corenblith said. His brother-in-law had forgotten his luggage and had



Photo by Sgt. Elizabeth Pena

Texas Army National Guard Spc. Brittany Reppond (right), with the 197th Special Troops Support Company based out of Camp Bullis, poses for a photo with Arthur Corenblith at the Methodist Specialty and Transplant Hospital in San Antonio, Feb. 18.

to return home to get it. He stopped at the gas station, where Reppond saw the “My Brother Needs A Kidney” sign.

“I prayed about it, I’d say for about a week. I told myself, ‘If I’m a match, it’s God’s will.’ I was a perfect six out of six,” she said.

After getting approval from her chain of command, Reppond began the process.

“I had to do a 24-hour urine sample and give a lot of blood, go on liquid diets, and get X-rays, CAT scans and psychiatric testing,” she said.

Doctors from the San Antonio hospital asked that Corenblith meet Reppond for the first time to make sure she still

wanted to follow through with the procedure.

“I was shaking on my way to meet her – what do you say to someone who is going to do this for you, especially after you have been waiting for so long?” Corenblith said. “The hospital told me afterward, ‘This young woman is focused. She sets her sights and she goes for it.’ And that’s a testament to the National Guard as well.”

“When I found out he had two kids I said, ‘I have to do this, I can’t let them not have their dad, because I don’t have my dad anymore,’” said Reppond, who lost her father in 2011.

Even though Corenblith said he never felt good

enough to receive someone’s kidney, Reppond gave him the reassurance he needed.

“I was really nervous,” Corenblith said. “Then I saw Brittany the day of the surgery. She was so calm and confident you could tell she’s a Soldier; those are all the things I’m not. She was just reflecting back to me all the things I needed: comfort, encouragement and happiness that she’s doing this for me.”

Months after the procedure, the two Texans still stay in contact. Corenblith works hard to stay healthy through exercise.

“I got her a little stuffed monkey and I got a matching one,” Corenblith said. “I even

went and bought a treadmill and it’s on my treadmill. I say to myself – ‘I must be strong; this is Brittany’s kidney.’”

“I don’t regret it at all; I would do it again,” Reppond said.

Reppond has since moved to East Texas, is a volunteer in the Zavalla Fire Department, and is getting ready for emergency medical technician school.

“I want to be a paramedic,” she said. “I like helping people. I’ve been like that my whole life and the medical field, to me, is the best way to do it. This was a stepping stone for that.”

“God made my crooked road straight,” Corenblith said. “Several times, things looked very bleak for me; severe pneumonia, anemia, medications, National Kidney Allocation change and 1 1/2 years on dialysis. But, God straightened it out in the end.”

Corenblith is now able to attend his son’s soccer practices, and he just returned from a weekend at Fiesta Texas in San Antonio with his two sons, Mitchell, 23, and Cooper, 13.

“Even to this day, this very moment, I struggle hugely with how to thank her enough and what to say. She saved my life. It’s the most miraculous story in the world.” Corenblith said.

People considering becoming an organ donor can log onto the Department of Health and Human Services Donate the Gift of Life website at <http://www.organdonor.gov/becomingdonor/index.html>.

Help children avoid injury as they go back to school

By J.D. Levite

Air Force Surgeon General
Public Affairs

As summer is ending and classes have started up again, some of the more serious risks for injuries happen as children are going to and from school.

Maj. Ryan Gottfredson, pediatrician and Uniformed Services University of the Health Sciences Preventive Medicine resident, said there are three things parents can do to help prevent injuries: make sure their children are properly restrained when riding in a car, make sure they're wearing a helmet if they ride a bike, and make sure their route to school is safe if they walk.

"They're simple rules, but they've been proven to make a big difference in helping to prevent injuries to children as they travel to and from school," he said. "Another big thing is when children are walking to school or riding their bike, it's important they wear high visibility cloth-

ing: bright colors, white clothing, and reflective gear as well."

According to the Centers for Disease Control and Prevention, close to 150 children every hour are seen in emergency rooms because of motor vehicle injuries.

Gottfredson said the bulk of severe motor vehicle injuries happen because children aren't properly restrained. He added, "There's also a risk of air bag injury for children who are sitting in the front seat. That's why it's recommended kids 12 years old or younger actually sit in the back."

