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LACKLAND TALESPINNER

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Welcome home defenders

Photo by Senior Airman Krystal Wright

Senior Airman Cameron Bilkers, 802nd Security Forces Squadron patrolman, greets his 1-year-old son, Oliver, and wife, Connie, Friday at the San Antonio International Airport upon returning from deployment. **For more photos turn to Page 5.**

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Flight 1268, the art of leadership

By Chief Master Sgt. Roger A. Towberman
25th Air Force

One day I will stop being surprised by the unusual times and places life chooses for its leadership lessons, but that day was not last Saturday. I was headed home from a temporary duty assignment, finally boarding my flight after spending 11 hours at Dallas/Fort Worth International Airport. It had been a long day to say the least and I was ready to get home.

I found my seat and quickly got settled. I put on my headphones, pulled out my iPad and quickly engrossed myself in an episode of "Game of Thrones." As you are no doubt aware, reviewing all past episodes before a season premiere is vitally important and the premiere was the very next night (spoiler alert — everyone dies) so there was no time to lose.

Anyway, I got settled in, seat belt on and ready to go when "E Seat" arrives. I didn't really look up, didn't pay much attention at all because, you know, "Winter is Coming." Anyway, "E" sits down and almost immediately violates the most sacrosanct of all unwritten airline rules … he violates my airspace.

His elbow is not just on the armrest, it is over the armrest … like poking-me-in-the-ribs-over the arm rest. As if that is not bad enough, soon his entire leg is invading my space and his foot comes to rest actually under the seat in front of me.

Dude! That's my space! We've got rules man, society has rules … ugh!

What did I do? Nothing … not a thing.

Courtesy graphic

And I'm not really sure why. I had no reason to be intimidated by him; he was not big or scary looking and to be honest, he did not even seem aware of his gangly appendages. My best guess? It was "E's" first time on a plane and he just lacked the awareness to get this right.

Still, I didn't say a word.

It was awkward and I was uncomfortable. I did not know "E" and I did not know how he would react. Maybe he would get upset or maybe he would think I was a jerk. But in the end I did not want to make waves, so I just dealt with it.

Weird, right? It's not a big deal and many of you would have had no problem asking a stranger to get out of your space, but I could not do it.

This got me thinking.

What if I had looked up when he arrived, introduced myself and said hello? What if I had taken just a moment to look up from what I was doing and establish a relationship with him before he tried to break one of my ribs? Maybe then I would have been comfortable enough to ask him for space. Maybe he would have been more aware in the first place. It may be hard to say, but it certainly would have been better than just living with it.

If we want to take care of our Airmen, we have got to be comfortable with the uncomfortable. Being able to give candid feedback or talk about things like money, failing or relationships is critical to being a good supervisor, but many of us really struggle to have those conversations.

Those struggles are compounded exponentially if we have not already built a relationship of openness, trust and communication up front.

Please do not wait until you get poked in the ribs. Build a strong relationship with your Airmen day to day and the uncomfortable and awkward stuff will be less so. It may never be fun to talk about personal business or provide meaningful feedback, but a good relationship up front makes it a whole lot easier to do so.

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

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502 ABW/IG FWA Hotline 808-1000, http://www.jbsa.af.mil/fwa.asp
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Deadline for story submissions is noon Wednesday the week prior to publication.

News in Brief

STARBASE KELLY SUMMER PROGRAM

The 433rd Airlift Wing sponsors Starbase Kelly, which offers a free summer educational program to children associated with Joint Base San Antonio-Lackland who have completed either the fourth or fifth grade and have not attended before.

The program includes aircraft tours, scientific experiments, teamwork and goal setting, rocket building and launching, computer aided design and computer flight simulation.

Two sessions are offered, June 13-17 or June 20-24. Program hours are 9 a.m. to 2:30 p.m.

The sessions are held at Starbase Kelly on the 433rd AW ramp in building 909. Children must bring their own lunch.

Register via email by submitting the child's name, address, home telephone and school grade completed this year. Include the sponsor's name, organization, duty phone and the session requested to starbasekelly@gmail.com.

For additional information, call 925-5397.

MYSTERY ESCAPE ROOM

Gather your crew together for a new team-building program called the Escape Room at Arnold Hall Community Center.

Participants receive a background story and are placed in a themed room containing a number of puzzles, clues and riddles. The story unfolds as they work together to unravel the clues and solve the mystery.

The objective is to solve the mystery by following the clues to find a way out of the room before the allotted time runs out. Puzzles and clues may include puzzle boxes, secret codes and hands-on experiences. Required reservations are available for Tuesdays, Wednesdays and Thursdays from 10 a.m. to 4 p.m. Each session runs approximately 90 minutes.

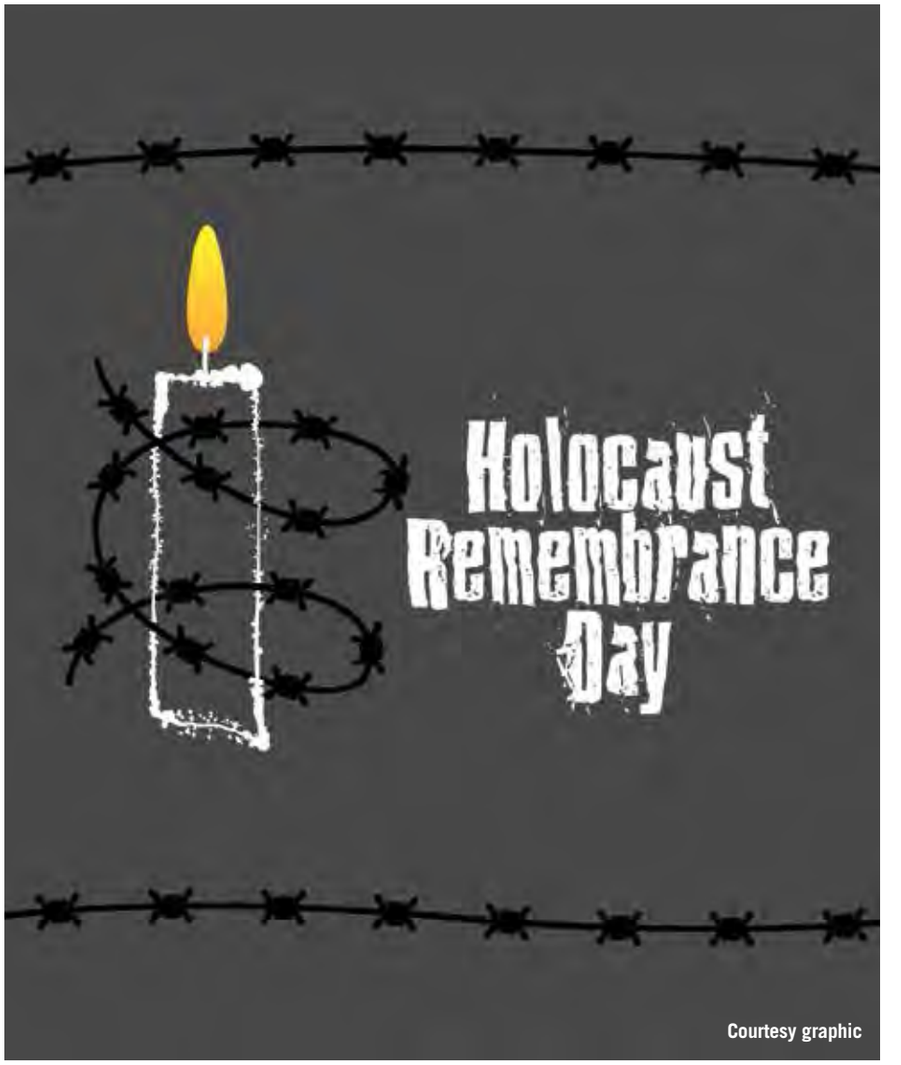
For more information and schedule a group, call 671-2619.

