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Fallen commander laid to rest at Arlington

Photo by Airman 1st Class Philip Bryant

Special Tactics members pay their final respects to Lt. Col. William "Bill" Schroeder, during his interment ceremony, June 16 at Arlington National Cemetery, Virginia. Schroeder, 39, was a special operations weather officer who identified a perilous situation and reacted swiftly by putting himself between an armed individual and his first sergeant. In the process, he saved lives of other squadron members while being fatally wounded. **See story page 2**

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Every Airman important, deserving of respect

By Airman 1st Class Kristan Campbell
432nd Wing/432nd Air Expeditionary Wing
Creech Air Force Base, Nev.

President Barack Obama once said, "Every single American – gay, straight, lesbian, bisexual, transgender – deserves to be treated equally in the eyes of the law and in the eyes of our society."

In light of June being LGBT Pride Month, the Air Force has made strides in how we regard these individuals, as both military members and human beings, since the repeal of the "don't ask, don't tell" policy in 2011. What used to be taboo has now become widely accepted by the Department of Defense.

Even though many in this age are accepting of these changes, things weren't always so easy for my better half, Emily, and I. When I met her, I had just arrived at Creech Air Force Base, Nev., and was balancing work, career development courses, on-the-job training, fitness and deployment readiness.

I made her acquaintance through a friend who worked with her in the 432nd Maintenance Squadron munitions flight. When we met, we instantly clicked and began dating after a few weeks of knowing each other.

We had many obstacles to overcome, such as sharing our relationship with family, friends and co-workers. It was a process that was difficult and sensitive, and we

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news

A dedicated father, Airman laid to rest

Senior Airman Ryan Conroy
24th Special Operations Wing Public Affairs

Two months after the tragic and sudden passing of Lt. Col. William "Bill" Schroeder, the U.S. Air Force Honor Guard laid him to rest with full military honors June 16 at the Arlington National Cemetery, Virginia.

More than 100 family members, teammates and service members attended the service to honor Schroeder, who was the commander of the 342nd Training Squadron at Lackland Air Force Base.

"As a professional, his calm demeanor, patience and genuine concern for everyone he came in contact with was unparalleled. He taught me how important it was to take care of my men, to be there for them when they needed someone, and to stick to your morals and ethics no matter what the situation," said Maj. Jay Syc, who served with Schroeder at the 10th Combat Weather Squadron at Hurlburt Field, Fla., and is a godfather to one of his sons.

But Schroeder was more than an Airman, a Special Operations Weather Officer and a commander. He was a dedicated father. According to those close to him, Schroeder, 39, a native of Ames, Iowa, and his wife, Abby, had two boys, whom he was deeply devoted to.

"Bill was the finest example of commander, leader, husband, father, and friend. He was amazing in all those roles. Bill always did the right thing the right way — especially when it was a tough decision," Maj. Jonathan Sawtelle said, who served as his director of operations at 10th CWS. "Bill was patient, never vindictive, slow to anger."

Growing up, Schroeder was an Eagle Scout, played football and basketball in high school and later enjoyed running marathons and ultra-marathons, which Sawtelle says reflected his careful and patient nature.

Later, he became one of the few Special Operations Weather Officers, leading Special Tactics Airmen and was the officer component of the world's only tactically trained meteorological force.

"He was a commander who cared about his people more than anything else. Everything he did was focused around the Airmen," said Chief Master Sgt. Shane Wagner, who served as his chief enlisted manager at the 10 CWS. "He was someone you could count on to be there when you needed him. He would never say no when you needed help.

"As an enlisted person, there are very few people that I would say I would follow anywhere, and Col Schroeder is one of them," added Wagner.

Schroeder recognized a perilous situation developing in his unit and reacted swiftly by putting himself between an armed individual and his first sergeant. In the process, he saved lives of other squadron members while being fatally wounded.

The events that took place on the day of Schroeder's death are still under investigation, but Schroeder was posthumously awarded the Airman's Medal, given to those who distinguish themselves by a heroic act — usually at the voluntary risk of their lives but not involving combat.

Schroeder entered active duty in July 1999 and in addition to an Airman's medal, he had earned a Bronze Star, two Joint Service Commendation Medals, two Air Force Commendation Medals, the Defense Meritorious Service Medal and three Meritorious Service Medals.

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

News in Brief

AIRFORCE ROTC ACCEPTING INSTRUCTOR APPLICATIONS FOR SUMMER 2017

Air Force officials have announced 95 projected Air Force Reserve Officers' Training Corps detachment instructor vacancies for summer 2017.

Eligible officers include active duty first lieutenants, captains or majors in the line of the Air Force competitive category. Additional eligibility criteria must be met; rated officers and Guard and Reserve officers are not eligible to apply.

Interested officers can search for eligibility and application procedures on the myPers website using the keyword "AFROTC." For more information, go to http://www.myPers.mil. Individuals can request a myPers account by following instructions at http://www.retirees.af.mil/mypers/index.asp.

TEST PILOT SCHOOL PH.D. PROGRAM ACCEPTING APPLICATIONS

The U.S. Air Force Test Pilot School is accepting graduate applications through July 31 for the Air Force Institute of Technology in-residence engineering Ph.D. program.

The primary purpose of the program is to ensure the TPS curriculum and research programs reflect the state of the art in aeronautical science and to create a cadre of officers who combine current flight test experience with a high level of theoretical knowledge.

The TPS Ph.D. program is open to all active duty Air Force officers who meet the eligibility criteria; interested officers should also contact their Air Force Personnel Center core assignment team and obtain a release to compete prior to submitting an application.

For eligibility and application instructions, search the keyword "graduate" on the myPers website. For more information, go to http://www.myPers.mil. Individuals can request a myPers account by following instructions at http://www.retirees.af.mil/mypers/index.asp.

AIR FORCE SEEKS 2016 GEICO MILITARY SERVICE AWARDS NOMINATIONS

Air Force officials are accepting nominations through Sept. 12 for the 2016 Government Employees Insurance Company Military Service Awards. The GEICO Military Service Awards annually recognize enlisted Total Force members from all branches of service for contributions to military or civilian communities.