The CDC has recommendations at http://www.cdc.gov/safecchild/Road_Traffic_Injuries/index.html for how children of different age groups should be seated in cars, including how their seatbelts should properly fit.

For children engaged in activities like skateboarding, roller blading or riding a bike, wearing a helmet is essential.



Photo by Emily Brainard, graphic by Steve Thompson

Cub Scouts Pack 50 members line up for their annual bicycle rodeo behind the Post Exchange at Fort Rucker, Ala.

"Head injuries are particularly concerning," Gottfredson said. "Your brain has the consistency of a stiff pudding and needs to be protected. Brain injuries can impact your ability to think, to work, and to take care of yourself. Severe injuries can result in permanent impairment and unfortunately sometimes even death."

He said when parents buy a helmet for their children they should bring

them to the store and make sure it fits snugly on the child's head. Parents should train their kids so it can be worn consistently every time. Old helmets are less safe than new helmets because the components lose their protective effects over time.

Even walking to school can be a dangerous journey for children if parents don't take the time to ensure the route is safe. Parents should make sure

there are sidewalks along the street, that the school provides trained crossing guards at intersections, and make sure their children aren't walking alone or unsupervised.

"Parents can organize with other parents in the community and try to get groups of children to walk together," Gottfredson said. "Or, if it's a particularly busy street, they can organize a kind of walking bus where responsible adults

can take turns walking with their children to and from school."

Traveling to and from school may present some of the biggest risk of injuries to children, but there are other things parents should look out for. Heavy backpacks can cause back problems, heat exhaustion can happen while children are out playing sports, and bullying can also be a concern.

"We can't prevent every little scrape or burn or hurt or cut, but we can and must try to prevent the serious injuries that can result in major harm," Gottfredson said. "Part of life is falling down and skinning your knee. You have to go through that and learn to stand up on your own. But what we need to be cognizant about is that there are real threats, serious threats, we could prevent if we try."

Injury prevention is a part of preventive health and another way Airmen and their families can take charge of their own health.

Army Substance Abuse Program counselors moving to BAMC Behavioral Health

By Dewey Mitchell
BAMC Public Affairs

Earlier this year, the Secretary of the Army directed that Army Substance Abuse Program, or ASAP, counselors be realigned under medical treatment facilities within the U.S. Army Medical Command. Substance abuse prevention, education, and drug testing continues to operate under the Joint San Antonio Base Substance Abuse Program. ASAP counselors in the

Fort Sam Houston Army Substance Abuse Program are moving from their current location in building 2007 on Army Boulevard to two BAMC Behavioral Health Clinics.

Permanent party active duty personnel requiring evaluation and treatment for alcohol and/or drug problems will go to the Behavioral Health Clinic at building 3528R, located at 4178 Petroleum Drive, near the Fort Sam Houston RV Park.

Student personnel from the Medical Education

and Training Campus and Army Medical Department Center and School will go to the Capt. Jennifer M. Moreno Clinic's Campus Behavioral Health Services at 3100 Schofield Road, effective Sept. 23.

"This realignment will ensure Substance Use Disorder Clinical Care on Fort Sam Houston is holistic, integrated and in accordance with Department of Defense policies, national standards and clinical best practices," said Col. Steve Lewis, BAMC

Chief of Behavioral Medicine. "Commanders will remain a vital link in our treatment team concept and my staff will work closely with commanders to describe SUDCC treatment decisions and how they will benefit the Service Member and the command.

"Using a multidisciplinary approach for treatment helps the Soldier and the Army address all aspects of care to overcome the challenges of illicit drug

use, prescription medication and alcohol abuse," Lewis added. "Prevention services to include prevention education, Risk Reduction program, employee assistance program and drug testing support remains a key commander's program to deter and prevent substance abuse."

Darlene Copeland, Fort Sam Houston ASAP Program Manager will remain the installation's point of contact for these services at the current location of 2430

Stanley Road.

One of the benefits of the ASAP clinical care realignment is that regardless of the behavioral health or substance abuse condition, commanders and Soldiers will have a single point of entry for care.

Call Campus Behavioral Health Services at 808-2534/2584 or the Multi-Disciplinary Behavioral Health Clinic at 539-9589/539-9567. ASAP prevention services can be reached at 221-1254.