JBSA-LACKLAND HOSTS HIRING FAIR MAY 25

The Joint Base San Antonio-Lackland Military & Family Readiness Center will host a job fair May 25 from 9 a.m. to 11 p.m. and from 1-3 p.m. The employers are looking to hire more than 100 seasonal employees located near JBSA-Lackland. Participants must call 671-3722 to sign up and must have a resume. Once, they sign up, they will be asked to attend either session. Attire is business casual. For more information, call 671-3722.

JBSA-Lackland displays Holocaust exposition: a warning against hatred

By Jeremy Gerlach
JBSA-Lackland Public Affairs



Courtesy graphic

Joint Base San Antonio-Lackland's Bob Hope Theater took on a somber tone on Holocaust Remembrance Day May 4 while hosting a remembrance commemoration ceremony and a display meant to educate and memorialize the tragedy that took place nearly 80 years ago.

During the week, the exposition was displayed at JBSA-Lackland's library as part of Holocaust Remembrance Week, which this year was themed "Learning from Holocaust Acts of Courage."

Visitors were able to read testimonies of survivors and victims of the era, thumb through various artwork and even take home interactive booklets that described life for people of Jewish descent in Germany and other parts of Europe in the mid 20th century.

The Holocaust Memorial Museum of San Antonio provided the exposition, which consisted of books, journals, placards and pictures of historical figures related to the time period. The museum, located inside the Jewish Campus of San Antonio at 12500 Northwest Military Highway, is dedicated to preserving the memory of those who lost their lives in the Holocaust, while also honoring the survivors.

"We're here to educate our community about the dangers of hatred and prejudice," said Matthew Faulkner, museum programs manager.

Holocaust Remembrance Day, or Yom Hashoah, annually corresponds with the 27th day of Nisan, the first month on the Hebrew ecclesiastical calendar. The day also marks the anniversary of the Warsaw Ghetto uprising, a 1943 rebellion by Polish Jews and other resistance fighters in Warsaw, Poland, against the occupying Nazi forces there.

More than 13,000 Jews lost their lives in the fight, after which the Nazis continued to deport more than 50,000 occupants of the Warsaw ghetto to concentration camps -which was itself essentially a death sentence, according to U.S. Department of State records.

The display was a good fit at JBSA-Lackland, Faulkner explained, because San Antonio is home to eight holocaust survivors.

"It's critical for people to hear the survivors' testimonies, hear all the pain they endured," he said. "People tend to forget history like this when it's not directly in front of them."

The display was meant to resonate especially with military members, as the U.S. military played a key role in liberating and caring for survivors of the Holocaust at the close of World War II and into the subsequent decades. Faulkner hoped that visitors to the JBSA-Lackland display would take home a renewed vigilance against modern-day hatred.

"Crimes, just like what happened in the Holocaust, can still happen today," he warned. "The world is still dealing with hatred and discrimination, and it's important to educate people — and our military — that genocide is still a threat in today's world."

Military spouses recognized at networking fair

By Jeremy Gerlach
JBSA-Lackland Public Affairs

Military spouses received recognition on Military Spouse Appreciation Day Friday thanks to the Military Family & Readiness Center.

The M&FRC held an information fair and hosted several free seminars during the week, bringing together more than 20 agencies — including local blood banks, Defense Language Institute programs and a dental clinic — to connect military spouses to a wealth of resources available both on and off-base.

These services, which centered around family issues like employment, health, volunteerism and finance, were meant to provide a lift for spouses who spend much of their time as "unsung heroes," said Sylvia Flores, M&FRC community readiness consultant.

"They get left out a lot because the focus is typically on the military member who is performing his or her mission," Flores explained. "We often forget about the spouses who get dragged across the world with the military member, so they have to adjust and don't always get all the support they need."

One of those spouses is Jessica Pigza, who's been married to Master Sgt. Nathan Pigza, 343rd Training Squadron, for 17 years. The couple met in Pennsylvania through a mutual friend and have spent much of their marriage moving across the country from base to base.

"It has been a roller coaster," said Pigza, who has three children. "It has its highs and lows, but it has always been pretty fun."

Being a military spouse means more than just finding a new home every few years, Pigza said. It means finding a new job, new schools for the kids and getting used to a new city.

"We chose this life and that comes with sacrifices," said Pigza, noting the difficulties of starting over after each move. "But this is an experience that most people will never have and most people would never understand."

The fair was a nice way to recognize military spouses and Military Spouse Appreciation D ay was an opportunity for her to reflect on her relationship, she said.

"If I didn't love my husband so much, this life wouldn't be worth it," she noted. "We both have talked and we know we're in this for the long haul. This life has definitely made us stronger."

Giving a lift to spouses like Pigza is a priority for the M&FRC, Flores said.

The M&FRC offers seminars, support groups and classes year-round to include "Building a Healthy Marriage," "Connect over Coffee: Deployed Spouses Support Group," "Create an Effective Resume," "Employment Workshop," "Peer-to-Peer Support Group" and more.

"It's essential to include spouses in our mission, because without their support, military members would have a tough time completing his or her own mission," she explained. "It's important to let spouses know that we do hear them and that we do see them; they aren't just a social security number on an ID card. They're so much more than that."

For more information about spouse-related programs, call the M&FRC at Joint Base San Antonio-Lackland at 671-3722, JBSA-Fort Sam Houston at 221-2705 or JBSA-Randolph at 652-2117.

To advertise in the Talespinner, call 250-2440 for classifieds or contact Michelle Bogue at 250-2052 for retail ads

802ND SFS AIRMEN RETURN FROM DEPLOYMENT

Photos by Senior Airman Krystal Wright

Service members, family and friends welcome home Airmen from the 802nd Security Forces Squadron returning from a deployment May 6 at the San Antonio International Airport.

Iron Airmen finish Pre-Ranger school

By Army Staff Sgt. Corey Baltos
16th Mobile Public Affairs Detailment
Fort Bliss, Texas

Photo by Army Staff Sgt. Corey Baltos

Capt. Ralph Johnson (left), Air Force Ranger instructor, conducts a water check on Senior Airman Corey Tate(right) April 20 during the Air Force Ranger Assessment Course. Tate was one of 24 candidates who attended the course. The course is a requirement for all Airmen wishing to attend Army Ranger School. The Air Force Security Forces Center, at Joint Base San Antonio-Lackland, runs the biannual course at Fort Bliss, Texas and the surrounding training areas.

The Airmen are staggering from the weight of their packs. Exhaustion and hunger have made their journey harder, but they continue. Soon they will be home. The 15-day journey that tested their physical and mental stamina, as well as their leadership and will, is almost over. They have completed their objective; which was to pass the Air Force Security Forces Center Ranger Assessment Course and get a slot to attend U.S. Army Ranger School.

Twenty-four Airmen from around the Air Force started the course April 19; by the time the course was done, 13 had finished and of those, two were recommended outright to attend Ranger School. Two other Airmen were given conditional recommendations, provided they meet certain requirements at their home station.

"The course is designed to pretty much vet and assess all candidates from across the Air Force" said Air Force Capt. Ralph Johnson, Ranger instructor.

The Air Force Pre-Ranger course is very similar to its Army counterpart. The candidates were tested on everything they will face during the Ranger Assessment Phase at Ranger School. The tests include the 12-mile ruck march, the Ranger physical training test, land navigation, combat water survival assessment, as well as planning, conducting and leading patrols.

While the course is Air Force run and led, Soldiers from the Iron Training Detachment at Fort Bliss, Texas provided valuable assistance to the RIs ensuring the Airmen were getting the proper training to set them up for success at Ranger School.

"It is great working with the Army," Johnson said. "The support the Iron Training Detachment provided during this course was phenomenal. They let us use their facilities and helped us prior to, and during the training. Working with them has been awesome. I look forward to continuing and strengthening our relationship during future RACs."

