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WINGSPREAD

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August is National Immunization Awareness Month

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Staff Sgt. Tiffany Jones (left), 359th Medical Group Immunization Clinic, immunizes Capt. Israel Brito July 28 at the Joint Base San Antonio-Randolph clinic.

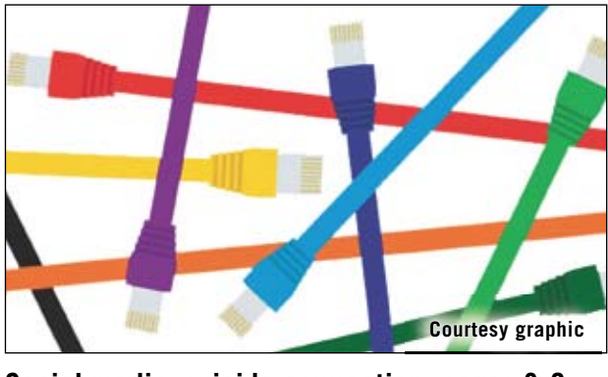
Photo by Joel Martinez

Photo by Joel Martinez

LaBrutta bids farewell, page 3

Photo by Senior Airman Stormy Archer

Ramber 120 set for Oct. 1, page 4



Courtesy graphic

Social media, suicide connection, pages 8-9

COMMENTARY

Security clearance investigations to include social media activity

By Paul Stevenson
U.S. Army Installation Management Command

People who use social media are reminded to be careful when posting and sharing information because it's almost impossible to know who might be monitoring their activity.

For people who want to get or maintain a security clearance, there is now one more reason to exercise online discipline.

The Office of the Director of National Intelligence recently enacted a new policy under which federal agencies may consider publicly available social media information in connection with an application for a security clearance.

Security Executive Agent Directive Five was signed May 12, codifying federal background investigative authority to incorporate publicly available social media information in the security clearance process.

According to the Office of the Director of National Intelligence, the new policy allows investigators to scan an applicant's history on Twitter, Facebook, Instagram and other similar sites.

The guidelines make clear that agencies can target publicly available social media posts, if they deem it necessary, but cannot force individuals to hand over their passwords for private accounts, or provide pseudonyms for any profiles.

"Social media has become an integral – and very public – part of the fabric of most American's daily lives," said Bill Evanina, director of ODNI's National Counterintelligence and Security Center. "We cannot afford to ignore this important open source in our effort to safeguard our secrets – and our nation's security."

Additionally, the policy states social media information gathered as part of a background check will not be retained unless it is considered "relevant" to the security status of the person in question.

The policy does not require security investigations consider social media information. Instead, it permits the collection of publicly available social media information if an agency head determines it is an appropriate investigative tool.

Social media can be a place where people show their true character, said Alfred Bullard from the U.S. Army Garrison Italy Command Security Office. So now those who need to have a background check give investigators the green light to check into their online activity.

Courtesy image
People who use social media are reminded to be careful when posting and sharing information. The Office of the Director of National Intelligence recently enacted a new policy under which federal agencies may consider publicly available social media information in connection with an application for a security clearance.

"All personnel who have a security clearance or complete a Personnel Security Background Investigation for a security clearance are giving authorization to be subject to scrutiny of their social media to look for character, trustworthiness, reliability issues and foreign contacts," said Bullard.

While the policy does focus on looking at online activity, it places important restrictions that limit the federal government's reach into the private lives of clearance applicants and holders.

Absent a national security concern, or criminal reporting requirement, information pertaining to individuals other than the individual being investigated – even information collected inadvertently – will not be pursued. In addition, investigators may not request or require individuals to provide social media passwords, log into a private account or take any action that would disclose non-publicly available social media information.

Security clearance holders undergo intense scrutiny before obtaining – and while maintaining – a clearance. This includes reporting interactions with foreign nationals, obtaining permission to travel abroad, and undergoing extensive background investigations and re-investigations.

"This is as it should be," Evanina said. "These requirements, along with considering an applicant's public social media presence, are a small price to pay to protect our nation's secrets and ensure the trust the American people have placed in us."

Bullard said being mindful when using social media is the best way to avoid any additional scrutiny during the investigative process.

"Disparaging pictures or comments could raise character or behavior issues," he said. "Character or behavior issues could be a deciding factor in the suspension or revocation of a security clearance."

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LaBrutta "proud and honored" to have been 502nd ABW, JBSA commander

By Steve Elliott
JBSA-Fort Sam Houston Public Affairs

After more than three years as commander of the 502nd Air Base Wing and the largest Joint Base in the Department of Defense – Joint Base San Antonio – Brig. Gen. Bob LaBrutta is moving on to a new assignment and a new rank as the commander, Second Air Force, Keesler Air Force Base, Miss.

LaBrutta will pass command of both the wing and JBSA to Brig. Gen. Heather Pringle during a ceremony at JBSA-Fort Sam Houston's MacArthur Parade Field at 9:30 a.m. Friday.

Before his departure, the general sat down for an interview to reflect on his time in San Antonio and what made this assignment special to him.

When asked what his favorite part of being the commander of the 502nd ABW and JBSA, he was quick to answer.

"It is absolutely the people first and then the missions we have the opportunity to support every day," LaBrutta said. "It's awe inspiring to provide foundational installation support and service to 266 mission partners whose operations are critical to our nation's security at home and abroad. It's been amazing to be a part of this "team of teams" – there's just nothing better."

With that many mission partners to work with, there have naturally been some challenges, but the general said the 502nd ABW have been up to the task.

"Twelve Joint Bases were created by the Department of Defense in 2005, six that follow Air Force policy, four following Navy policy and two that follow Army policy," LaBrutta said. "Part of the rub has been ensuring that the heritage, history, traditions and the culture of the service that is not in the lead are protected, not interrupted, or stepped on."