National Hispanic Heritage Month: 'as numerous as the stars'

By Ashley Palacios
JBSA-Randolph Public Affairs

National Hispanic Heritage Month, observed annually from Tuesday through Oct. 15, is a time to celebrate the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

This year's theme, as decided by the Defense Equal Opportunity Management Institute, is "Embracing, Enriching and Enabling America."

Tuesday is a significant day because it is the anniversary of independence for the Latin American countries of Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Additionally, Mexico and Chile celebrate their independence days Sept. 16 and Sept. 18, respectively.

Columbus Day, the holiday which officially celebrates the anniversary of Spanish explorer Christopher Columbus' arrival in and discovery of the American continent, is celebrated Oct. 12, which also falls during this time period.

The National Hispanic Heritage observation began in 1968 as Hispanic Heritage Week under President Lyndon B. Johnson and was expanded by President Ronald Reagan in 1988 to cover a 31-day period.

This expansion was the direct result of the efforts made by retired Air Force Col. Gil

Coronado, a San Antonio native.

Coronado grew up in the barrios of San Antonio. Orphaned at age five, he often found himself in trouble with the law. He dropped out of high school and was soon involved in gangs. At age 16, Coronado lied about his age and enlisted in the Air Force.

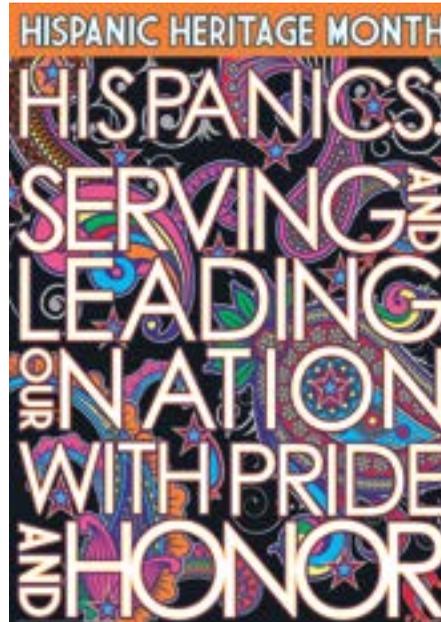
After a 30-year Air Force career, he had earned his GED diploma, a college degree and had been presented with more than 35 awards and decorations, including the Legion of Merit and the Bronze Star.

A long-time crusader for Hispanic issues, Coronado lobbied President Reagan in 1988 for the expansion of Hispanic Heritage Week to National Hispanic Heritage Month.

"The more you understand Hispanic heritage, the more you begin to understand what America is all about," Coronado said at a Joint Base San Antonio-Fort Sam Houston National Hispanic Heritage Month event in 2013. "Hispanic family values – honor, duty, integrity among them – have served the nation well."

Maria Preda, JBSA-Randolph Equal Opportunity alternative dispute resolution manager, agrees with Coronado.

"It's important for the Air Force to recognize National Hispanic Heritage Month because the Hispanic people have made



Courtesy graphic

great contributions to the Air Force and military at large, and it's important for us to recognize those contributions and to educate people on that legacy." Hispanics have, indeed, made significant contributions to all branches of military service, the U.S. Air Force included, in both civilian and military capacities.

Dr. Héctor P. García, a physician and decorated World War II Army veteran, founded the American G.I. Forum to ensure that Hispanic veterans receive benefits provided under the G.I. Bill of Rights of 1944.

Capt. Manuel J. Fernandez Jr. is placed among the top Air Force aces of the two world wars and the Korean War combined for

his combat victories. Retired Lt. Col. Olga E. Custodio became the first Latina to complete Air Force military pilot training, the first female T-38 instructor pilot and the first Latina commercial airline captain upon retiring from the Air Force.

But contributions from the Hispanic community are not limited to military service.

Physicist Luis Walter Alvarez joined the Manhattan Project to develop the triggering device used in the first nuclear bomb. Henry B. Gonzalez holds the longest filibuster record – 36 hours – in the history of the Texas Legislature fighting against segregation bills. Biochemist Severo Ochoa was the first Hispanic to win a Nobel Prize in physiology for the synthesis of ribonucleic acid, or RNA, one of three necessary building blocks for life.