Johnson said there are plans in the works for the Iron Training Detachment and the career field to hold a joint Army-Air Force Pre-Ranger course in the near future.

Johnson and the others said while the Airmen come to the course to ultimately attend Ranger School, there is more to the course than learning infantry tactics.

"They think they are coming to this course to be an Army Ranger," said Senior Master Sgt. James Wilfong. "This course is not certifying you to go and jump in with an Army Ranger Battalion. This course is a leadership course."

The Airmen who attend Pre-Ranger training learn more than leadership; they also learn resiliency and get a basic understanding of the Army.

"We are building stronger Airmen and more resilient leaders," said Chief Master Sgt. Benjamin Del Mar, another instructor. "The candidates learn what they are capable of, attention to detail and how to lead and plan."

The Air Force has sent Airmen to Ranger School since the early 1950s, and has conducted its own pre-Ranger course since the 1980s. The course was initially held at Creech Air Force Base, Nev., until last year when it moved to Fort Bliss.

Historically most of the candidates have held the AFSC of security forces or tactical air control party specialists. However, this course was more diverse.

"We've had Airmen from various AFSCs to include civil engineers, EOD, supply, aircraft mechanics, as well as Security Forces and TACPs," Wilfong said. "They come here in great shape physically, but tactically they are lacking compared to other classes, but that can be taught. It's great to see all these guys come and challenge themselves."

Johnson stated that while competing for a slot to attend Ranger School is open to all Airmen, it is not for everyone. However, for those who attend, the knowledge, both professional and personal, is worth it.

"This is a physically demanding course," Johnson said. "It's not for the weak or faint of heart. Even if these Airmen don't get recommended to attend Ranger School, they have learned a lot about themselves and are more resilient. A lot of guys have never been pushed to the limits but here they are being pushed beyond what they think are their boundaries. They leave here better leaders."

"What you learn here can be used in your daily military function," Wilfong said. "Candidates learn how to give proper task standards, they learn how to manage others, lead through stress and they learn a lot about themselves. Airmen who make it through this course go back to their units stronger and more confident that they can lead others."

"We control how much sleep they get, how much food they get," Wilfong said. "We take away all the comforts they have grown up with, and we expect them to dig down and execute the mission."

The Airmen who participated, they said the course was an eye-opener.

"Some of this I expected," said Air Force Staff Sgt. Lee Cundiff, EOD technician stationed at Aviano Air Force Base, Italy. "But other things you can't prepare for. You don't know how you will function with little sleep and food until you have to."

Cundiff said that while EOD school was intellectually challenging, the Pre-Ranger Course was more mentally challenging.

"The things we are being asked to do, ruck march, patrols, land navigation they are not difficult by themselves," he said. "It is when all the other things are thrown in, little food, even less sleep, that these tasks become difficult."

The 13 Airmen that graduated from the course left knowing they had grown as leaders and as men. As they recited the Ranger Creed for the last time as a group they reflected on what they had gone through, and internalized Johnson's words.

"It is your duty to live by the Ranger Creed," he said. "It is easy to earn the Ranger Tab, but it is hard to bear it."

JBSA-Lackland's Kelly Field Annex reopens after two-month closure

By 1st. Lt. Reeves I. Kanakaole
502nd Operational Support Squadron Airfield Operations

At approximately 11:15 a.m. May 5, the first jet touched down on the newly refurbished and recently reopened 11,550-foot runway at Joint Base San Antonio-Lackland's Kelly Field, following a two-month airfield closure.

Coordination surrounding the closure of Air Education and Training Command's only around-the-clock joint use airfield has been ongoing for about two years, culminating with the return of the Texas Air National Guard's 149th Fighter Wing.

The temporary closure allowed three separate construction projects uninterrupted time to work on the runway. This is no easy feat as six Air Force wings across three major commands, as well as the U.S. Army Corps of Engineers, were involved in this undertaking.

Additionally, coordination with the City of San Antonio and the Federal Aviation Administration was abundant leading up to and during the closure. Coordination even went so far as to include a foreign government.

The two-month closure allowed for significant progress on a $3.5 million project to replace various areas of pavement throughout the airfield. The 502nd Civil Engineer Squadron and 502nd Contracting Squadron teams were able to re-engage this contract numerous times in order to get the most out for the U.S. taxpayer's money.

Courtesy photo

An F-16 Fighting Falcon aircraft from the Texas Air National Guard's 149th Fighter Wing lands at the newly refurbished and recently reopened 11,550-foot runway at Joint Base San Antonio-Lackland's Kelly Field, following a two-month airfield closure.

Runway teams were able to replace a total of 45 concrete slabs, which is an increase of 55 percent more than the original amount to be completed at no cost.

The closure also allowed contractors on a $8.4 million lighting replacement contract ample time to complete three out of the proposed five phases of that project.

The work being done on this project will bring Kelly Field into both Air Force and FAA standards in terms of runway width and lighting, which has been a long time coming. Additional light replacements around the airfield will increase the longevity of the equipment and decrease the airfields' energy footprint thanks to the installation of new LED light fixtures.

To round out the construction, a $4.4 million airfield maintenance contract was wrapped up after new runway markings were applied to the entire 11,550-foot runway. These markings, along with the new runway lighting, create a standardized "view-from-the-top" for the many aircrews that utilize Kelly Field. The runway will now appear no different from any other runway.

The teamwork that went into these projects positions the 502nd Air Base Wing to facilitate any mission related to the defense of the nation for many years to come.

Leading the next generation of warrior medics

By Staff Sgt. Michael Ellis
59th Medical Wing Public Affairs

It's a little after 7:30 a.m. and the stampede has finally cleared the hallways. Finally, a moment of silence, the first since arriving to work three hours prior. The five-story building is nearly deserted now, but a multitude of paperwork and tasks remain to be done before the 800-plus military students return from class in the afternoon.

Such is the life of a military training leader at the 59th Training Group, the Air Force component at the Department of Defense's Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston. The tri-service campus offers more than 50 medical programs, and graduates about 21,000 enlisted students annually.

These MTLs provide administrative care and Air Force instruction to the second largest group of technical training students in the Air Education and Training Command, second only to security forces. Nearly all Air Force enlisted medics come through the unit. Some stay only a month, while others may be assigned here up to a year.

The group houses three squadrons with up to 1,200 Airmen, from 16 different Air Force career specialties. Remarkably, there are only 24 MTLs in the unit, and they are responsible for the more than 5,500 Airmen who navigate the hallways every year.

Photo by Staff Sgt. Michael Ellis
Staff Sgt. Joshua Ayers, 59th Training Group military training leader, gives an orientation briefing to new students April 14 at Joint Base San Antonio-Fort Sam Houston.

"Most of us never had to supervise a large number of Airmen before, so coming here is a new challenge," said Staff Sgt. Britni Hill, 59th TRG MTL.

The tri-service training environment makes it extremely important to instill military bearing and customs and courtesies early on in these Airmen's careers, Hill said.

Hill, who was a security forces specialist before taking on the special duty assignment as an MTL, said being in this unique training environment is very different from her previous experience.

"Oftentimes, it's necessary to explain why things differ between the services instead of just barking orders," she said.

Another MTL, a Philippine native, said before his Air Force career began, he had to work hard to meet standards.

"I was in the delayed enlistment program for more than six months because I had to lose weight before going to basic training," said Staff Sgt. Mark Visita. "Later, I dropped another 60 pounds. Since then, fitness has been a huge part of my life."

Visita now leads physical training sessions and promotes exceeding the standards among the students.

"It's a rewarding experience; I wouldn't trade it for the world," Visita said. "But even when enforcing standards, it's important to be aware of factors that might be causing someone to deviate. You have to be mindful that even as a disciplinary figure, you're also the mentor."

It's not uncommon to be counseling someone when they mention that they are going through tough times, like the loss of a parent or sibling. Some may even be going through a divorce, he added.