"In JBSA, we've had a very good balance of following Air Force policy to execute the mission, but we are also very mindful of the fact that we are the caretakers of historic JBSA-Fort Sam Houston and JBSA-Camp Bullis. We want to make sure they are the best that we can make them," he added. "In fact, we want the Army to take a look on both major JBSA-locations with great pride. We also want the Air Force to have the same kind of pride in JBSA-Randolph and JBSA-Lackland."

The general was quick to include the other services with major presence throughout JBSA as well.

Photo by Joel Martinez

Brig. Gen. Bob LaBrutta (right), 502nd Air Base Wing and Joint Base San Antonio commander, greets a civilian June 3, 2013 during a tour of JBSA-Fort Sam Houston.

"We also can't forget about our Shipmates and making sure that the Navy's traditions are a part of what we do, as well as our Devil Dogs in the Marines, our Coast Guard members and, of course, our DOD civilians. All of them are just as critical and are just as important to the fabric of JBSA."

LaBrutta also discussed the challenge of sequestration.

"The impact to our portfolio from sequestration and the Budget Control Act has been significant," he said. "I'm very mindful of 2013 when we were hit with sequestration and furloughs that impacted a large portion of our workforce and disrupted our mission support capabilities. Since then, the impacts of sequestration and a resource constrained environment are a reality and continue as the "new normal".

"Understanding this new normal, we haven't been idle. Instead, we have established a very successful framework with our mission partners at the senior levels who are now able to influence and effect the decisions I have to make as the installation commander. We also transformed our organization structure, have implemented continuous process improvement as part of the way we do business, and we created a very successful JBSA P4 (Public/Public-Public/Private) partnership with the region of San Antonio and the State," the general said.

"In 2014, we established a formal process where the 20 members of the Joint Base Partnership Council – the general officers, flag officers, senior executive service civilians and the wing commanders and their equivalents — who are at the table, contribute, and shape the difficult, but necessary, tradeoff decisions that are made not only with regard to facilities, infrastructure and systems, but also for the quality-of-life services that we offer to our family members. This new structure provides transparency, buy-in and trust and is the fulcrum on how we execute installation support and services across our massive portfolio."

The 502nd ABW's transformation from a traditional organizational structure to a functional construct, is also a powerful, force-multiplier that enhanced the 502nd ABW's ability to execute its mission on a day-to-day basis. "We've driven decision-making and resource allocation down to not only to the group level, but to the squadron and flight levels," LaBrutta said. "A result, we are more flexible, agile, and are able to execute installation support and service at the speed required by all of our customers."

The process and organization adjustments are only part of the story. "Another big reason for the success of JBSA is because of the incredible support and partnership of Military City USA, community partners in the metropolitan area and the great State of Texas," LaBrutta said. "Specifically, through our JBSA P4 instrumentality, we have been highly successful in leveraging resources that exist outside our fence lines. Through P4 we have realized more than $42 million in grants, funding and projects that provide water security, mitigate encroachment, and decrease traffic congestion to preserve JBSA's vital missions. This initiative is simply spectacular and we're just on the crest of the wave in what P4 will bring in the future."

With regard to the joint base concept in San Antonio, the general is optimistic.

Together, the 502nd ABW and Joint Base San Antonio are setting a new standard of excellence. We established an inspiring vision, to be "the premier installation in the Department of Defense" and through unrivaled installation support and service that enables our Mission Partner's success – I have no doubt we will accomplish that lofty goal," LaBrutta said.

LaBrutta spoke in glowing terms about what this assignment has meant to him on a professional level.

"This has been the best professional development experience I've had in my 34-year career", he said. "I've learned so much from the incredible military, civilian and community professionals I have come into contact with through this job. On top of that, having the opportunity to test my leadership skills with regard to team building, organization structure, and building partnership capacity – all of these opportunities have made Bob LaBrutta a better person, a better officer and a better leader."

When asked what words he wanted to say to the men and women of the 502nd ABW and JBSA as he departs, LaBrutta took a while to collect his thoughts and emotions.

"What an honor and a privilege it has been. I love what we do and I love what the 502nd ABW and JBSA brings to the fight. This wing, JBSA and this remarkable community – Military City USA – are at the pinnacle of installation support, and military-community partnerships. I'm grateful to have served as the 502nd ABW and JBSA commander, and I will always reflect on this assignment with enormous pride for the rest of my career!"

Tenth edition of Rambler 120 Team Challenge set for Oct. 1

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

One of Joint Base San Antonio's premier fitness events reaches a milestone this year.

The 502nd Force Support Squadron-hosted Rambler 120 Team Challenge will be presented for the 10th time Oct. 1 at JBSA Recreation Park at Canyon Lake. The grueling adventure race tests four-person "Xtreme" teams, eight-person relay teams and individual competitors with a 22-mile bike race through the Texas Hill Country, a 6-mile run across Canyon Dam, a 2-mile raft race along the shoreline and a mystery event.

"A lot of bases are doing fitness events, but what is unique about the Rambler 120 is the health and wellness aspect and the team camaraderie," said Abbie Pollard, 502nd FSS community programs and partnership specialist. "When the participants finish the race, you can see how happy they are."

Last year, the Rambler 120 added all-active-duty Xtreme and relay teams, Pollard said.

"The all-military category was a huge hit," she said.

The only changes this year are providing individual racers in the "Just-4-Fun" category with trackers to check their time and eliminating the "Iron Kid" biathlon for 5- to 12-year-olds, Pollard said.

"For the first time, individuals in the 'Just-4-Fun' category will be timed, but they won't be eligible for awards," she said. "Twelve individuals competed in Just-4-Fun last year, but we're expecting more this year because they will be timed."

Last year's adventure race featured 18 Xtreme teams, 19 relay teams and 12 individuals – 236 participants in all, Pollard said. Most of the participants were from JBSA, but a few teams came from Laughlin Air Force Base, Texas.