Preda went on to say, "History is rich with contributions from the Hispanic community, but we are not a self-aggrandizing people; we are quiet when it comes to our achievement. That's why this month is so important – it allows our voice to be heard so we are not forgotten."

Preda has a saying she uses to describe the humble Hispanic nature: "Estamos tan numerosos y brillantes como las estrellas. Pero cuando aparece la luz del día desaparecemos. We are so numerous and bright like the stars. But when daylight appears we disappear."

Randolph Air Force base is

known as the "Showplace of the Air Force" because of the Spanish Colonial Revival style architecture in which all structures including hangars were constructed. The "Taj Mahal," building 100, is also one of the Air Force's most famous buildings.

"We all pass these buildings every single day and admire them, yet, we take for granted the culture and history that contributed to this beauty," Preda said.

So what does this legacy mean for current Airman?

"I'm an American, but I'm also Hispanic and that's always been something I've been proud of throughout my career as an Airman," said Maj. Jonathan "Ganso" Gallego, 435th Flight Training Squadron instructor pilot.

"There aren't many Hispanics in the fighter pilot community, so it's helped me to stand out, especially on deployments," Gallego continued. "The locals are quicker to trust if they feel they can relate to you in some way, but it's also the differences that have helped with my fellow Airmen. Learning from each other's differences has built trust and comradery in the units I've been in. It's a long legacy of greatness I'm following and it's a privilege and an honor to be a part of it."

U.S. Army South hosts the JBSA-Fort Sam Houston Hispanic Heritage Month Celebration at the Fort Sam Houston Theater from 11:30 a.m. to 12:30 p.m. Sept. 16, with live music, dance and cultural foods.

BAMC Refill Pharmacy re-opens, ready to serve

By Lori Newman
BAMC Public Affairs

The Brooke Army Medical Center Refill Pharmacy on Joint Base San Antonio-Fort Sam Houston reopened Aug. 12 after closing temporarily for repairs.

"The safety of our patients and staff is and always will be our top priority," said Army Maj. Walter Unruh, BAMC Pharmacy Department assistant chief.

Most of the operations performed within the refill pharmacy are transparent to our patients, Unruh said.

"The personnel at that location are responsible for refilling 30,000 prescriptions per month

to support all the BAMC pharmacy locations in the outlying clinics and the hospital," he added. "However, we realize this closure did affect our patients who use the refill pharmacy to pick up their prescriptions. The closure also temporarily added to the volume of customers at both the Main Pharmacy and the pharmacy in the Capt. Jennifer M. Moreno Primary Care Clinic."

The repairs to the existing structure will sustain refill pharmacy operations until a new 6,000-square-foot pharmacy will open in the new Post Exchange, once it is built.

"The 502nd Air Base Wing commander and

BAMC medical logistics, facilities management and their partners were very supportive throughout the entire process," Unruh said. "Without them, none of this would have been possible."

"The pharmacy department is always looking for ways to provide more options for our patients," Unruh said. "We are looking at different ways to enhance our patient's experience as we go forward. We really do appreciate the patience of our pharmacy customers throughout the repair process and look forward to serving them in the future."

To request a prescription refill, visit <https://www.tricareonline.com>.



Photo by Robert Shields

Army Sgt. Dustin Belletty (left) refills a prescription for Marcia Sierra-Williams Aug. 16 at the newly renovated Fort Sam Houston Refill Pharmacy.



Photo by Melissa Peterson

Tech. Sgt. Steven Nowicki and Tech. Sgt. Jacqueline Crow, 2016 Air Force military ambassadors, speak with veteran Rodrick Killebrew and his wife Gloria while presenting a valentine card during the 2016 National Salute to Veteran Patients program at the Audie Murphy Veteran Affairs Hospital in San Antonio Feb. 19. The military ambassadors and Joint Base San Antonio military leaders were on hand to distribute valentines and visit with veteran patients.

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 2017.

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 communities around South Texas.

"The program

strengthens Joint Base San Antonio's relationship with the local community while educating the public about the Air Force," said Bill Gaines, 502nd Air Base Wing Public Affairs at JBSA-Fort Sam Houston civic outreach chief. "The ambassadors are given the opportunity to showcase the professionalism and skills of the Air Force while fostering a positive rapport in the community."