It's late in the afternoon now. Dozens of counseling sessions have been administered and stacks of paperwork have been tended to. As the lights go off, other MTLs get ready for the night shift. At this 24-hour operation, MTLs are always available to tend to the next generation of warrior medics.

Drugs, smoking and drinking puts pregnant women, families at risk

By Jeremy Gerlach
JBSA-Lackland Public Affairs

National Alcohol and Drug Related Birth Defects Awareness week runs from Mother's Day through Sunday and Joint Base San Antonio-Lackland officials are urging pregnant mothers to avoid the dangers these substances can pose.

In the United States, nearly 2 million women smoke, consume alcohol or use an illicit drug at least once during their pregnancy despite the drastic health risks, according to the National Council on Alcoholism and Drug Dependence.

Fetal Alcohol Syndrome, the most common result of substance intake during pregnancy, results in facial malformations, growth deficits and central nervous system problems that can persist throughout a child's life. Illegal drugs and cigarettes, in turn, can result in brain, lung and nerve damage that may be fatal to children in some cases and life-altering in nearly all others.

Cases of prenatal substance abuse, per capita, may have been declining over the past decade, according to the Centers for Disease Control and Prevention, but the terrible consequences they can have on mothers and newborns remains far-reaching, said Maj. Aimee Alviar, 59th Medical Operation Squadron Obstetrics and Gynecology nurse practitioner.

Courtesy graphic

"These problems trickle down into everything," she said. "If we don't take care of ourselves as pregnant women, we can't take care of the family."

Alviar's office provides services to all service members and beneficiaries who are pregnant or considering pregnancy and they emphasize abuse prevention by screening for abuse and providing educational materials to families as early as their first visit to a prenatal clinic.

"Most of our mothers already know about the dangers of smoking, drinking and drugs," Alviar said. "But we still have to work to educate people about these dangers. Every mother should know about this."

The 59th MDOS also tries to address secondary exposures, like second-hand smoke.

Secondhand smoke exposure increases the risk of stillbirth by 23 percent in nonsmoking pregnant women, compared with women who were not exposed to smoke at work or at home. Passive smoking also increases the risk of congenital birth defects by 13 percent, according to a 2011 University of Nottingham study.

"This isn't just the mother's responsibility," Alviar explained. "Anyone smoking in the household can have an effect on the pregnancy."

Educating military families about these dangers is crucial to the mission of the 59th MDOS, she added.

"We think about taking care of the whole family and that baby is part of the family, so if the active-duty member cannot function or remain mentally focused because his or her child has to go to the hospital or even dies of a complication, that compromises everyone's mission," she said. "There's no way most active-duty members in that situation would be able to focus on their mission."

To schedule an appointment at the 59th MDOS, call 292-6104. For OB/GYN Triage Nurse and follow-up appointments, call 916-2168, while routine general health appointments can be made by calling 916-9900.

For more details, visit http://www.59mdw.af.mil.

Surviving the Holocaust:

Former Soldier, Air Force civilian tells his story

By Staff Sgt. Christopher Gross
Air Force News Service
Fort George G. Meade, Md.

Fear. In one word, Bob Behr used fear to describe how he and most of the Jewish community in Germany lived their lives from 1933 until the mid-1940s. In that time, Behr would suffer persecution, work in forced labor, be arrested and sent to the Theresienstadt "camp-ghetto" with his family and ultimately survive the Holocaust.

Following his liberation in 1945, Behr would eventually find his way to the U.S., where he served in the Army for five years before going on to work for the Air Force as a civil servant in the intelligence field for 35-plus years.

Before 1933, when Adolf Hitler became chancellor of Germany, Behr and his family, who were very pro-German, lived a normal middle-class life. His father was a doctor who served Germany during World War I, and his mother stayed home to raise Behr, their only child.

"I just grew up like a normal kid," said Behr, who is 94 years old. "We went on vacation. We went to the sea in the summer time."

Behr said he first became aware that something was wrong when he was about 8 years old. His father was politically savvy and very interested in the political future of Germany, so the radio in their house was always playing.

"I heard things coming out of the loud speaker … which I didn't understand, but they bothered me," Behr recalled.

The radio commentator would constantly talk about the Jews.

"Jews were responsible for the Versailles Treaty; Jews were (the) reason Germany lost the war. I didn't understand most of it," Behr said. "All I knew was that the content of the speech was anti-Jewish."

In January 1933, when Hitler came into power, the Berlin and Germany Behr once knew ceased to exist.

"When Hitler was appointed the chancellor of Germany, life changed so drastically," he said. It was an immediate change. The radio broadcasts Behr remembered listening to were building blocks for what would become an anti-Semitic German society.

The Nazi party immediately instituted and enforced laws that persecuted Jews.

"My father, a doctor, was not allowed to call himself doctor," Behr said. "He was a medical expert, the word doctor was prohibited."

The laws also prohibited Jews from having cars, telephones and pets; they couldn't use public transportation or buy newspapers and the list went on from there.

According to Behr, the Star of David wasn't required for identification until September 1940.

"Before that, no one knew," he said. "But being … German Jews, being raised in a society which, 'abides the law,' — Jews were afraid. No one knew that I was Jewish by walking down the street.

The fear of being beaten, shot or thrown into concentration camp was enough to scare Jews into abiding by the discriminatory laws.

"It was a life which was dominated by fear," Behr said.

Behr was also kicked out of school in 1934, because Jewish children were only able to attend Jewish-run schools.

For about six months in 1936, he attended boarding school for Jewish children in Lund, Switzerland.

During his time away, the Germans had established forced labor, which awaited Behr upon his return.

"(It was) different from slave labor, forced labor I (could live at my) home, but forced labor meant that you had to report to an office in Berlin every morning to get a job assignment," Behr said.

Since Jews couldn't have cars or use public transportation, Behr rode his bike daily to and from his job.

Most of the jobs Behr was assigned consisted of hard manual labor. A few jobs included him carrying coal to buildings that had central heating and carrying bricks on construction sites.

Behr's parents had divorced and he was living with his mother in November 1938, when his father was taken away, and Behr would never see him again.

Behr's father was among more than 30,000 Jews arrested between Nov. 9 and 10, 1938, during a wave of anti-Jewish violence called Kristallnacht, the "Night of Broken Glass," according to the U.S. Holocaust Memorial Museum The pogroms – in retaliation for a German official's shooting by a Polish Jew in Paris — took place throughout Germany, Austria, and in areas of the Sudetenland in Czechoslovakia recently occupied by German troops.

In 1942, the Gestapo retrieved a postcard marked for Behr's mother, revealing her assistance in helping a woman make her way to Switzerland. Behr, along with his mother and step-father, was arrested and sent to Theresienstadt "camp-ghetto" in Czechoslovakia.

Because Behr's stepfather was a World War I veteran, who the Nazis had agreed not to kill, the family was sent to Theresienstadt, rather than to a killing center or concentration camp.

During a "first person" interview with the museum in 2013, Behr said his first job was to bury the dead.

Behr said during the 2013 interview that "people died like flies from diseases, sanitation," and when they died there was no viewing or something appropriate.

"After you do this for a while instead of honoring the dead, respecting them, all you care about is how heavy they are and how high you have to throw them," Behr continued. "You know what that does to your soul, your equilibrium, what that does to you, your mental ability, when you become so raw, so disinterested from reality that you don't even think about things like honoring a dead person?"

During his time at the camp, Behr also helped build a railroad that connected Theresienstadt to the nearest station, which was six miles away.

As the camp became increasingly crowded, the Nazis began "resettling" some of the residents to Auschwitz, Dachau and other camps where prisoners were not likely to survive.

Eventually, plans were made to build an SS headquarters at a satellite camp in Wulkow, Germany, and 200 volunteers from Theresienstadt were selected to help build it.