Xtreme and relay teams compete in all-male, all-female and coed categories.

One of last year's first-place winners was Maj. John Robinson, Army North Future Operations strategist, who competed in his first Rambler 120 with his all-military Xtreme team, ARNORTH FUOPS.

"I thought the race was great," he said. "The organizers did a great job ensuring that things ran smoothly and communicated very well with participants."

The most challenging part of the Rambler 120 was the 6-mile run, Robinson said.

"I think that is where the race was won because the top bikers seemed to have a lot of experience," he said. "Winning the gold provided bragging rights for months. We are looking forward to winning again this year."

Senior Airman Bruce Gonzalez, 47th Medical Group medical records technician, was another gold medal winner. He competed with the Iron Medics, an all-military relay team from the 47th MDG at Laughlin Air Force Base.

"The experience was great," he said. "I feel the time training and traveling to the event definitely allowed us to grow as a team."

The raft event was the most difficult part of the race, Gonzalez said.

"A lot of bases are doing fitness events, but what is unique about the Rambler 120 is the health and wellness aspect and the team camaraderie. When the participants finish the race, you can see how happy they are."

Abbie Pollard
502nd Force Support Squadron community programs and partnership specialist

Photo by Senior Airman Alexandria Slade

From left: Tyler Goehring, Senior Master Sgt. Daniel Stellabotte, 381st Training Squadron dental lab career development course writer, and Maj. Sarah Wheeler, 359th Medical Group dentist, run on top of Canyon Lake dam during the Rambler 120 Sept. 19, 2015, at Joint Base San Antonio Recreation Park at Canyon Lake.

"You can row on the machine all day and that will ensure your stamina, but being able to row as one and in one direction was a challenge," he said. "At that point in the race you're all tired and frustrated. However, once we reached halfway through the phase and after some motivational words in the raft, we were able to execute the task and help secure our positioning in the race."

Mike McCarthy, Air Force Personnel Center force support career field manager, also competed in the Rambler 120 for the first time – in the Just-4-Fun division. He prepared for the adventure race with a routine fitness program that complements a tri-challenge event.

"I run, ride and sometimes swim during the week," the retired Marine said. "I did two of the mini-tri challenges at JBSA-Fort Sam Houston last year and they were very well managed and extremely fun. I run occasional 5Ks and 10Ks and do some local event rides."

The Rambler 120 will again offer Air Force RecOn program funding to team members and individuals who are in the military, Pollard said. The RecOn program, which provides recreational activities for active-duty members and their families, will pay the military members' registration fees.

Sept. 23 is the deadline to register for the event, but teams that sign up through Sept. 1 receive a discount by paying an early-bird fee of $100 for the Xtreme division and $150 for the relay division. The fee increases to $120 for Xtreme teams and $150 for relay teams after Sept. 1. Individuals pay a $25 fee. The fee covers a barbecue lunch, a commemorative T-shirt and awards.

For more information, call the 502nd FSS office at 652-5763 or email 502fss.fsk.jbsacommunityevent@us.af.mil.

August observance emphasizes importance of immunizations

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

The National Public Health Information Coalition sponsors National Immunization Awareness Month in August to celebrate the benefits of vaccination and underscore the importance of following a lifelong regimen of vaccines.

It's a message that is echoed daily at the Joint Base San Antonio-Randolph Medical Clinic.

"Vaccine-preventable illnesses are a large cause of suffering and death across the globe," said Capt. (Dr.) Adam Faizi, 359th Medical Group director of immunizations. "We're fortunate to have access to vaccines, not just to prevent death, but the complications of all these illnesses."

It is especially important for parents to take advantage of this access to vaccines for their children, Faizi said.

"A great example is measles," he said. "We've seen multiple measles outbreaks in recent years and major complications might include neurologic, respiratory and cardiovascular diseases. If more than 80 percent of the population is immunized against vaccine-preventable illnesses, the likelihood of an outbreak of those illnesses is extremely small."

Childhood vaccines are responsible for preventing multiple diseases, Faizi said. They include pneumococcal pneumonia, haemophilus influenza B, hepatitis A and B, polio, chicken pox, meningococcal meningitis, diphtheria, tetanus, pertussis, measles, mumps, rubella and human papillomavirus.

Vaccines for these diseases are recommended at birth and ages 2 months, 4 months, 6 months, 12 months, 15-18 months, 4-6 years and 11-12 years, he said.

Photo by Joel Martinez
Staff Sgt. Tiffany Jones (left), 359th Medical Group Immunization Clinic, immunizes Staff Sgt. Antoine Pace July 28 at the Joint Base San Antonio-Randolph clinic.

August is typically a busy month for immunizations because it's back-to-school time, but Faizi said the clinic recommends vaccinations timed with a child's birthday, not the beginning of school.

Yearly flu shots are also recommended starting at the age of 6 months and continuing throughout adulthood, Faizi said. The influenza vaccine is typically available at the JBSA-Randolph clinic sometime in September.

"We encourage everyone to get an annual influenza vaccine," he said. "Those most at risk for flu-related complications are the very young, the elderly, pregnant women and people with weakened immune systems and/or chronic diseases."

The only change for the coming flu season is that the nasal mist will not be offered, Faizi said.

"The Centers for Disease Control and Prevention has stated that FluMist nasal influenza vaccine is no longer offered due to data showing that it was not sufficiently effective," he said.

The HPV vaccine is also recommended, Faizi said. HPV is the most common sexually transmitted infection.

This vaccine, which is recommended for boys and girls starting at age 11, prevents nine strains of the virus that can cause genital warts in boys and girls as well as cancers of the cervix, genitals, anus and throat.

There is a misconception that receiving the HPV vaccine results in more promiscuous behavior, Faizi said.