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New command chief joins JBSA team

By Senior Airman Krystal Wright
502nd Air Base Wing Public Affairs

The 502nd Air Base Wing and Joint Base San Antonio community welcomed a new command chief who believes teamwork will be key to the continued success of the wing.

Chief Master Sgt. Brion Blais, a career explosive ordnance disposal technician, assumed responsibility for the morale, welfare, professional development and combat readiness of the joint force across San Antonio in May. Since arriving here, he has made strides in continuing the 502nd ABW and JBSA mission of becoming the premier joint base in the Department of Defense.

"My first priority as the JBSA command chief is in line with our mission statement and is to ensure we have the trained and equipped force necessary to deliver unrivaled installation services and support to the 266 mission partners that call JBSA home," he said. "We take some of those issues off the table so they don't have to worry about them. In order to do that we need a properly trained force and one that is equipped with the resources they need to actually provide those services.

"Additionally, I will be focusing on the professional development of our workforce and the transitioning of our service members and their family from military life to civilian life," he added. "For the professional development, I don't want to focus on just the enlisted force but also our civilian workforce and officers. I think that our junior force don't get the professional development attention that they need, so I am going to constantly focus on that."

In addition to ensuring the total force of JBSA has the resources they need to complete their particular mission, the command chief considers taking care of families as equally important and "part of being in the Air Force and the military," he said.

Blais, who has served in the Air Force for 22 years, understands that the enlisted force at JBSA may be curious to know and understand what to expect under his leadership, and he pledges his support which goes back to taking care of the families and Airmen.

"The JBSA community can expect that I will always advocate for the resources they require to do their job and the services they need to take care of the families," Blaise said. "I want to get the appropriate resources to their units. I also want to make sure we have the morale, welfare and recreation programs and facilities; medical facilities; child care; and similar things they need to do their job and keep their families safe and secure.

Photo by Johnnie Saldivar
Chief Master Sgt. Brion P. Blais currently serves as the Command Chief Master Sergeant for the 502d Air Base Wing, as well as the Command Chief Master Sergeant for Joint Base San Antonio, Texas, which spans over 64 miles and is comprised of 266 mission partners with over 80,000 full-time employees.

"In turn, I expect them to keep foremost in their minds that we are entrusted with vast responsibility and have all taken a vow to serve our country; not as we see fit, but as those appointed over us ask us to," he added. "Also, that we be the same (service members) out of uniform as we are in uniform."

The command chief is no stranger to working in joint environments and brings a wealth of knowledge and experience he hopes will further instill the team concept throughout JBSA and its mission partners.

"My leadership philosophy has always been simple: you will succeed as a team or fail as a team," he said. "So, put as much energy into those around you as you do for yourself. If you do so, you will be blown away by what your team can accomplish. Successful leaders always note that they were recognized for the accomplishments of their units. If you build a winning team, you cannot help but succeed."

At the beginning of his Air Force career, he encountered one such situation, which first taught him that concept.

"I went through a naval technical training school," Blais recalled. "I was there with the Army, Marines, Navy and Air Force. All of us were in a small classroom and it really was a team environment. Our class was 8½ months long and we all made sure we made it through together.

"That really instilled the team concept in me and I have really seen it throughout my career," Blais continued. "I can honestly say that I would not be here if not for the people who worked for me and I have worked with. My accomplishments are a direct result of working in teams. When you surround yourself with people who are successful, you tend to rise to their level."

To help the JBSA enlisted force to similar success, the new command chief provides a few tidbits of wisdom.

"My nuggets of advice for Airmen in today's Air Force is broken into two messages," Blais said. "For those more seasoned, I would say that change is not good or bad; it is just inevitable. We need to get over the resistance to change and shape the result we desire. For my younger Airmen, I would say that the Air Force is a cross section of our country; it is filled with different generations, backgrounds and experiences. If you want to be successful, be open-minded and learn something from everyone.

"To be the premier installation in the Department of Defense is a tall order, but we will rise to the challenge," he said "With the fiscal challenges our government is under and the threats to our way of life, we do our job more efficiently and effectively where we can, but we must also innovate new ways to reach our goals, even if I means a drastic change to the way we do our mission. Do not avoid the tough challenges; instead, dig in deeper."

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The three award categories are drug and alcohol abuse prevention; fire safety and fire prevention; and traffic safety and accident prevention. The accident prevention category applies only to vehicle- or motorcycle-related accomplishments.

The award period is Oct. 1, 2015 to Sept. 30, 2016.

Contributions may also span a period of several years, be ongoing, or have been accomplished during the award period. GEICO will select recipients in each category from all nominees submitted by each of the branches of service. Those recipients will be honored at a ceremony in Washington, D.C., next spring.

Search for eligibility and application procedures on myPers with the keyword "GEICO." For more information, go to http://www.myPers.mil. Individuals can request a myPers account by following instructions at http://www.retirees.af.mil/mypers/index.asp.

NOMINATIONS SOUGHT FOR 2016 SIJAN AWARD

The Air Force Personnel Center is accepting nominations until Aug. 31 for the 2016 Lance P. Sijan U.S. Air Force Leadership Award. The award recognizes the accomplishments of total force officers and enlisted leaders who demonstrate the highest qualities of leadership in the performance of their duties and personal conduct.

Nominees will be rated in several areas to include their scope of responsibility, professional leadership and leadership image. The award categories are senior officer, junior officer, senior enlisted and junior enlisted.

The award period is July 1, 2015, to June 30, 2016. Each major command, forward operating agency or direct reporting unit may submit one nomination in each of the four categories.

The Sijan Award, established in 1981, is named in honor of the late Capt. Lance P. Sijan, the first U.S. Air Force Academy graduate to receive the Medal of Honor.

He was posthumously awarded for his determination while evading capture by the North Vietnamese and during his subsequent captivity as a prisoner of war after being shot down Nov. 9, 1967.

For details, visit http://www.myPers.mil. Individuals can request a myPers account by following instructions at http://www.retirees.af.mil/mypersindex.asp.

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24TH AIR FORCE COMMAND CHIEF REENLISTS FOR THE LAST TIME

Photo by Master Sgt. Stuart Wilson

(Left) Maj. Gen. Ed Wilson, 24th Air Force commander returns a salute to (Right) Chief Master Sgt. Brendan Criswell, 24th Air Force command chief, during the chief's final reenlistment swear-in at Joint Base San Antonio-Lackland June 10. Criswell, after 27 years on active duty, is scheduled to transfer in July to serve as the command chief for Air Force Space Command in Colorado Springs, Colo.