When the SS asked for volunteers, "They added a sentence, and that sentence is why I'm sitting here today," Behr said. "They added a sentence saying if you volunteer to go and build their headquarters we will not kill your folks."

Determined to keep his mother and stepfather alive, Behr volunteered.

Behr returned to Theresienstadt in 1945, reunited with his family, and worked in the kitchen. He and his family were liberated in May 1945.

Following his liberation, Behr worked in a U.S. Army kitchen in Germany. He then immigrated to the U.S. in 1947 and joined the Army. As a Soldier, he was sent back to Berlin to work with German youth activities.

"I was a big chief of GYA, and what that GYA was supposed to do was to educate the future German people about democracy and freedom," Behr said.

He left the Army in 1952 and began working as a civilian for the Air Force's 7050th Air Intelligence Service Wing at Wright-Patterson Air Force Base, Ohio. However, he spent time traveling back and forth between Ohio and Germany.

During the 1950s, he spent time in Germany interrogating Germans who were released to Germany after being captured by the Soviets and held in prisoner of war camps in Siberia. Since Behr was fluent in German, he assisted with the questioning, trying to piece together what life was like for the POWs and give insight as to what was going on in Siberia. The Air Force called the mission "Project Wringer."

"The Air Force had a brainstorm. We don't know beans about what is going on in Russia. We're going to take all these German POWs who are now free back home and interrogate them," Behr said.

Aside from working with POWs, Behr was also instrumental in operations pertaining to East Germany.

"In those days, our big enemy was not Russia – it was but it wasn't – our immediate enemy was East Germany," he said. "They wanted people to deal with these East Germans who were fluent in German and how I got roped in."

Behr currently resides in Washington, D.C. with his wife of 60-plus years. He volunteers at the Holocaust Memorial Museum on a weekly basis, reminding visitors of the atrocities that were committed during his time, in hopes of preventing anything like it in the future.

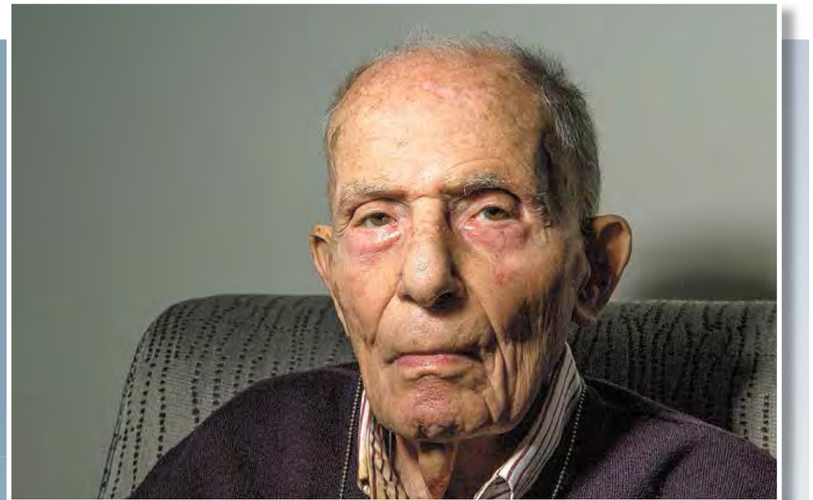
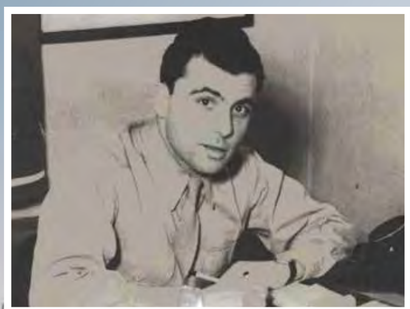


Photo by Staff Sgt. Christopher Gross

Bob Behr, 94, experienced the entire Holocaust from 1933 until he was liberated in 1945. Behr would eventually immigrate to the U.S., where he enlisted in the Army, and later worked for the Air Force as a civilian in the intelligence field for more than 35 years.



Photos courtesy of U.S. Holocaust Memorial Museum

Bob Behr in his Army uniform.

Bob Behr, (right), and another American Soldier pose outside of the German-American Youth Club in Germany. Following his liberation in 1945, Behr, a Holocaust survivor, would eventually immigrate to the U.S., where he enlisted in the Army, and later worked for the Air Force as a civilian in the intelligence field for more than 35 years.

Courtesy graphic

59th Medical Wing allergist educates military community about asthma

By Jose T. Garza III
JBSA-Lackland Public Affairs

Asthma is not a disease to sneeze at.

According to the Asthma and Allergy Foundation of America, 24 million Americans are affected by asthma, a chronic disease that causes airways to become inflamed and makes it hard to breathe, and 10 people die a day from it. In addition, 6.3 million of those affected are children under the age of 18.

The AAFA declared May National Asthma and Allergy Awareness Month to educate people about asthma and allergies since it's a peak season for symptoms.

As part of that education, Lt. Col. Christopher Coop, 59th Medical Wing allergist at the Wilford Hall Ambulatory Surgical Center Allergy Clinic, explains asthma, its triggers and symptoms and how to control them.

"Asthma is a chronic and obstructive inflammatory disease of the airways," he explained. "We say it's chronic because you have to have symptoms for six months to a year. Patients tend to have airway issues where they cannot get air in because their bronchioles restrict or swell up and develop mucus."

Symptoms include coughing, wheezing, shortness of breath and chest tightness. It can be triggered by allergies to dogs, cats, dust mites, trees, pollen, grass and weeds in addition to non-allergic triggers like perfume, odors and diesel exhaust.

"If you're driving and see a big truck spew black smoke, then that could cause problems," Coop said. "If you're playing outside and you're surrounded by a load of air traffic, then the bad air quality can help trigger it."

The most common allergy symptoms can simply make people uncomfortable, like a runny nose, sneezing or an itchy rash. However, more serious reactions, like swelling in the mouth or throat, can be life-threatening. The same substances that triggers allergy symptoms – such as pollen, dust mites and pet dander – may also trigger or worsen asthma signs and symptoms. In some people, skin or food allergies can cause asthma symptoms, according to TRICARE.

Sinus infections and acid reflux can also induce asthma, Coop added, because both can cause swelling of the airway and make breathing difficult.

For an asthma diagnosis, patients undergo a spirometry or methacholine challenge lung function test.

Coop generally prescribes patients with mild asthma a rescue inhaler and anti-cortisone steroids for severe asthma. In addition to medication, he will also suggest allergy shots for asthma to desensitize the immune system so they won't suffer allergies from mountain cedar and oak and ragweed pollen, he said.

A severe asthma attack can lead to death, Coop said, but that is uncommon.

Both asthma and allergies are manageable conditions, so it is very important to learn about how to best manage and treat it, according to TRICARE.

"If patients use their medication everyday, then their asthma will be kept under control," he said.

To avoid asthma triggers, Coop recommends people who are allergic to pets to exclude them from their bedroom or remove them from their homes, and those allergic to dust mites should purchase dust mite covers and wash their sheets in hot water.

In addition to avoiding triggers, those with asthma should also create an asthma action plan. The plan, which can be found at http://www.aafa.org/page/asthma-treatment-action-plan.aspx, gives information and instructions on how to manage asthma and what to do sif there is an asthma episode.

This is especially important for school-aged children, according to TRICARE.

To schedule an appointment at the allergy clinic, call 292-4278.

Nurse practitioner encourages good health care

By Jose T. Garza III
JBSA-Lackland Public Affairs

The annual National Women's Health Week, which kicked off Sunday, empowers women to make health a priority and help them take steps to improve it.

Staff at the Wilford Hall Ambulatory Surgical Center Obstetrics and Gynecology Clinic regularly discuss health needs with patients to ensure they maintain a healthy quality of life.

"We make sure they get their mammograms and Pap smears," said Maj. Aimee Alviar, 59th Medical Operations Squadron Obstetrics and Gynecology nurse practitioner. "We take care of pregnant women to ensure they stay healthy during pregnancy for them and their baby."