"It's been proven there is no increase in the amount of risk-taking behavior by those who've had the vaccine as opposed to those who haven't," he said. "In addition, the risk of serious side effects is extremely low."

Older people should get an annual flu shot and receive the shingles vaccine at 60 years old and the pneumonia vaccine at 65, Faizi said. A tetanus booster is recommended every 10 years.

Staff Sgt. Tiffany Jones, 359th MDG Immunization Clinic NCO in charge, said vaccines are safe and reduce health care costs.

"Through numerous studies, scientists and health care professionals have shown vaccines are safe and effective, with side effects being minimal redness and soreness at the site of the injection," she said. "Immunizations can also save families time and money by avoiding hospitalization or long-term disability care."

However, people who have had a severe adverse reaction to any vaccine should not receive it and seek advice from their primary care doctor, Faizi said.

Immunization clinic hours are 7:30 a.m. to 4:30 p.m. Monday-Wednesday, 7:30 a.m. to 5:30 p.m. Thursday and 7:30 a.m. to 3:30 p.m. Friday. Smallpox vaccinations by appointment only are reserved for 3:30 p.m. Friday, but if none are scheduled, the clinic remains open until 4:30 p.m.

Throughout August, an information table in the family health waiting area is providing beneficiaries with pamphlets and other literature touting the benefits of regular immunizations.

359th MDG aims to get children active at Kids in Motion event

By Airman 1st Class Lauren Ely
Joint Base San Antonio-Randolph Public Affairs

The 359th Medical Group is scheduled to host a free event, Kids in Motion, in recognition of September's National Childhood Obesity Awareness Month Aug. 27 at Joint Base San Antonio-Randolph's Heritage Park.

According to the Centers for Disease Control, approximately 17 percent of children and adolescents aged 2-19 years are obese.

"With teaching our kids early on to be mobile, to move, to get active, we're teaching them the right behaviors to have an active lifestyle for the future and prevent diabetes, heart disease or any other complications that are associated with obesity," Aracelis Gonzalez-Anderson, HPRC health promotions coordinator, said.

The objective for the event is to help educate and reinforce that activity and eating right are healthy behaviors that help prevent obesity, Gonzalez-Anderson added.

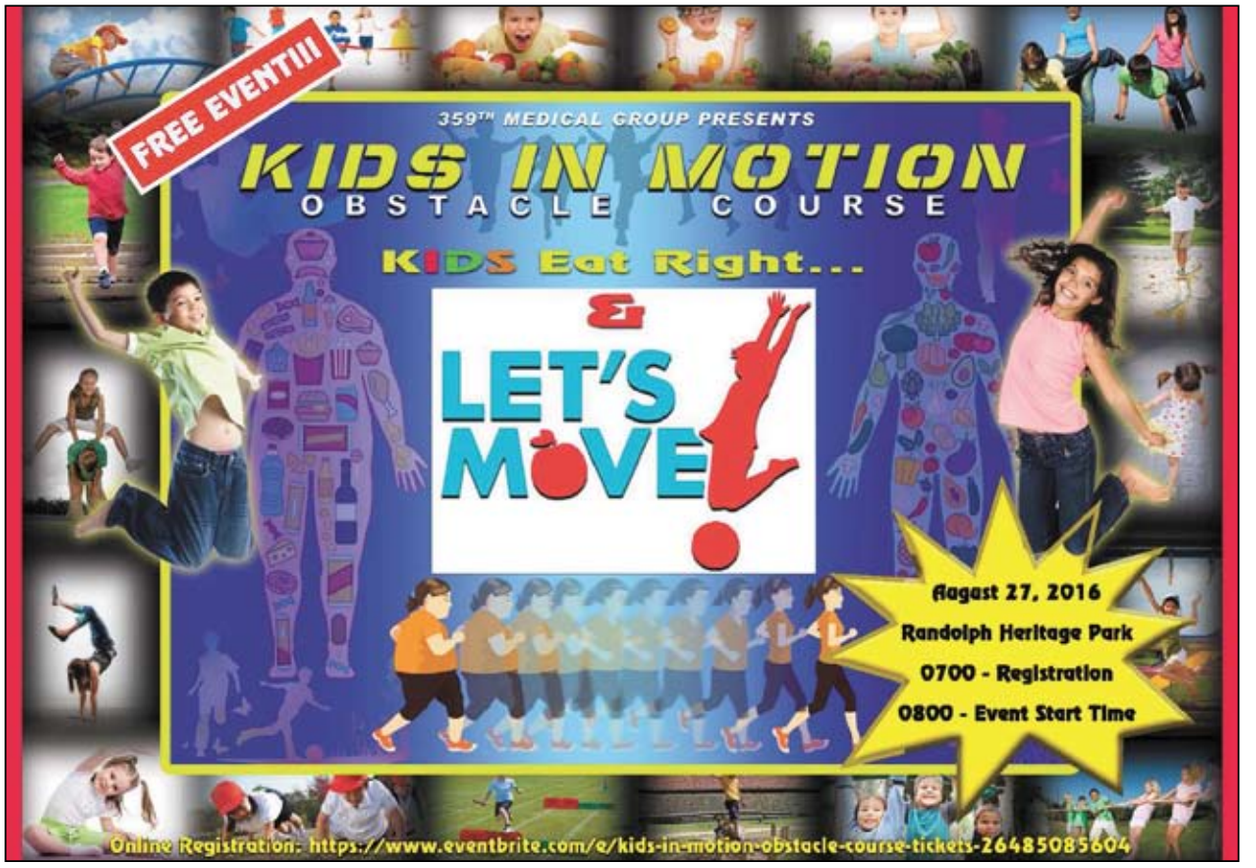
"Our focus is to help kids keep moving and fun things," Gonzalez-Anderson said. "That doesn't always have to be a run, a pushup or a sit-up, but utilizing things within their backyard that can make it fun, exciting and challenging for them to want to be outside."