59th Medical Wing takes lead on Armed Services Blood Center

By Tech. Sgt. Christopher Carwile
59th Medical Wing Public Affairs

The 59th Medical Wing is now at the helm of the first Air Force-led Armed Services Blood Center.

A recent ribbon-cutting ceremony marked the Joint Base San Antonio-Lackland Blood Donor Center's transition into the Armed Services Blood Bank Center San Antonio.

"This is a great day for the Armed Services Blood Program. This center will be joining the four other Armed Services Blood Centers as the first run by the Air Force," said Lt. Col. Angela Hudson, Air Force Blood Program chief.

The ASBP is a tri-service venture involving the Army, Navy and Air Force. The ceremony is the culmination of 10 years of work between the center and ASBP leaders.

Part of the 59th Medical Diagnostic and Therapeutics Squadron, the center's integration into the Armed Services Blood Program will expand its reach and capabilities.

It collects blood, plasma and platelets for the San Antonio Military Medical Center at JBSA-Fort Sam Houston, as well as other military and Veterans Affairs hospitals across the country.

"We have capitalized on the tri-service culture of the Armed Services Blood Program and designed a Department of Defense center that mirrors how together, we become force multipliers for the combatant commanders' missions worldwide," Hudson said.

The center collects approximately 1,100 units of blood each month and the move to a tri-service organization boosts the center's global reach and enhances capabilities, according to Tracy Parmer, blood donor recruiter and public affairs specialist for the ASBBC-SA.

"This center is a very useful, key program asset," said Navy Capt. Roland Fahie, DOD Armed Services Blood Program director. The ASBBC-SA is already involved in research and development to increase the shelf-life of donated platelets from 72 hours to at least 14 days, he said.

Photo by Tech. Sgt. Christopher Carwile
Navy Capt. Roland Fahie (center) cuts the ribbon to the Armed Services Blood Bank Center San Antonio during a ceremony. The blood bank, led by the 59th Medical Wing, is a tri-service venture involving the Army, Navy, and Air Force. Fahie is the Department of Defense Director of the Armed Services Blood Program.

Additionally, the 59th MDW saved the U.S. Navy $400,000 over the past year as operational infectious disease testing was transferred to the facility. ASBBC-SA is the only DOD infectious disease-testing center in the continental U.S., Fahie said.

"This transition is a natural extension of what is seen on deployments – joint counterparts integrated – taking care of patients and providing exactly what they need," added Col. Paul Friedrichs, Air Force Medical Operations Agency vice commander.

For additional information about ASBBC-SA, call 292-8100.

New office eases specialty care referral process

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

Need help understanding the specialty care referral process? Need a specialty care appointment and don't want to wait? Visit the new Specialty Booking Appointment Service, or SBAS, Office at the Wilford Hall Ambulatory Surgical Center.

Located on the first floor next to the clinic pharmacy, the SBAS office is just one of several initiatives the 59th Medical Wing has implemented in its quest to become a high-reliability organization, said Capt. Matthew Muncey, group practice manager with the 59th Medical Operations Group.

After reviewing appointment data, staff discovered a large number of specialty care referrals were going unused and some patients were not getting the care they needed. Specialty care services include dermatology, cardiology, radiology and orthopedics.

Following their primary care appointment, patients can schedule specialty care appointments by visiting the SBAS office before leaving the facility.

"By providing patients with a single point of contact for specialty care appointments and referral information before they leave the facility, we hope to reduce wait times by seven days," Muncey said.

"We've also worked with clinic leaders to streamline the referral review process with the goal of reducing booking errors and improving overall timeliness of care."

The office also:

- Provides assistance navigating the specialty care referral process
- Schedules most specialties at Wilford Hall,
- Facilitates re-scheduling specialty care follow-up appointments for many clinics
- Checks the status of any referral written in the San Antonio Military Health System
- Answers questions regarding a specialty care referral

Visit the SBAS office or call 292-8423 for more information and a complete list of specialty care services.

RESPECT from Page 2

weren't sure what we would be facing, but we pressed on.

In the beginning, Emily's mom didn't take it well. Adding to our difficulties, she received orders for her first deployment three weeks out from the date of her departure.

For a while, it seemed like everything was against us. For Emily, the unwillingness of individuals to accept our relationship was perhaps the hardest part.

"People think it's not the same as loving someone of the opposite gender, and that there's something wrong with you," Emily said. "I've never once questioned it; I just knew how I felt and acted on it. It's not about gender, but how someone makes you feel."

Luckily, I was able to find strength and resiliency through my Air Force family. I will never forget the day that I came out to my co-workers in my office.

Although it was a day I had anticipated, I was nervous to see their reactions. To my surprise, they gave me unwavering support and treated me with the same level of respect as everyone else in my shop.

My fellow Airmen and supervisors checked on me regularly, offered me their help, and let me lean on them when I needed it most. With the support of my shop, Emily and I were able to power through all our obstacles and remain hopeful, and eventually things became much easier.

These days, our families are more accepting of our relationship. Emily's mom messages me daily and we update each other continuously while Emily serves downrange.

For those who are going through similar struggles, I can only urge you to be proud of who you are, whether you identify as gay, straight, lesbian, bisexual or transgender. Coming out may seem hard at first, but it gets easier.

Everyone was made differently. We all think, look and feel differently, and we interpret our lives through very unique lenses. As the president and other top leaders have said, everyone deserves respect and should be evaluated based on character and merit, not sexual preference.

Every Airman is important and has something unique to bring to the fight. Embrace what makes you different. Trust in your Air Force family, and they will take care of you.

First C-5M named 'The City of San Antonio,' lands at the Alamo Wing

By Tech. Sgt. Lindsey Maurice
433rd Airlift Wing Public Affairs

Photo by Benjamin Faske

The 433rd Airlift Wing receives its first C-5M Super Galaxy aircraft, bestowed "The City of San Antonio," during a transfer ceremony June 17, at Joint Base San Antonio-Lackland. Maj. Gen. John C. Flournoy Jr., 4th Air Force commander, and Col. Thomas K. Smith Jr., 433rd AW commander, piloted the maiden flight of the first C-5M from Stewart National Guard Base, New York. The 433rd AW will receive nine C-5M models by late 2018, which is the result of a two-phase modernization effort that will improve fuel savings, climb rate, payload capability, and noise reduction.