In addition to receiving checkups, Alviar recommends women eat healthy and exercise.

Women need 2 1/2 hours weekly of moderate to intense physical exercise. Thirty minutes of daily exercise can reduce the risk of breast cancer and early death, according to the U.S. Department of Health and Human Services Office of Women's Health.

The clinic doesn't just offer physical checkups, it

See HEALTH Page 15

New DOD Mobile App Helps Diffuse Nightmares for Better Sleep

Being ambushed in a firefight and not being able to escape to safety. Being chased and can't find safe shelter. Flying through the air after an explosion flips your vehicle. From reliving our worst experiences to playing on our deepest fears, bad dreams – nightmares – can not only interrupt our rest, they can make us afraid to even go to sleep.

Nightmares are a normal way for the brain to process a traumatic event. Isolated nightmares are normal, but when dreams that consist of flashbacks, unwanted memories, visceral fear or anxiety recur often, they can become a debilitating sleep disorder, according to research done by the National Center for post traumatic stress disorder.

The Department of Defense's National Center for Telehealth and Technology or T2, has developed a new mobile application to help users rewrite bad dreams to reduce the frequency and intensity of nightmares. The app, called Dream EZ, is based on a nightmare treatment called imagery rehearsal therapy, or IRT.

Dream EZ is the first mobile app that uses IRT therapy to address nightmares. The app helps patients stay engaged in their own health care by continuing to practice IRT techniques between appointments, said Dr. David Cooper, psychologist and T2 mobile applications lead.

IRT has steadily gained favor as a treatment for nightmares. In 2001, a landmark study found that this kind of therapy can help reduce nightmares' frequency and intensity, or even eliminate them.

The technique follows a step-by-step process for identifying, confronting and gaining control over the content of a nightmare. Working with a doctor or therapist, a patient uses IRT to recall a nightmare. Then, using their emotions and senses, they visualize a new ending to the dream and regularly replay it over and over (similar to how an athlete visualizes their desired performance).

Although patients do not usually dream their reimagined dream, most report fewer nightmares, or none at all, or they experience a different, less-disturbing dream.

IRT is effective, but it can be intense. Many people struggle with the idea of replaying frightening details about a disturbing dream over and over. Experts like Cooper recommend integrating the technique with psychiatry and behavioral health therapies to treat the underlying condition.

"Up to now, there's really been no app for treating nightmares that accompany PTSD," Cooper said. "In IRT, a patient must put effort into confronting the nightmare, visualizing it, rewriting the plot and ending, and reiterating the new dream over and over for the therapy to be effective. In the past, this was done by hand on paper – but now we've worked to make it easier so you can just use your smartphone."

The Dream EZ app enables users to:

- Write and log a description of the nightmare
- Track when and how often the nightmare occurs
- Practice visualization techniques to rewrite the dream's plot and ending
- Record a new version of the dream, which can be played over and over before bedtime

"Dream EZ continues the T2 tradition of making apps that make behavioral health treatment easier," Cooper said.

The free app is available for Android and iOS devices at the App Store and Google Play.

The Dream EZ app also features:

A dream log with a rating function to track the intensity of dreams

Sleep tools such as muscle relaxation and diaphragmatic breathing exercises to help the user reduce feelings of stress and anxiety, and promote better sleep

Reminders prompt users to practice the new version of the dream before going to sleep, and to log the previous night's dream after they awake.

A summary section that users can share with their health care provider to show how they've been doing between appointments.

(Source: National Center for Telehealth and Technology)

Local Briefs

FRIDAY

BUSINESS OWNERSHIP FOR VETERANS

The Small Business Development Center will discuss writing effective business plans, market research, how to select a good location, time management and other important topics.

This workshop is slated for 1-4 p.m. at the Arnold Hall Community Center.

To register, call 671-3722.

FOUR TO GO

Service members planning retirement or in their last re-enlistment before retirement are encouraged to attend 8 a.m. to 4 p.m.

Attendees will meet with experts on various topics such as financial issues surrounding retirement, TRICARE for retirees, veteran's information, the disability rating process, survivors benefit plan and employment issues.

Call 671-3722 to reserve a seat.

SINGLE PARENT SUPPORT GROUP

The Single Parent Support Group, for both long-and short-term single parents, meets Friday 11:30 a.m. to 1 p.m. at the Wilford Hall Ambulatory Surgical Center Annex, building 4600. This month, a Military Family Life consultant will discuss parenting skills and explore ways to managing extra time with children during the summer.

For additional information, call 671-3722.

SATURDAY

BAG SALE

The Lackland Thrift Shop will have a $5 Bag Sale. The One Stop, building 5460, will be open from 10 a.m. to 2 p.m. and both the Airmen's Attic and Cinderella's Closet will be open from 10 a.m. to 1 p.m.

For more information, call 671-3608.

THURSDAY

PEER-TO-PEER SUPPORT

Caregivers meet 12:30-2:30 p.m. at the Wilford Hall Ambulatory Surgical Center Annex, building 4600, to build a peer support network, share experiences and information. A light lunch is provided from 11:30 a.m. to 12:30 p.m.

For more information, call 557-2018.

ROLE REVERSAL: CARING FOR THOSE WHO CARED FOR YOU

During a workshop, representatives from the Alamo Area Council of Governments Bexar Area Agency on Aging and the Military & Family Readiness Center will provide information on secondary dependency, family care plans, accessing services, and long distance care-giving 5-7 p.m., at Wilford Hall Ambulatory Surgical Center Annex, building 4600.

To register, call 671-3722.

MAY 20

CONNECT OVER COFFEE: DEPLOYED SPOUSES SUPPORT GROUP

The Military & Family Readiness Center is hosting a Connect over Coffee: Deployed Spouses Support Group, 11:30 a.m. to 1 p.m. Spouses separated from their loved ones due to deployments and remote tours are invited to join us for pizza and review the stages of deployment.

To sign up, call 671-3722; the deadline is Monday.

MAY 21

PARENTS' NIGHT OUT

Youth Programs can give parents a much-needed break from their children through the Give Parents a Break/Parents' Night Out program 1-5 p.m. May 21 and June 18.

Kids, ages 5 (in kindergarten) to 12 years old, will be provided snacks and entertained with activities and games.

The cost is $25 per child with a multiple-child discount or free with Give Parents a Break referral. For more information, call 671-2388.

KARAOKE NIGHT

Sing or just enjoy the entertainment and a frosty beverage in Gateway Club's Lone Star Lounge featuring DJ Dee Dee. Karaoke night is 8 p.m. to midnight May 21, and June 4 and 18. Call 645-7034.

INFORMATIONAL

SUMMER CARE CAMP REGISTRATION IS OPEN

Need some summer fun? Kids, ages 5 (in kindergarten) to 12, can enjoy swimming, bowling, skating, fun and educational activities at a summer care camp.

The camp starts June 6 and continues for the 11 weeks for summer from 6 a.m. to 6 p.m. Registration is until Monday and parents can register children for just the weeks that are needed.

Cost for camps varies according to household income and includes the price of field trips, breakfast, lunch and snack.

Registration after Monday is space available and subject to a $15 late fee.

For more details, call 671-2388.

SUMMER CAMPS' REGISTRATION IS OPEN

Pre-teens, age 9-12, can sign up for camps including STEM, art, photography and archery.

Sport camps are available for ages 9-18 and include basketball, volleyball and nontraditional sports. Teens, aged 13-18, can register for camps that include resiliency, dance, videography, digital arts, poetry and song writing, music, solar energy, photography, drones, recreations and fine art.

The camps start June 6 and continues for the 11 weeks for summer from 8 a.m. to 3 p.m.

Each camp is limited to 24 youth and cost $130 per week.

Registration for the camps is open until May 16. Afterwards, it is by space available and is subject to a $15 late fee.