The event will feature an obstacle course where kids will be encouraged to race against themselves.

"It's not just another run; it's not just another program for kids to be in a bouncy house," Gonzalez-Anderson said. "They'll be encouraged to go through the obstacle course once, get a time, and go through the obstacle course twice to beat their own time."

Tech. Sgt. Justin Lee, 359th Aerospace Medicine Squadron NCO in charge of Readiness for Bioenvironmental and co-chair for Kids in Motion, said now that he is a father, getting kids active and "not turning into couch potatoes" is important to him.

"I feel it's on the parents to make sure it [obesity] doesn't happen," Lee said. "I want the kids to be out and be active, but for me, I also want the parents to know how vital of a part they play in making sure that happens."



The design of the course is still under construction, but Gonzalez-Anderson said it will include things that are easy while still being kid-friendly and safe, such as low crawls, balancing beam, hopping through tires or jumping hurdles.

The event will also include information tables and offer healthy snacks, such as bananas covered in yogurt, from the National Restaurant Association's Kids LiveWell program.

Units and squadrons are encouraged to sponsor Kids in Motion by coming up with ideas for obstacles or providing equipment for obstacles. The deadline for submission of obstacle ideas is Aug. 12.

Kids in Motion is slated to begin at 8 a.m. Aug. 27 with registration starting at 7 a.m. People wishing to register ahead of time may do so online, https://www.eventbrite.com/e/kids-in-motion-obstacle-cours-tickets-26485085604.

The obstacle course is open to all Department of Defense ID cardholders and their dependents. For more information or questions on becoming a sponsor, call 652-3641.

New drop boxes ease visitor pass process

The Joint Base San Antonio-Randolph 902nd Security Forces Squadron Visitor Control Center installed two visitor pass drop boxes for customer's convenience.

One drop box is located in the outbound lane of the main gate off to the shoulder of the road, while the other is located in the parking lot of the visitor control center directly in front of the facility.

The boxes were installed strictly for the return of the temporary pass that is issued for base access.

The installation of these drop boxes have made a significant impact on the process to return visitor's passes.

In the past visitors who were issued a pass had to stop at the main gate to return a temporary base pass. The other option was to stop by the visitor control center and physically walk inside to return the pass.

For more information, call the JBSA-Randolph 902nd SFS Visitor Control Center at 652-2838 or email 902sfs.vrc@us.af.mil.

Courtesy photo

Randolph Bowling Center offers family friendly fun

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

Photo by Joel Martinez

Brandon McCann, Joint Base San Antonio-Randolph Bowling Center pro shop technician, drills a bowling ball July 14 at the JBSA-Randolph bowling alley. The pro shop is certified by the International Bowling Pro Shop and Instructors Association and the United States Bowling Congress to professionally drill bowling balls and coach.

Whether it's an outing with the family, a unit function or league play, the Joint Base San Antonio-Randolph Bowling Center provides a variety of activities for both recreational and competitive bowlers.

The bowling center, located in building 870, has several leagues, programs and special events geared toward adult and youth bowlers year-round. A full-service pro shop offers a full line of bowling equipment and accessories – balls, bags and shoes – ball drilling and lessons, and a snack bar.

No matter the skill level of a bowler, from beginner to advanced, they will find an activity to participate in at the bowling center, said Steve Barinque, JBSA-Randolph Bowling Center manager.

"We offer recreational bowling entertainment for the families," Barinque said. "It's a good, fun-filled family environment. Also, we offer league bowlers competitive and fun leagues."

The bowling center hosts summer and fall leagues in several divisions – intramurals, ladies, seniors, mixed and youth – in which hundreds of bowlers participate each year. In 2015, 175 bowlers competed in the summer league, 900 in the fall league.

Barinque said the number of the bowlers who participate in the leagues is one of the highest for Air Force-based bowling centers.

"We have one of the strongest league programs in the Air Force," he said.

Currently, 136 bowlers are participating in the JBSA Summer Pro Am League, which started in May and concludes in August. The league includes bowlers from the JBSA-Lackland Skylark and JBSA-Fort Sam Houston bowling centers.

Starting in September, the bowling center's youth league program, for ages 7 to 20, will resume each Saturday morning at 10 a.m. through April. Youth bowlers will receive lessons from certified coaches an hour before league competition each Saturday.

Bowlers who participate in the youth league have the opportunity to participate in state competition in the spring. Part of the youth league proceeds go toward a scholarship fund for the bowlers.

In May, the bowling center debuted a new interactive bowling game program, Bowling Entertainment System, for families to play. The Bowling Entertainment System includes several interactive games that can be live-streamed on social media, allowing the games to be followed on platforms including Facebook.

Each Saturday from 7-11 p.m. is cosmic bowling at the center. In cosmic bowling, bowlers play a game with lights flashing, loud music and aim for pins under a black light, sometimes with a glowing ball.

The bowling center has several family events that are held throughout the year, including the upcoming End of Summer Bash from 7 to 10 p.m. Sept. 3. The event is $10 per person and $5 per child 10 years of age and younger. Guests of JBSA cardholders are welcomed.

Other events offered include Bowl with the Grinch Dec. 17. Children will have the chance to take a picture with Santa Claus an hour before bowling starts; the New Year's Eve party includes cosmic bowling, party favors, a disc jockey and food; and the Easter Bunny Bowl in the spring, when children can have their picture taken with the Easter Bunny.

In addition, the bowling center can be reserved for commander's calls and team-building events such as unit and squadron gatherings.

Possible fall activities at the center include a class, Bowling 2.0., which covers the basic fundamentals of bowling for beginning and experienced bowlers. Bowlers in the class will learn from a certified bowling coach, and with their registration fee receive a ball, bag and a certificate of class completion.