The saying "history repeats itself" has become all too familiar to the 433rd Airlift Wing, as hundreds of Airmen and distinguished guests gathered along the flight line at Joint Base San Antonio-Lackland June 17 to welcome the Alamo Wing's first official C-5M Super Galaxy aircraft, bestowed "The City of San Antonio."

The 433rd AW is the first and only U.S. Air Force Reserve wing to receive Lockheed Martin's modernized strategic airlifter.

Flash back 32 years ago, to Dec. 1, 1984, and a similar crowd gathered at Kelly Air Force Base, Texas, as the wing, then the 433rd Tactical Airlift Wing, welcomed its predecessor, the first C-5A Galaxy, also named the "The City of San Antonio" into the Air Force Reserve Command's inventory.

"This is a remarkable day for the 433rd Airlift Wing," said Maj. Gen. John C. Flournoy Jr., 4th Air Force commander, who piloted the aircraft to JBSA-Lackland. "The opportunity to take an older aircraft and bring it up to today's standards for aviation is absolutely phenomenal. This was my first time landing in a C-5M and let me tell you it flies like a dream. It's absolutely a wonderful piece of modern technology in that cockpit and it felt great."

This C-5M is the first of nine aircraft that will make up the Alamo Wing's fleet by late 2018.

Tony Frese, Lockheed Martin Aeronautics Company Air Mobility and Maritime Missions vice president, noted that the aircraft, produced by Lockheed Martin, is superior to its predecessor, the C-5A, "in every way."

"The biggest step up the C-5M brings are the upgraded engines, which provide not only about 22 percent improved thrust, but up to 20 percent more fuel efficiency," he said. "That converts into over 20 percent more range for this aircraft, much shorter takeoff distances, much faster time, but also more reliability. Frese also said the engines are 10 times more reliable than the previous version's engines.

What most people don't realize is the other 70 improvements that have been made to other systems of the aircraft, and they really bring together the significant reliability of this aircraft."

Tech. Sgt. David Ponce, 433rd Aircraft Maintenance Squadron C-5M crew chief accepted the ceremonial key to the aircraft and said he is ready to get to work on the wing's first C-5M.

"We're really excited to get our hands on our own C-5Ms," said the 16-year airlift aircraft maintenance technician. "We've been working on what we call 'loaners' from Dover and Travis Air Force bases, and now we have our first one. I love my job as a dedicated crew chief and knowing that the maintenance we provide on the aircraft makes a difference."

Performance abilities aside, one thing both the 1984 C-5A, tail number 69-0016, and today's modernized C-5M, tail number 70027, have in common is their unique "The City of San Antonio" distinction. They are the only two C-5s to be bestowed "The City of San Antonio," a testament to the relationship between the military and San Antonio community. The name, along with a depiction of the famous Alamo, is showcased on the aircraft to the left of the door.

During the ceremony, Rey Saldana, San Antonio City Council member for District 4, read a proclamation on behalf of the city to the 433rd AW welcoming its first Super Galaxy.

"I'm a member of the San Antonio community and more than anything, we like to pride ourselves on being called 'Military City USA,'" he said. "It's not just a slogan for us.

"I've lived outside the JBSA-Lackland community my entire life, so to be invited in as an elected official, and more importantly, as a San Antonio community member, it means the world to me, especially on a great day like this where you get to get close up to the mission and to see the arrival of the great C-5M Super Galaxy," Saldana said. "It's amazing."

As the ceremony came to a close, guests were invited to explore the largest plane in the U.S. military fleet. This was especially exciting for Retired Gen. Thomas M. Ryan Jr., former Military Airlift Command commander who piloted the first C-5A Galaxy to Kelly Air Force Base, Texas all those years ago.

"It feels good to be here around a great bunch of people in the 433rd," said the 88-year-old command pilot who has flown more than 8,000 flying hours. "This brings back a lot of good memories."

"The M is a great addition to the fleet," he said. "They finally have a modern, reliable plane to accomplish their mission. I'm happy for them."

Col. Thomas K. Smith Jr., 433rd AW commander, mirrored Ryan's excitement for improved capabilities the C-5M will bring to his unit.

"Our mission at the 433rd Airlift Wing is to provide combat ready troops to the active-duty military and our combatant commanders," he said. "This upgrade ensures us the ability to provide reliable, rapid global mobility, one of the six Air Force core competencies. This is a great day for us here at the Alamo Wing."

Korean War anniversary connects generations

By Jeremy Gerlach
JBSA-Lackland Public Affairs

(Editor's note: 2nd Lt. Howard's last name, along with the name of his father, have been withheld for security purposes.)

If not for American military intervention in the Korean War, 2nd Lt. Howard, 25th Air Force, might never have joined the Air Force.

As far as his father, Mike, is concerned, Howard might not have been born in the first place.

"We are definitely humbled to be here," noted Howard, a second generation Korean American whose father survived the conflict. "If North Korea had overrun us, my family might have been put in a political prison camp or my dad might even have died before I had a chance to be born."

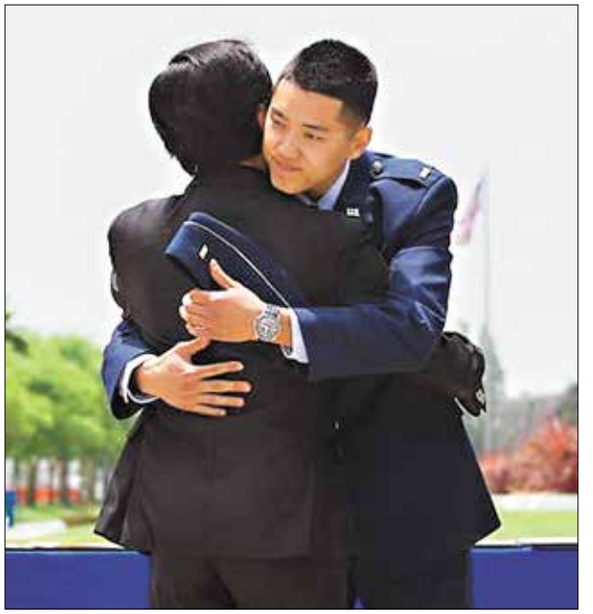
With the anniversary of the outbreak of war in Korea approaching on Saturday, Howard's family legacy speaks for the similar journey of millions of Koreans and Korean-Americans with family histories forever altered by the conflict.