For information, call 671-2388.

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 (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

BMT HONORS

Congratulations to the following 54 Airmen for being selected as honor graduates among the 545 Air Force basic military trainees who graduate today:

320th Training Squadron

–Flight 347
Maynor Morataya
Jordan Myers
Fredrick Taylor

–Flight 348
Erick Barrera
Matthew Chewning
Ture Lund
Nico Montero
Nicolys Roberts
Zachary Stahl
Joshua Wheeler

–Flight 349
Travis Hughes
Thomas Rowe
Michael Russell
Wyatt Wheeler

–Flight 350
Jasmyne Christopher
Maria Dantonio
Veronica Haddock

321st Training Squadron

–Flight 355
Keith Collier
Joshua Lewis
Dylan Marksberry
Matthew Michaels
Andrew Moore
Peter Murphy
Matthew Oiler
Robert Wright

–Flight 356
Andre Goodrich
Dean Kline
Trenton Wheeler

–Flight 357
Tung Nguyen
Travis Niles
Chance Roberts
Hunter Treadway
Seth Walters
Daniel Zimmerman

–Flight 358
Makayla Letteer
Codi Norman

323rd Training Squadron

Flight 351
Keenan Harris
Aaron Rabozzi
Melquisedec Sanchez-Martinez

–Flight 352
Timothy Batia-Gore
Ethan Burke
Alex Routt
Jayson Singer
Justin Vaillant

–Flight 353
Colton Bain
Kenneth Boyton
Rock Marius
Michael Soto

–Flight 354
Rachel Arnold
Myra Caraballo
Parrish Casarin
Brianne Davis
Meghan Krecklow
Reanne Metzger

Top BMT Airman
Meghan Krecklow
323rd TRS, Flight 354

Most Physically Fit

–Female Airmen
Tehya Goodman-Cave
321st TRS, Flight 358
Meghan Krecklow
323rd TRS, Flight 354
Skylore Barreras
320th TRS, Flight 350
Leilani Berrios
321st TRS, Flight 358

–Male Airmen
Tylor Dunlap
320th TRS, Flight 349
Trejos Cordova
320th TRS, Flight 349
Alexander Cook
321st TRS, Flight 355
Melquise Sanchez-Martinez
323rd TRS, Flight 351

–Female Flights
323rd TRS, Flight 354
320th TRS, Flight 350
321st TRS, Flight 358

–Male Flights
320th TRS, Flight 348
321st TRS, Flight 356
321st TRS, Flight 355
320th TRS, Flight 347
320th TRS, Flight 349
323rd TRS, Flight 353
323rd TRS, Flight 351
321st TRS, Flight 357
323rd TRS, Flight 352

Top Academic Flights
323rd TRS, Flight 352
323rd TRS, Flight 354
321rd TRS, Flight 357
321st TRS, Flight 355
320th TRS, Flight 347
320th TRS, Flight 348
320th TRS, Flight 349
321st TRS, Flight 356
321st TRS, Flight 358
320th TRS, Flight 350
323rd TRS, Flight 353
323rd TRS, Flight 351

Joint Base San Antonio Police Week 2016

May 16

Battle cross statue unveiling
- 7 a.m. at JBSA-Lackland Medina Annex, building 950

Shooting Competition
- 7:30 a.m. at JBSA-Lackland Medina Annex, building 950

May 17

Police awareness day
- 8 a.m. at Randolph
- Combat Arms Training and maintanance weapons display
- Military working dog demonstration
- Security forces vehicle display

802nd Security Forces MWD competition
- 6 a.m. at JBSA-Lackland Medina Annex
- Buildings 171, 179-188 for Military working dog building clearing
- Building 176 for explosive detection

May 18

5K run
- 8 a.m. at JBSA-Fort Sam Houston
- All law enforcement officials are welcome
- Top three runners for male and
- female divisions will be awarded

Defenders challenge
- 7 a.m. at JBSA-Lackland Medina Annex
- All law enforcement officials are welcome
- Participants will compete in teams of four
- Top three teams will be awarded

May 19

Ruck march and 21gun salute
- 7 a.m. at Camp Bullis

Golf Tournament
- 1 p.m. at JBSA-Lackland's Gateway Hills Golf Course
- 802nd and 343rd Defenders are welcome

May 20

Retreat and 21 gun salute
- 5 p.m. at JBSA-Lackland
- Bag pipers will play Amazing Grace

HEALTH from Page 12

also screens patients for depression.

Screening for depression is important because women are twice as likely as men to suffer from it, according to the Office of Women's Health.

To help patients combat mental health problems, Alviar refers them to the Behavioral Health Optimization Program and Mental Health Clinic.

"We look at the whole person and make sure they receive the support they need," she said.

To schedule a routine health visit, call 916-9900.

Expectant mothers can call 292-6104 for appointments.

ICE
Interactive Customer Evaluation

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

SEAT BELTS SAVE LIVES!

Take the first step toward better mental health

By Military Health System Communications Office
Defense Health Headquarters

When a colleague has the flu or breaks a bone, you naturally expect them to take time off from work to get medical attention and recover.

It may be harder to detect a mental health concern in a colleague or even in ourselves. However, when a mental health concern impacts daily functioning it is imperative to get help.

We should expect – and in fact, encourage – someone with a mental health concern to seek medical attention with the same no-nonsense, practical attitude with which we would advise a colleague with a physical injury to go to the doctor. Because of perceived stigma surrounding mental health issues and treatment many beneficiaries fail to get help or won't talk openly about seeking mental health care.

People should know seeking care can actually strengthen and protect career by minimizing the impact of symptoms on your performance. Not seeking care worsens health and increases the likelihood of an adverse event (e.g., anger, outbursts, driving under the influence, fights, being late to work) that could lead to loss of rank, personal relationships or leadership positions.

In recognition of May as Mental Health Awareness Month, the Military Health System, calls attention to the importance of mental wellness and resilience of service members, retirees and families. A top priority is making sure all beneficiaries know how to access the many valuable mental health resources available to them.

Another priority is to address the reasons why service members are hesitant to seek treatment. Some service members are concerned that admitting a mental health issue will negatively affect their career or their security clearance.

Courtesy graphic

The Department of Defense has made strides to remove barriers to mental health treatment, quadrupling the number of mental health professionals in our ranks. Mental health providers are embedded in line units and are also part of primary care teams in military treatment facilities.

DOD regulations protect a service member's privacy. Providers only break confidentiality in extreme cases – for example when a service member is suicidal, homicidal or has some duty restriction that the command has to be informed of. If you receive treatment for deployment-related psychological health conditions and other conditions like grief, marital or family concerns, or being the victim of sexual assault, a person can answer "no" on the security clearance questionnaire asking if they have ever "consulted with a health care professional."

The Department Of Defense is committed to reducing the perceived stigma associated with undergoing mental health care. The "Real Warriors Campaign" is a public health awareness initiative designed to reduce barriers to care, encourage service members, veterans and military families to seek care for psychological health concerns, and promote psychological health.

The campaign features stories of service members who reached out for psychological health care with successful outcomes – to include learning new coping skills, maintaining their security clearance and continuing to succeed in their military or civilian careers.

The MHS continues its focus on ensuring adequate treatment capacity and increasing access in the medical home with trusted primary care providers and behavioral health consultants. MHS provides prompt availability of specialized consultation and treatment for individuals with more complicated needs. Our goal is to ensure that service members get the appropriate care to achieve optimal health outcomes.

The MHS team wants people to know that they are not alone. If you, a unit member or family member are struggling with depression, symptoms of post-traumatic stress or another mental health concern help is available.

Take the first step by reaching out to a chaplain, unit leadership, health care provider, family member or colleague to let them know assistance is needed.

For general information on mental health resources call the DCoE Outreach Center at 866-966-1020 or connect via live chat. The center is staffed 24/7 by health resource consultants to provide confidential answers, tools, tips and resources.