For information on activities, lessons and programs, call the JBSA-Randolph Bowling Center at 652-6271 or go to the bowling center's Facebook page, key words "Randolph AFB Bowling Center."

Complex connection between social media, suicide, prevention

By Bo Joyner
Air Force Reserve Command Public Affairs

As social media continues to grow in popularity, mental health specialists across the country are taking a closer look at the relationship this fusion of technology and social interaction has with suicide and other destructive behaviors.

Dr. Heather Thanepohn, Air Force Reserve Command Director of Psychological Health program manager, has been spending a lot of time contemplating the complex connection that might exist between social media and suicide.

"I'm getting more and more questions and comments from the Directors of Psychological Health in the field and from squadron commanders on how social media and suicide might be related," she said. "There's not a lot of research out on this yet, but there is some that suggests that social media might be leading to feelings of isolation and not being connected in some people. Just because we have 2,477 Facebook friends doesn't mean that we are really connected or we necessarily know who we are friends with."

Thanepohn referenced a recent study in the United Kingdom by the Mental Health Foundation that reported nearly three out of five young adults aged 18 to 34, in spite of all their social networking, reported feeling isolated and disconnected often or all the time.

"Suicidal ideation is often coexistent with feelings of isolation and feeling apart from real connections with others," said Joshua Hudson, the DPH at the 911th Airlift Wing, Pittsburgh International Airport Air Reserve Station, Pa. "While social media is a great tool for reaching out to seek help when feeling emotional and physical pain, it is probably not a great tool for bringing any real comfort to those who need to feel embraced by humanity.

"That makes social media paradoxical in its ability to both give the impression that it connects people around the world while simultaneously isolating them from the necessary human contact required by human beings to develop trusting and deep relationships."

Thanepohn said social media is not necessarily a bad thing and she is not advocating for people to stay away from Facebook, Twitter, Snapchat, Instagram or other social media sites. However, she does caution people against spending too much time with social media or having it serve as a replacement for "real" communication.

"People need to have deep and meaningful relationships with other human beings," she said. "It's built into our DNA. What might be happening with some people is they are trying to fill this need with superficial social media relationships and that just doesn't work. This might be leading to feelings of isolation that could lead to destructive behaviors like suicide.

"There definitely needs to be more research into this topic; but my advice to people at this point would be to use social media in moderation. There's nothing wrong with using Facebook to re-connect with the friends you had in high school, for example; but don't let it take over your life. Like most everything in life, moderation is the key when it comes to social media."

Thanepohn said she is also hearing more examples from the field of people who may be suicidal reaching out for help through social media.

"We've had cases where people became alarmed by something they saw on social media and that led to saves; and that's a great thing," she said.

One Reservist saw a Facebook post from a fellow squadron member she thought was a possible suicide threat. She contacted the member and became even more concerned for her friend's safety. She contacted her unit's command post who, in turn, contacted the first sergeant. Following a failed attempt to reach the member over the phone, the first sergeant and another unit member went to the person's house and found the person unresponsive. The member was taken to the hospital, was treated and has made a full recovery.

In another example, a suspicious Facebook post aroused suspicion and prompted a Reservist to call his unit. The unit responded and found the noncommissioned officer who made the post in his vehicle near death from carbon monoxide poisoning. He was taken to the hospital and survived the suicide attempt.

A recent Military Times article tells the story of Marine

The top social media sites are active in the area of suicide prevention.

Facebook, for example, introduced a feature for reporting suicidal content in 2015 that provides support to the person who created a concerning post as well as those reporting the content. A user can send messages to a troubled friend through the option or reach out to a fellow friend who might be located closer physically to the friend in need. It can also send messages to the person who posted, telling him someone is concerned about him and providing links to the National Suicide Prevention Lifeline, suggested friends to speak to or tips for dealing with stress.

Twitter has a team devoted to handling threats of self-harm or suicide for users who encounter such threats on Twitter. After assessing a report of self-harm or suicide, Twitter will contact the reported user and let him or her know that someone who cares about them identified they might be at risk. Twitter provides the reported user with available online and hotline resources and encourages them to seek help.

"I encourage people to use these features on sites like Facebook and Twitter and to use all of the other means they have at their disposal to help someone who might be thinking about hurting himself," Thanepohn said. "If somebody posts something and you're worried about him, don't ignore it. Get involved."

Airmen are encouraged to keep the number of their local DPH handy. The number for the National Suicide Prevention Lifeline is 1-800-273-8255. It's available 24 hours a day, every day.

More information about suicide prevention and personal resilience is also available on the Wingman Toolkit website, http://www.wingmantoolkit.org.

"I e sites like Facebook and t their dis hurting him elf. p g and ed about do . Get involved."

Dr. Heather Thanepohn

Wingspread correction

There is a correction to the July 22 article, "To flush or not to flush," by Scott Reed. In this article, there were references to the San Antonio Water Systems (SAWS). For clarification, SAWS is not a provider for all Joint Base San Antonio sewer systems. The San Antonio River Authority (SARA) owns the sewer system on JBSA-Randolph as established by a utility privatization (UP) contract established in 2003. They are a different organization and their policies and procedures differ from SAWS. SAWS does not treat the sewer from JBSA-Randolph. That service is provided by Cibolo Creek Municipal Authority (CCMA).

Joint Base San Antonio-Randolph News Briefs

JBSA Stage 1 water restrictions

The 10-day average of the Bexar County index Bexar (J-17), Comal Springs and San Marcos Springs are dropping due to lack of rain. According to an analysis performed by the Edwards Aquifer Director of Aquifer Modeling, Stage 1 water restrictions may be scheduled to be implemented as soon as the first week of August. The 502nd Civil Engineer Squadron urges the Joint Base San Antonio community to stay diligent and carefully follow upcoming water restrictions, according to the JBSA Water Use Critical Period Management Plan, which is available at http://www.jbsa.af.mil/shared/media/document/AFD-130809-013.pdf.