The Korean War, which lasted from June 1950 through July 1953, was a back-and-forth conflict that initially pitted North Korean communist forces against an overwhelmed South Korean defense. After U.S. forces stationed in Japan pushed the North Koreans back towards the Chinese border, the Chinese themselves intervened, pushing the U.S. back into South Korea before both sides reached a truce, establishing what is now known as the Demilitarized Zone, a border situated along the 38th parallel north.

That border, and the division between North and South Korea, remains a contentious and bitter issue on the Korean peninsula to this day.

Howard's father, born in 1947, was a small child when fighting broke out. After the war, he worked as a steam train conductor and semi-professional tennis player, then served in the South Korean armed forces during the Vietnam War in the 1960s.

Afterwards, Mike met his wife in Seoul and moved to the U.S. in 1983, settling in Anaheim, Calif., where he worked his way through jobs as a painter and transmission mechanic. Now approaching his 70th birthday this year, Mike drives tour buses through Yosemite and the Grand Canyon and is thinking about retirement.



Courtesy photo
2nd Lt. Howard of the 25th Air Force hugs his father, Mike, at a commissioning ceremony. Mike, who survived the Korean War as a child and emigrated from South Korea to the United States in 1983, is proud of his son for serving in the same Armed Forces that saved South Korea in the 1950s.

While Mike's family has moved some additional relatives to the U.S., they still have extended family in South Korea, like many Korean-Americans.

But none of that history might have happened if not for U.S. intervention in the war, which stopped North Korean and Chinese troops from overrunning the peninsula. So, as a Korean-American serving in that same U.S. military, Howard shares a unique perspective with his father on the war's legacy.

"It's a tremendous honor to serve in the same military that was allies with South Korea during the conflict," Howard explained.

That's an honor that Mike doesn't take lightly, having seen firsthand the dangers of war. Mike's own father worked as a transportation engineer for the South Korean government during the war, suffering a wound from bomb shrapnel that almost cost him a leg.

"I told (Howard's) mom after he commissioned that we, as parents, need to think of Howard as not only our son, but America's son," Mike said. "And this goes beyond Howard serving our country – he's ensuring the freedom of the world."

From a practical standpoint, Howard said his service with the 25th Air Force has another connection to the Korean War.

"Joint Base San Antonio-Lackland's technical training mission grew, in large part, straight out of the Korean War," Howard noted. "Many second-generation Korean-Americans now fill technical positions as a part of that mission."

Mike has always told Howard that serving in the Air Force might give him the chance to save others, just as Mike's family was saved.

"My dad was always showing me newspaper articles about the first Korean or the first Japanese officer to become a general in the U.S. Army or Air Force, and he kept telling me, 'That could be you!" Howard recalled.

But for now, Howard is just focused on his next deployment, with his sights set on serving in South Korea in the future. That return would represent a monumental triumph not only to Howard's personal career, but to his family legacy, too.

"I'd love to come full circle, serving in a Korean winter myself," Howard suggested. "That would be a tremendous opportunity."

Summer time is disaster prep time

TRICARE

Summer rays and cool breezes can quickly turn into unexpected lightning and blinding rains. TRICARE makes it easy to get the care you need in the event of a natural disaster.

In emergencies, the Department of Defense can approve a waiver of primary care manager, or PCM, referrals. Waiving the PCM referral requirement allows affected beneficiaries to get care from TRICARE-authorized providers without a PCM referral, avoiding point-of-service charges.

The "Emergency Refill Too Soon" waiver authorizes early prescription refills for affected beneficiaries. When a prescription waiver is authorized for an impacted area, information about early refills is posted on the TRICARE website.

Beneficiaries who've signed up for TRICARE updates via email or SMS text-messaging receive the update directly. Also check TRICARE's social media pages for updates.

Severe weather can happen at any time, during any season. Disaster preparation is important and being prepared is just as essential as knowing how to get help. Everyone should have an emergency "go to" kit, and copies of important documents like your Uniformed Services ID card or other health insurance card, driver's license, Social Security card and list of prescriptions and shot records.

Have the numbers to family doctors and the regional contractor close at hand for help getting care. Make a disaster plan and practice it. TRICARE has a downloadable contact wallet card with all the contacts you need for help with your health plan. Visit http://www.TRICARE.mil for details on how to stay safe and get the care you need in a disaster.

(Source: TRICARE)

Local Briefs

FRIDAY

TROOPS TO TEACHERS

Troops to Teachers assists eligible military personnel in pursuit of teaching as a second career. Topics include counseling, referral and placement assistance, identifies required certifications and employment opportunities. It will be held 1-3:30 p.m. at the Military & Family Readiness Center, building 1249.

TUESDAY

TRAVELING LEGO MAKERSPACES

MakerSpaces allows students to collaboratively and creatively extend their learning by doing or making. Children can put their imagination to the test with Legos, robots and circuits. At 4 p.m. at the Joint Base San Antonio-Lackland Library. Admission is free, reservations are not required. Visit http://www.jbsalibraries.org for additional information.

HIRING FAIR

All Department of Defense ID cardholders are welcomed to attend a hiring fair 9 a.m. to 1 p.m. at Arnold Hall. This is an opportunity to meet with prospective employers actively looking to fill open positions. Patrons should bring copies of their resume and dress to impress. To register, call 671-7322.

JULY 12

INVESTING FOR YOUR FUTURE

As crucial part of retirement planning, join the Military & Family Readiness as they debunk the common myths associated with investing and explain how to begin investing for retirement while on a budget. The Air Force Federal Credit Union is facilitating this workshop from 11:30 a.m. to 12:30 p.m. at Wilford Hall Ambulatory Surgical Center Annex, building 4600. Call 671-3722 to register or for more information.