For more information, visit http://health.mil/Military-Health-Topics/Conditions-and-Treatments/Mental-Health or from the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

TRICARE improves mental health care and treatment

People in distress may hesitate to reach out for help due to perceived stigma associated with seeking mental health treatment.

This perception and the belief that care may be hard to get and may prevent some people who need care from getting it. TRICARE has worked hard to eliminate potential barriers to mental health care by removing day limits for certain mental health services.

When a mental health condition requires more intensive treatment than outpatient care, partial or full-time hospitalization may be required. The in-patient psychiatric hospitalization benefit was limited to 30 days per benefit year for adults and 45 days for children or adolescents. You could request a waiver for additional treatment days if needed.

Now however, inpatient mental health hospital services, regardless of length or quantity, may be covered as long as the care is considered medically or psychologically necessary and appropriate.

In addition, the 150 day limit on residential treatment care for beneficiaries under 21 has been removed. Although medical determination is still required, there is no day limit.

The psychiatric partial hospitalization benefit still requires a waiver to extend treatment beyond the 60-day limit per benefit year. However, there is currently a proposed rule that would remove the limitation to ensure that beneficiaries receive care for as long as needed. More information will be provided on this change when it is available.

If you or someone you know requires mental health care, get help. If emergency care is required, you can get emergency psychiatric care without pre-authorization. However, you must get authorization within 72 hours of admission and the 72 hours starts the day after admission.

Medical or surgical care does not and has not historically had day limits on care. Now, thanks to the federal mental health parity law, which requires that mental health benefits be equal to medical or surgical healthcare benefits, the same is also true for mental healthcare. For more information, visit http://www.TRICARE.mil.

(Source: TRICARE)

UPCOMING

SUMMER BASKETBALL REGISTRATION

Parents can register youth, ages 5-14, for summer basketball through May 26. The cost is $50 and parents must bring a copy of a current sports physical at time of registration. Practices begin in June and the season runs July through August. Volunteers interested in coaching are needed. For more information, call the Joint Base San Antonio-Lackland Youth Sports Office at 671-2388.

$1 GAME AND SHOES

The Skylark Bowling Center offers $1 per game and shoe rental all day Wednesday and from 11 a.m. to 2 p.m. Friday. Call 671-1234 for information.

SPINNING CLASS

The Kelly Fitness Center offers Spin Class from 11:30 a.m. to 12:30 p.m. Mondays, Wednesdays and Fridays. Classes are $2 per session. Call 925-4848.

STRENGTH AND CARDIO CLASS

The Gillum Fitness Center offers a Strength and Cardio class from 11:30 a.m. to noon Mondays, Wednesdays and Fridays. Students can burn calories and strengthen muscles during this free workout. Call 671-2565.

Rambler Fitness Center set to host JBSA Aerobathon

By David DeKunder
JBSA-Randolph Public Affairs

Fitness enthusiasts will get a chance to participate in free workout sessions, learn the best ways for staying active and fit and have a chance at winning prizes at the Joint Base San Antonio Aerobathon from 8 a.m. to 1 p.m. May 21 at the JBSA-Randolph Rambler Fitness Center,

The Aerobathon is open to active-duty service members, dependents, retirees and Department of Defense cardholders. Participants can sign up for several 45-minute workout classes, led by fitness instructors from all JBSA locations, the day of Aerobathon, including kick boxing, Zumba, cycling, circuit training, yoga and other aerobic sessions.

Tony Horton, a personal trainer and creator of the P90X exercise program, will also conduct two workout sessions of his new fitness program.

Abbie Pollard, 502nd Force Support Squadron JBSA community programs and partnership specialist, said Aerobathon is being put on in recognition of National Physical Fitness and Sports Month in May and to bring awareness of the activities that are available at all JBSA fitness centers.

"We want to showcase what JBSA fitness does," Pollard said. "We are such a huge organization and not everyone from JBSA-Randolph knows what kind of fitness classes are happening at JBSA-Lackland or JBSA-Fort Sam Houston, and there are some pretty amazing fitness classes out there. This is a way for our fitness instructors to showcase what they do at each JBSA location."

The workout sessions will be geared towards beginner and experienced participants, Pollard said.

In between workout sessions, participants can visit several vendors displaying products and information that promote proper nutrition and living a healthier and stress-free lifestyle.

Pollard hopes Aerobathon can serve as a way for JBSA members who are into fitness to connect with each other she said.

"We want this Aerobathon to introduce you to the classes and find your new fitness family," Pollard said.

Bobbie Heyward, JBSA-Randolph Rambler Fitness Center fitness instructor, said she will conduct cardio kickboxing sessions at the Aerobathon that will combine elements of boxing, martial arts and aerobics.

"I am participating in the JBSA Aerobathon because I love group exercise programs," Heyward said. "This venue not only gives our regular clients a chance to enjoy many of their favorite classes all in the same day, it also gives new customers a peek at what our fitness centers provide on a daily basis. My goal for the event is to encourage and motivate attendees to add some of our fitness classes to their fitness routine."

Horton, whose father was an Army tank commander, has conducted workout sessions at 50 military installations around the world. He said his workout sessions will include a challenging exercise routine that will focus on speed, balance, range, motion, muscle recruitment and endurance.

Horton is looking forward to conducting workout sessions for JBSA members at the Aerobathon, he said.

"When I can go to an event and show them some very interesting types of exercise where they can come away thinking, 'Geez, I had no idea that was an exercise that even existed or that was an exercise that helped me perform better', those are the things I enjoy doing," Horton said. "I'm looking forward to coming to San Antonio and showing everybody what I know and what I've been doing for the last 35 years."

There will be prize drawings and the first 1,000 event participants will receive a water bottle or towel with the logo of the 502nd Force Support Squadron.

For information, contact the JBSA Community Special Events Office at 652-5763. JBSA members who want to participate in the Tony Horton workout sessions must register in advance at 502fss.fsk.jbsacommunityevent@us.af.mil.

JBSA-Lackland satellite pharmacy temporarily relocates

By 59th Medical Wing Public Affairs Staff

The 59th Medical Wing is renovating the satellite pharmacy on Joint Base San Antonio-Lackland to better serve patient needs. Pharmacy services are temporarily relocating to building 1300 at 2265 McChord Street behind the Exchange.

The initial phase of the renovation project designed to improve customer service for beneficiaries, has the satellite pharmacy closing May 20, with the temporary facility opening May 23. The renovation is part of an $8.6 million project designed to improve multiple facilities on JBSA-Lackland, said Joann Pinto, 59th Medical Wing facilities management director.

Expected to take one year, the satellite pharmacy renovation project will:

- Increase the size of the satellite pharmacy by 30 percent,
- Add restroom facilities and patient seating, and
- Improve workflow for the staff.

"The improved pharmacy will also offer a medication drop-off bin in the lobby so patients can properly discard unused or expired medications safely," said Lt. Col. Rodney Jorstad, 59th MDW pharmacy flight commander.

"We are excited and ready to move. I think our patients and the pharmacy staff will enjoy the increased capacity and functionality at the temporary facility, and at the remodeled facility when it is completed," Jorstad said. "We're also installing the same queuing system in the temporary facility that we use in our other pharmacies so patients do not have to stand in line.

"To reduce congestion, we're asking patients to use the commissary refill pick-up site when they call in their refills for the next few weeks. That location has little to no wait time and is very convenient," he added.

The satellite pharmacy remodeling project is one of several ways the 59th MDW is continuing to improve patient care in its pharmacies.

"We've completed many process improvements over the last few months and have decreased our prescription processing times by more than 50 percent while increasing safety," Jorstad said.

The remodeling project will promote workflow efficiency and enhance patient safety, he said. "It will offer a greatly improved experience for all our patients."

For more information on pharmacy services, call 292-8410. To reach the San Antonio Military Health System Refill Call-in System, call 292-9995.