All E-4 to E-7 Air Force members, 21 years old and older and assigned to JBSA

are eligible to apply to be a military ambassador. Nomination packages have been distributed to public affairs offices across JBSA. 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. 3. For more information, call 808-0002.



Photo by Canadian Armed Forces Cpl. Joseph Morin

Members of the 263rd Army Air and Missile Defense Command calibrate the AN/MPQ-64 Sentinel at 22 Wing North Bay in preparation for the Vigilant Shield Air Defense Artillery Field Training Exercise in North Bay, Ontario, Canada, Aug. 14.

CANADA from P1

Christian Drouin, commander of 1 Canadian Air Division and the Canadian NORAD Region. “Exercises like this one not only hone the skills of our men and women, but build upon our ability to work together seamlessly in support of NORAD’s commitment to detect, deter and defend against threats to Canada’s airspace.”

More than 60 soldiers from the 263rd AAMDC, along with three sets of Sentinel radars and Avenger missile launchers, deployed by both ground and air to Canada for the training.

Canadian aircraft flew over the North Bay area from many different angles, verifying the ability of the 263rd AAMDC to detect

them with their Sentinel radars and simulate engaging them with their Avenger missile systems. No live ammunition was deployed and no live-fire training was conducted.

“During the exercise, the 263rd AAMDC prosecuted multiple targets,” Garcia said. “It was a very worthwhile training event.”

After the exercise, Maj. Gen. Glenn Bramhall, 263rd AAMDC commander, presented coins to Lowd and Murphy in the ARNORTH Current Operations Integration Center Aug. 25, thanking them for their outstanding support in orchestrating the movement of an Avenger squadron from the 263rd AAMDC from their home station in South Carolina to Ontario, Canada, and back.

INSIDE THE GATE

Transition Information Program Workshop

Monday, 8 a.m. to 12:30 p.m. Sept. 12 at Joint Base San Antonio-Fort Sam Houston’s Sam Houston Community Center. All service members transitioning or considering transitioning from military to civilian life are encouraged to attend the JBSA Transition Information Program, or TIP, workshop. Speakers from the Military and Veteran Community Collaborative, Texas Veterans Commission, Veterans Service Program and Work Force Solutions Alamo will discuss networking opportunities, education benefits, health care, employment tips on career transitions, housing and property markets and more. This free event open to all Department of Defense ID cardholders and their spouses. Registration is required, call 221-1213.

TAP-Goals, Plans, Success

Monday to Sept. 16, Sept. 19-23 and Sept. 26-30, 8 a.m. to 4 p.m., Soldier for Life, building 2263, room 101. A mandatory five-day workshop for all service members separating from the military. GPS is facilitated by the Department of Labor, Veterans Administration and M&FRC. Prerequisite: Pre-Separation Counseling. To reserve a seat, call 221-1213.

Accessing Higher Education

Monday-Wednesday, Sept. 20-21, and Sept. 26-28, 7:30 a.m. to 5 p.m., Education Center, building 2268. A three-day track for those pursuing higher education; service members will review education requirements that support their personal goals. Registration is required, call 221-1213.

Organizational Point Of Contact VMIS Training

Mondays, 1-4 p.m., Military & Family Readiness Center, building 2797. Unit and agency organizational points of contact, or OPOCs, will receive training with the Volunteer Management Information System, or VMIS. Open to all registered OPOC’s. Call 221-2418.

Volunteer Management Information System

Mondays, 1-4 p.m., Military & Family Readiness Center, building 2797. Volunteers will receive hands-on training with the Volunteer Management Information System, or VMIS. Open to all registered volunteers. Call 221-2418.

Helping Us Grow Securely Playgroup

Tuesdays, 10 a.m. to noon, Middle School Teen Center, building 2515. A playgroup for infants and toddlers; open to parents and their children. Registration is not required. Call 221-2418.

Hiring Heroes Career Fair

Wednesday, 9 a.m. to 2 p.m. Sept. 14 at the Sam Houston Community Center. JBSA-Fort Sam Houston hosts the Hiring Heroes Career Fair. Transitioning service members, veterans and their families are able to network with employers from the Department of Defense, other federal agencies, and private sector firms with positions available for wounded, ill, injured and transitioning service members, Veterans, their spouses and primary caregivers. Call 571-372-2123.