JULY 13

INTRODUCING A NEW BABY

Parents will review ways to introduce a new baby to their other children during the class, "Introducing a New Baby." Discuss accommodating developmental considerations when introducing a new baby to their siblings, understanding a child's reaction to a new sibling, and preparing a child for their new sibling. The workshop will be 1-2:30 p.m. at Wilford Hall Ambulatory Surgical Center Annex, building 4600. For additional information, contact the military and family life counselors at 540-5025 or 540-5030.

JULY 14

HOW TO BUY A HOUSE

During the How to Build a House workshop, patrons will discuss the pros and cons of renting versus home ownership, budgets and credit. Review the different types of loans and lenders; pre-qualified verses preapproved; finding a realtor and more. The Better Business Bureau is facilitating this workshop from 11:30 a.m. to 12:30 p.m. at Wilford Hall Ambulatory Surgical Center Annex, building 4600. Call 671-3722 to register or for more information.

JULY 18

CAREER TECHNICAL TRAINING

Service members will receive guidance and help in selecting technical training schools and technical fields during the Career Technical Training. Review accredited institute applications, scheduling a session with a counselor or a career technical training expert, and VA vocational education counselors. It will be held 8 a.m. to 3 p.m. July 18 and 19 at the Military & Family Readiness Center, building 1249.

SOCIAL SECURITY AND YOU

Participants will learn about changes to Social Security benefits and how it can affect their retirement.

The U.S. Social Security Administration is facilitating this workshop from 2-3:30 p.m. at Defense Language Institute English Language Center, building 7535. Call 671-3722 to register or for additional information.

JULY 21

HEART LINK

Heart Link is an orientation for military spouses where they can meet new friends while learning about the military mission, lifestyle, protocol and other programs available. A light breakfast and lunch will be provided, registration required. This group will meet 8:30 a.m. to 2:30 p.m. at the Wilford Hall Ambulatory Surgical Center Annex, building 4600. For more information, call 671-3722.

JULY 25

SOCIAL SKILLS BUILDING CAMP

This is an activity-based camp designed to teach social skills to a variety of children, particularly those that struggle with social acceptance is available. Children with well-developed social skills not only experience the rewards of healthy relationships, but do better in school, have a better self-image and are more resilient in facing inevitable challenges.

The Social Skills Building Camp is open to youth ages 11-13. It will be held 9-11 a.m. July 25-29 at the Arnold Hall Community Center.

INFORMATIONAL

59TH MDW HOLIDAY HOURS

Due to the upcoming holiday and Air Education and Training Command family day, 59th Medical Wing clinics and pharmacies will be closed July 4 and 5. The 59th MDW Urgent Care Center in the Wilford Hall Ambulatory Surgical Center basement will remain open regular hours, serving walk-in patients 24 hours, seven days a week. The UCC can be reached at 292-7331.

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.
Youth Ministry	Mon.	6:00 p.m.

—LITURGICAL SERVICE
Airman Memorial Chapel – Building 5432

	Sun.	9:45 a.m
Religious Education	Sun.	10:45 a.m.

—CHURCH OF CHRIST
New BMT Reception Center – Building 6300
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 6300
Sun. 7:30 a.m. (Rm. 113)

—ORTHODOX CHRISTIAN
Airmen Memorial Chapel – Building 5432
Sun. 8:00 a.m.

—PENTECOSTAL
Religious Education Building 6300
Sun. 8:00 & 9:30 a.m. (Rm. 112)

—WICCA
New BMT Reception Center – Building 6330
Sun. 9:00 – 11:00 a.m. (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.
Adult Religious Education	Sun.	9:15 – 10:15 a.m.
Mass Sat. 5:00 p.m.	Sun.	11:00 a.m.
Youth Ministry	Sun.	4:00 p.m.
Reconciliation	Sat.	4:00 – 4:45 p.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.

—BUDDHIST
New BMT Reception Center – Building 6330
Sun. 10:45 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.

—LUTHERAN CHURCH MISSOURI SYNOD
Gateway Chapel Building 6300
Every third Sun. 3:30 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

Respect the flags - Stay cool, hydrated this summer

By Jose T. Garza III
JBSA-Lackland Public Affairs

Heat stress can leave people regularly involved in outdoor working environments or outdoor recreational activities in many various hot predicaments.

Exposure to high temperatures or extreme humidity can result in heat stroke, heat exhaustion, heat cramps or heat rashes.

As part of the Air Force's 2016 Summer Safety Campaign initiative that runs from Memorial Day to Labor Day weekend, Roy Gutierrez, 37th Training Wing occupational safety specialist, urges the public to stay hydrated and listen to their bodies when outdoors this summer during work or leisure.

"You should drink water in moderation before, during and after work or play," he advised. "For people who work outdoors or in a heated environment, they need to breaks in shaded or air-conditioned environments to prevent heat injury situations."

According to the National Institute for Occupational Safety and Health, symptoms of heat

See HEAT Page 17

HEAT CONDITION CATEGORY CHART

RISK	TEMP	RISK MITIGATION	HEAT INJURY SIGNS AND SYMPTOMS
White Flag MINIMAL	<82 WBGT	Time to exercise! Drink water/sport drink before/after exercise	Recognize early symptoms and take appropriate action to prevent serious heat disorders in yourself and others.
Green Flag LOW	82-84.9 WBGT	Drink at least 1 quart of water/sports drink every 20 minutes	Recognize early symptoms and take appropriate action to prevent serious heat disorders in yourself and others.
Yellow Flag MEDIUM	85-87.9 WBGT	Take rest breaks during exercise and keep drinking fluids	**HEAT CRAMPS LIKELY:** Painful contraction of muscles, weakness
Red Flag HIGH	88-89.9 WBGT	Consider reducing workout intensity	**HEAT EXHAUSTION LIKELY:** Dizziness, nausea, vomiting, headache, fainting, disorientation, weakness
Black Flag EXTREMELY HIGH	≥ 90 WBG	**Extreme Caution!** Exercise indoors in a cooler setting	**HEAT STROKE HIGHLY LIKELY:** Extremely high body temp, confusion, convulsions, unconsciousness, death

CAUTION: If you experience a heat related injury, call 911 immediately! Move to a shaded area and treat for shock (lie down, cool body with cold compresses, elevate feet)

Infant massage workshop makes for a touching display

By Jeremy Gerlach
JBSA-Lackland Public Affairs

At the annex of Wilford Hall Ambulatory Surgical Center, a handful of babies giggle, sigh and yawn while receiving massages to relax and de-stress them.