Randolph Chief's Group Scholarship

Third-quarter nominations are currently being accepted through Sept. 30. Packages will be boarded and the winner recognized at a future RCG meeting. Nominee's must be assigned to JBSA-Randolph, currently enrolled in school, be E-6 or below and must not be a recipient of our scholarship within the last 12-months. For information on submitting nominations, call 652-1541.

AAFES sales tax holiday

The Army & Air Force Exchange Service is offering to match local sales tax discounts by offering an additional 8.25 percent off select items during the Texas "sales tax holiday" Friday through Sunday. Eligible items include backpacks under $100, school supplies and shoes.

TAP-Goals, Plans, Success (GPS)

The mandatory five-day workshop for all service members separating from the military is 8 a.m. to 4:30 p.m. Monday through Aug. 12 at the Military & Family Readiness Center. Spouses are welcome to attend. Prerequisite: Pre-separation. To register, call 652-5321.

Key Spouse Refresher Training

The Key Spouse Refresher training is scheduled for 9-10 a.m. Tuesday at the Military & Family Readiness Center. This is required for Key Spouses and Key Spouse Mentors that have already completed the mandatory initial training course from a previous location. For more information, call 652-5321.

Volunteer mentor training

Training is offered noon to 1:30 p.m. Thursday at the JBSA-Randolph Military & Family Readiness Center, building 693, for volunteer mentors who spend time with young people and encourage positive choices training. Participants who complete the training and meet all requirements will be placed within a local public school. To sign up, call 652-5321.

JBSA-Camp Bullis deer survey

The Joint Base San Antonio-Camp Bullis Natural Resource Office will be conducting spotlight deer surveys from Aug. 15-19 and Aug. 22-26. The office is looking for biologist and/or naturalist volunteers to participate. Those who would like to participate can call 295-7873. Surveys start at the JBSA-Camp Bullis Natural Resources Office at 8:15 p.m. and usually conclude by midnight.

Participants must not be participating in the JBSA hunting program, be 18 years or older, have good long distance night vision and bring their own binoculars, bug spray and water.

Team Randolph Airman's Council

The Team Randolph Airmen's Council invites service members of all ranks and their families to join us in watching the new Suicide Squad movie 1:10 p.m. Saturday at the Alamo Draft house in New Braunfels. Tickets are on sale now and will also be available at the door for $8. Call 652-4410 for more information.

Health risks accompany popular summertime activities

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Photo by Joel Martinez

Iris Trujillo drinks water after her workout to avoid dehydration and muscle cramping July 27 at Joint Base San Antonio-Randolph. Fluids should be consumed frequently during strenuous activity and within a half hour of training.

Outdoor fitness and recreational activities are popular summertime diversions, but they also come with health risks.

With the Air Force Summer Safety Campaign entering the home stretch, Joint Base San Antonio fitness and safety professionals offered advice to ensure Airmen and their families safely enjoy the final weeks of the summer.

Too much sun exposure and excessive heat are common dangers to all outdoor activities – whether it's jogging, bicycling, swimming or camping.

"People are susceptible to heat-related injuries such as heat stress and heatstroke while they participate in outdoor activities," said Master Sgt. Justin Thibodeaux, 502nd Air Base Wing safety technician. "Excessive exposure to the sun can raise the risk for melanoma. People are also at risk for dehydration."

Because dehydration can lead to heatstroke and other serious problems, staying hydrated – drinking enough water to replenish fluids lost through sweating – is crucial, said Tommy Brown, Rambler Fitness Center fitness programmer.

"Dehydration is obviously a big issue during any outdoor summer activity," he said. "Staying hydrated is key during these times, so keeping water nearby is a must, especially if you plan on doing any of these activities by yourself."

People can also prevent heat stress by taking regular breaks from the heat and sun by going indoors, Thibodeaux said.

Clothing plays a role in heat stress, Brown said.

"Try to avoid overheating yourself due to excessive clothing," he said. "Avoid wearing sweatpants and jackets outside in the heat to prevent heat exhaustion."

Both Brown and Thibodeaux emphasized the need for people to always wear sunscreen when they are outdoors for an extended period of time.

Precautions should also be taken when playing team sports such as baseball, softball and football or simply enjoying a bike ride, Brown said.

"With team activities that take place during the summer, injuries are bound to happen," he said. "With that being said, having a first aid kit on hand as well as access to a phone in case of an emergency would be smart moves on anyone's part."

Brown also recommended the use of protective gear.

"Helmets, whether they be used for baseball, football or even bike riding, help prevent head injuries," he said. "If possible, children especially should make sure they are secured in other protective gear such as knee and elbow pads to further prevent injury."

Water-related activities – swimming, boating and fishing – present their own special challenges.

Drowning is one of those risks, Thibodeaux said.

"The precautions to take when swimming depends on the person's level of proficiency as a swimmer," he said. "Swimming safety items such as floaties are available for people with limited swimming ability. When swimming in a public pool or at a beach, ensure a lifeguard is present. If a lifeguard is not present, employ the buddy system."

Boating dangers include encountering boaters who are operating their vessel recklessly or at high speeds, striking sand bars or submerged plant roots and running out of fuel, Thibodeaux said.

"Boaters should always carry a means to communicate in the event they become stranded or injured," he said. "In addition to a means of communication, it is recommended to wear life vests while boating. It is not recommended to go boating by yourself, but if you do, let someone know what area you will be in while on the boat."

Fishing is a leisurely activity, but it, too, requires awareness.

"When fishing, be cognizant of the area you are fishing in," Thibodeaux said. "Many areas in East and Southeast Texas have alligators that rest near the banks of the lakes, swamps and ponds. Always supervise children when baiting a hook as hooks are very sharp and can become embedded in the skin with ease. If fishing from rocks, watch the footing to avoid falling into the water."