Post-Deployment Resiliency

Wednesdays, 1-3 p.m., Military & Family Readiness Center, building 2797. Service members scheduled to deploy, go on temporary duty longer than 30 days or go on a remote assignment are required to attend this briefing. Registration required, call 221-2418.

Car Seat 101

Monday, 1-3 p.m., Military & Family Readiness Center, building 2797. Review the basics of car seat installation and make sure your child is seated properly within their car seat. This class is required before attending the Safety Seat Clinic. Call 221-2418.

Citizenship, Immigration Assistance

Tuesday, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Meet with a U.S. Citizenship & Immigration Service officer for assistance with applications. Registration is not required. Call 221-2705.

Pre-Separation Counseling

Tuesday and Sept. 27, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Airmen, Sailors, and Marines planning to separate from the federal service must attend a mandatory counseling. Begin the process 18 months prior to your separation date. Call 221-2705 to register.

Peer-To-Peer Support Group

Tuesday, 9:30-11:30 a.m., Soldier & Family Assistance Center, building 3639. Caregivers have the opportunity to build a peer support network, share experiences and information with a safe place to talk. Lunch is provided after the session. Call 571-6666 or 997-7521.

General Resume Writing

Wednesday, 9-11 a.m., Military & Family Readiness Center, building 2797. Learn about the different resume formats and which one to use when writing a non-federal resume. Get tips on how to effectively write summary statements, employment history and more. To register, call 221-2418.

Relocation, Overseas Orientation

Wednesday, 10-11 a.m. and 2-3 p.m., Military & Family Readiness Center, building 2797. Mandatory for personnel E-5 and below; topics cover include entitlements, shipment of household goods, emotional stressors of relocation, employment, and education. Only one session is needed. Call 221-2705.

Family Readiness Group Forum

Wednesday, 11 a.m. to noon, Military & Family Readiness Center, building 2797. This open forum offers networking and an opportunity to discuss issues, share lessons learned, facilitates questions, and discussions. Call 221-2418.

Bringing Baby Home

Wednesday and Sept. 28, 9 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. This two-part series must be attended in order. Knowing what to expect will help ease the overwhelming feeling of preparing for your newborn baby’s homecoming, both parents are encouraged to attend. Call 221-2705.

Safety Seat Clinic

Thursday, 9:30-11:30 a.m., Fire Station, building 3830. Make sure your child is safe while traveling on the road by ensuring restraints are properly installed. Child and vehicle must be present; parents will be seen by appointment only. Prerequisite is “Car Seat 101” class. Call 221-2418.

Newcomer’s Orientation, Spouse Information Fair

Sept. 16, 8 a.m. to noon, Military & Family Readiness Center, building 2797. This in-processing orientation is mandatory for all military and civilian personnel newly assigned to Joint Base San Antonio. All mandatory patrons must be seated by 7:50 a.m.; service members should coordinate with their unit personnel coordinator or commander support element prior to attending. In conjunction with orientation; vendors and supporting agencies will be on site at 10:30 a.m. for the spouse information fair. Call 221-2705.

Army FAP Unit Training

Sept. 19, 9-11 a.m. and 1-3 p.m., Military & Family Readiness Center, building 2797. Mandated Unit Family Advocacy Training in accordance with Army Regulation 608-18 regarding domestic and child abuse identification, reporting, and prevention. Seating is limited; reservations will be accepted up to two weeks in advance. Call 221-2418.

FRG Treasurer Training

Sept. 20, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Mandatory for current and incoming Family Readiness Group treasurers. Topics covered include regulations for managing covers, FRG informal funds, and fundraising. Commanders, FRG leaders and FRG funds custodians are encouraged to attend. Registration is required, call 221-2418.

Instructor Trainer Course

Sept. 20-21, 8 a.m.-4 p.m., Survivor Outreach Services, building 131. A two-part professional development course designed to improve instructional skills such as platform skills, the adult learner, characteristics of effective instructors, managing the learning environment and the preparation process. Call 221-2418.

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