No, these tots aren't mini business tycoons on a trip to the world's smallest spa resort - they're ordinary infants with parents willing to dive into an innovative technique: infant massage.

The practice dates back to at least the 1970s and has a proven track record of strengthening bonding between parents and their babies, reducing child irritability, improving sleep quality, and reducing anxiety and postpartum depression in mothers, according to the American Journal of Perinatology

That is not a bad list of benefits, said Rebekah Sanchez, Military & Family Readiness Center family life program educator.

Sanchez is one of the instructors for the center's infant massage workshop, which runs year-round and is open to all Department of Defense employees and their dependents.

"Infant massage is all about nurturing touch," Sanchez said. "It's about building a connection between you and your baby."

As Sanchez leads her class through a series of simple techniques, that connection is immediately apparent. The strokes are gentle – as opposed to the high-pressure kneading required for adult massage – and easy to remember. Most of the work is done with an open palm and fingers spread. Each parent's hand runs down their baby's back, legs and chest, which can also relieve intestinal gas and pressure.

That simplicity allows each parent-baby duo to focus on an emotional experience, rather than a technical one.

"It's not so much about the strokes of the massage, but more about taking that intentional moment with them to show them what healthy touch looks like," Sanchez noted while demonstrating for the class participants on a life-sized doll.

New moms Alissa Cooney and Alissa Smith are first-time members of the class, which is tucked away in a quiet corner of the annex. The room they're working in has a comforting and homely feel and is covered in soft, blue yoga mats. Snacks and massage oils are stacked on a nearby table for easy access.

Cooney, working with her 8-month-old daughter, Kyla, loves the group setting.

"It's really nice to connect with other moms and kids," she said. "All the moms have tips that they share and kids seem to really enjoy being around other babies."

Since Kyla won't be speaking complete sentences for a few more years, massage is almost a form of communication between Cooney and her daughter.

"So many times, you're just like, 'I don't know what is going on – I don't know how to connect with this thing that doesn't talk, doesn't do anything yet," Cooney explained. "But this type of massage, that's a connection."

Smith, visibly grinning from ear to ear while working with her 4-month-old daughter, Honor, said the massage process is therapeutic for the moms at home too.

"This helps relax her and helps us bond," Smith said. "Honor's done well in the class, but she does really well with it at home. When we do this at home, she's much happier and much more relaxed in the evening."

The science behind that happiness isn't just talk – the positive emotional and physical benefits of infant massage have been confirmed by several studies published in the American Journal of Perinatology and among other sources.

In addition to the aforementioned improvements in sleep patterns and reductions in irritability, infant massage also contributes positively to brain development and has promising benefits for babies with medical complications. The practice improves healthy weight gain for preterm infants, reduces sleep apnea in low-birth-weight babies and has been deemed safe for medically fragile infants.

Parents can visit http://www.infantmassageusa.org for a direct look at these individual medical studies.

Beyond the science, Sanchez said massage has another practical effect for infants.

See MASSAGE Page 17

BMT HONORS

Congratulations to the following 70 Airmen selected as honor graduates among the 700 Air Force basic military trainees who graduate today:

321st Training Squadron
–Flight 439
Timothy Cline
Brandon Edmister
David Girimonte
Matthew Means
Brandon Rhodes
Benjamin Surface
–Flight 440
Danielle Blasier
Madison Caudle
Haelie Egbert
Jilian McGreen
Jimenez Rojas
Kayle Wielkie

323rd Training Squadron
–Flight 431
Eric Christensen
Charles Conley
Robert Elliott
John Ellis
Reed Ellison
Seulhwan Han
Dylan Riekens
Chase Vanis
–Flight 432
Steven Lindemuth
Andre Phillips
Corey Scott
–Flight 433
Munson Lamar III
Nikolaus Vass
Lawrence Waller
–Flight 434
Jessica Cox
Kathryn Ruddick

324th Training Squadron
–Flight 435
Devin Bergeron
Jaden Cady
Gonzalez Flores
Akiko Kawagoye
Logan Perry
–Flight 436
Cody Bostrom
David Kim
Ian Roland
Ruben Vera
Jandroe Villacorta
Sandy Wilson
–Flight 437
Zachary Foster
Charles Myers
Brandon Sandy
Austin Smith
Monreal Tamez
Von Williams
–Flight 438
Amanda Finch
Felicia Hanson
Lindsay Hill

331st Training Squadron
–Flight 427
Nicholas Cipriano
Justin Davis
Anthony Roberts
–Flight 428
Johnathan Fowler
Carson McDearis
Nathan Pahel
Nathan Scott
Troy Stites
Matthew Vickers
–Flight 429
Frederick Brown
Nathaniel Campbell
Alexander Domann
Hunter Lyon
Bryce Martin
Luke Milano
Diego Padilla
Keaton Pezzaglia
Jim Saechao
Miles Snyder
Nathlee Strickland
–Flight 430
Hannah Humphrey
Margaret Tereschuk

Top BMT Airman
Nathan Scott
331st TRS, Flight 428

Most Physically Fit
–Female Airmen
Lindsay Hill
324th TRS, Flight 438
Jenna Olander
331st TRS, Flight 430
Laneisha Ferguson
324th TRS, Flight 438
Danielle Blasier
321st TRS, Flight 440
–Male Airmen
Thaddaeus Vaichus
324th TRS, Flight 435
Luke Milano
331st TRS, Flight 429
Demarco Carey
324th TRS, Flight 437
Isai Sorcia
324th TRS, Flight 437

–Female Flights
321st TRS, Flight 440
324th TRS, Flight 438
331st TRS, Flight 430
323rd TRS, Flight 434
–Male Flights
331st TRS, Flight 429
324th TRS, Flight 435
331st TRS, Flight 427
331st TRS, Flight 428
324th TRS, Flight 437
323rd TRS, Flight 432
324th TRS, Flight 436
323rd TRS, Flight 431
323rd TRS, Flight 433
321st TRS, Flight 439

Top Academic Flights
331st TRS, Flight 428
323st TRS, Flight 433
331st TRS, Flight 429
324th TRS, Flight 436
321st TRS, Flight 439
324th TRS, Flight 435
323rd TRS, Flight 432
331st TRS, Flight 427
323rd TRS, Flight 431
323rd TRS, Flight 434
321st TRS, Flight 440
331st TRS, Flight 430
324th TRS, Flight 437
324th TRS, Flight 438

SEAT BELTS SAVE LIVES!
BUCKLE UP AND WEAR YOURS!

Warhawks men's soccer coach looking for players with team mindset

By Jose T. Garza III
JBSA-Lackland Public Affairs

The coach for the Joint Base San Antonio-Lackland Warhawks men's soccer team is scouting for athletes who exhibit unity to join the team in hopes of winning the Defender Cup Military Varsity Tournament.

Weekly tryouts are conducted 6 p.m. Tuesdays and Thursdays at Warhawk Field and are open to Department of Defense employees and dependents ages 18 and up.

Master Sgt. Nana Saahene, 382nd Training Squadron first sergeant and Warhawks associate coach, said his mission is to find the best 22 players who can create team chemistry and build on the team's success during the 2015 tournament, where they advanced to the Defender Cup quarterfinals for the first time since 2011.

"Teamwork involves knowing where the other player is going to be without calling for a pass," he explained. "Everybody should know where they have to be to score a goal."

Several issues that prevented the team from moving forward in the 2015 tournament were injuries and players attending to military commitments, which Saahene called a "big blow."

To help prevent further injures, the master sergeant plans to increase conditioning drills and utilize more ball control, sprint and quick movement exercises.

The Warhawks will also be playing in the San Antonio Soccer Association League to condition themselves for the Defender Cup.

"Conditioning is key," Saahene said. "I am not saying people can't get injured, but when you condition yourself properly the chances of getting injured decrease."

Saahene aims to slash the Warhawks roster down to 25 players in July and to 22 in late August.

He encourages athletes to try out for the team because it can be a gateway into the All-Air Force Men's Soccer program.

"The Air Force Soccer coaches are always at the Defender Cup scouting players," said Saahene, who attended the All-Air Force Men's Soccer Trials in 1998. "Getting invited to the All-Air Force Men's Soccer Camp is a great thing because you get to represent the United States Air Force."

For more information on Warhawks Men's Soccer tryouts, call 995-8383.

HEAT from Page 15

stroke, which occurs when the body is incapable of controlling its temperature, include:

- High body temperature
- Confusion
- Loss of coordination
- Hot, dry skin or profuse sweating
- Throbbing headache
- Seizures and coma

Heat stroke can develop as a result of heat exhaustion or heat cramps when the body's response to excessive water and salt loss comes from sweating. Heat exhaustion is also a potentially dangerous condition and symptoms include:

- Rapid heart beat
- Massive sweating
- Acute weakness or fatigue
- Dizziness
- Nausea and vomiting
- Irritability
- Fast and shallow breathing
- Slightly elevated high temperature

Heat cramps can produce muscle cramps, pain or spasms in the abdominal area, arms and legs.

Individuals showing any symptoms of heat stress should be moved indoors or into shade. If they are wearing outer garments, such as a uniform top, it should be removed to help cool the individual down, Gutierrez advised.

"If they are wearing vests, jackets, protective gear and hats, put them in the shade to cool their bodies," he said. "If you can, get them in an air conditioned environment, fan them and use wet towels to cool their bodies and to restore their normal body temperature."

If an individual shows signs of extreme heat stress, or removing them from the environment does not improve their symptoms, members are encouraged to call 911 or transport them to a nearby medical facility.

At Joint Base San Antonio locations, the bioenvironmental engineering flights assess heat stress conditions and dictate the appropriate flag conditions/heat category according to the Wet Bulb Globe Temperature Index. The WGBTI temperature is calculated by measuring air temperature, humidity, air speed and radiant heat. The results of these measurements are used to determine one of the following heat stress categories or flag conditions and JBSA members must adhere to these guidelines.

White Flag: The white flag is the lowest heat condition. It has no restrictions attached and allows strenuous activities without rest.

Green Flag: This condition is in effect between 80 and 84.9 degrees. This flag allows supervised heavy exercise outdoors with a 30-minute rest every half hour.

Yellow Flag: This condition is in effect when temperatures rise to 85 to 87.9 degrees. While under a yellow flag, the same 30/30 rest-work rule applies. However, personnel who are not acclimated to the area should refrain from these activities.

Red Flag: A red flag is raised when the temperature reaches 88 degrees. While in this condition, extreme caution should be used when working outdoors. After 20 minutes of work, a 40-minute rest should be taken.

Black Flag: When the WBGTI reaches 90 degrees, a black flag is in effect. While under black flag conditions, all non-essential outdoor physical exercise should be postponed.

Heat injury prevention is of high importance across JBSA, as South Texas temperatures remain well over 90 degrees during the summer season. Also due to the vigorous training mission at JBSA which includes Air Force Security Forces training, Air Force Basic Military Training, the Department of Defense Medical Education and Training Campus and several others, heat safety is paramount.

Supervisors are encouraged to stay educated on thermal injury signs and symptoms; first aid procedures; work and rest; work and warming cycles; additive effects of personal protective equipment; and the importance of proper hydration.

Members can call the 37th TRW safety office at 671-3967 with any questions or concerns.

MASSAGE from Page 16

"Just taking time to slow down and do something rhythmically will help lower your stress levels," Sanchez said. "That means better sleep for your baby, which means better sleep for you in and of itself."

While the current M&FRC class is made up entirely of moms, Sanchez urged area dads to consider learning the technique too. Both parents are welcomed to the class. One parent can practice on a doll while the other massages the baby before switching.

"A mother might breastfeed, which already gives her that skin-to-skin contact with the baby, but the father does not have the same opportunity," she noted. "So that's another benefit infant massage has: a father, grandparent or even an older sibling can have that bonding time too."

Parents interested in attending the workshop can call 221-2055 for more information. Space is limited, so parents are urged to call well in advance of the next workshop.