Thibodeaux also addressed the potential hazards of camping, another popular summertime activity.

"Camping can place participants in areas they are not familiar with or in areas where communication with emergency services can become difficult," he said. "Wildlife in the area, from large animals to insects, can pose different types of threats, as many are attracted to the food that campers tend to bring with them. The weather can play a large role in how to plan for camping, as rains can bring potential flooding and wash away campsites."

Thibodeaux offered advice on how to counteract these threats.

"To help curtail wildlife from being attracted to campsites, campers should place food items in secure containers and store them away from the main campsite," he said. "Always check the weather forecasts prior to camping and never go camping in severe weather."

A first aid kit for unexpected injuries is a necessity for camping trips, Thibodeaux said.

"Emergency services may have a difficult time reaching campsites if they have to respond to any emergency," he said.

"It is also important to let someone who will not be with you know where you will be camping and the duration of your trip in the event you need to be reached or if you experience an unexpected emergency."

Bargains, "hidden treasures" await customers at JBSA-Randolph Thrift Shop

By David DeKunder
Joint Base San Antonio-Randolph
Public Affairs

Shoppers can look for a good bargain – and possible treasures – while helping service members and veterans at the Joint Base San Antonio-Randolph Thrift Shop.

The thrift shop, located in building 1048, is open from 9 a.m. to 2 p.m. Monday, Wednesday and Friday, and on the first Saturday of each month. Items in the shop are consigned or donated by active-duty members, veterans, military retirees and Department of Defense civilian workers.

Members of JBSA-Randolph Officers' Spouses and Enlisted Spouses clubs help run the shop, with part of the proceeds made from the selling of items going toward supporting projects and organizations that help wounded service members, including the Fisher House and Center For the Intrepid at JBSA-Fort Sam Houston, scholarships for local high school students and Randolph High School Project Graduation party.

Barbara Bryant, JBSA-Randolph Thrift Shop manager, said the shop accepts a variety of consigned or donated items – including clothing, housewares, office, furniture, toys, hardware, garden supplies, sporting goods, small electronics, books, collectibles, pet supplies, tools, vases, linens, baby equipment and clothing, and furniture – that are in good condition or still can be used.

A consigned item is one in which the owner receives 75 percent of the sale proceeds, and the JBSA-Randolph Officers' Spouses Club, 25 percent. An item is put on consignment for four weeks at the shop. If the consigned item is not sold at the end of the four-week period, the owner has the option of withdrawing or donating the item to the shop. All proceeds from donated items go directly to the spouses club.

Photo by Joel Martinez

Lily Barucky (left) and Myra Phillips, Joint Base San Antonio-Randolph Thrift Shop volunteers, place price tags on jewelry June 18.

Bryant said customers at the shop can find something that will catch their eye for a bargain.

"I always tell people, you come here to sell an unwanted item," she said. "But you also come here and find your next treasure that you fall in love with."

Customers can consign 12 items per day when the shop is open, and also have the option of donating items to the shop directly without consigning them. Consignments are accepted from 9 a.m. to 1 p.m. on the days the shop is open.

Items that are donated come from active-duty members and their dependents who are in- or out-processing, retirees, leftovers from estate sales provided by JBSA members or the 902nd Security Forces Squadron's lost-and-found, Bryant said.

Bryant said the shop is always busy and receives an average of 30 customers a day who bring in items to be consigned.

The JBSA-Randolph Officers' Spouses Club raises an average of $60,000 per year in proceeds from sales of both consigned and donated items.

Inside the thrift shop, shoppers can browse through various areas of gently used items, including books; children's clothing; toys; a room called the "Man Cave" for hardware, automotive, camping and sporting goods; "Temptation Corner," where jewelry and collectibles are located; and a furniture room.

On the first Saturday of each month – except for January and July – the JBSA-Randolph Officers' Spouses Club holds an outside consignment sale in the thrift shop parking lot from 9 a.m. to 2 p.m. Individuals are allowed to consign up to 48 items – from 9 a.m. to 1 p.m. – during the monthly outdoor sale, including appliances, plants and holiday decorations. These items are not consigned for sale in the shop.

Bryant said a dedicated group of 63 volunteers and a loyal customer base keep the thrift shop going.

"We have a good group of people," Bryant said. "My volunteers and our customers are absolutely the best."

Volunteers help run the shop by doing various tasks including working at the cash register, bagging items, processing consigned and donated items, sorting, helping out on the shop floor, working in the office and attending the jewelry and collectibles area.

Volunteer Anne Boatright said she likes working in the jewelry display area because she gets to interact with customers.

"I like my customers because I learn a lot from them," she said. "The customers teach me about jewelry. They have almost become like family to me. This is my second home."

Carolyn Hosmer said she enjoys shopping at the thrift shop because she can find all kinds of bargains.

"I donate things at the back door and come through the front door and shop," Hosmer said. "I'm a hardcore shopper. I love thrift stores."

Hosmer started coming to the thrift store five years ago after moving into the area from Oregon. She said immediately the volunteers were welcoming toward her.

"These people are so friendly and thoughtful," she said. "They made me feel at home. They called me by my first name. It meant so much to me."

In September, Bryant said the thrift shop will mark 70 years being in operation at JBSA-Randolph.

For a list of items at the thrift shop, go to http://jbsarandolphthriftshop.weebly.com. For information on what items can be accepted at the thrift shop, call 658-5990.

BAMC Soldier helps save man at JBSA-Randolph gym

Photo courtesy BAMC Public Affairs

Lt. Col. Lee Freeman (right), Brooke Army Medical Center Troop Command commander, presents Army Capt. Matthew Reggio an Army Achievement Medal June 17 for his heroic actions to help save a man's life at the Rambler Fitness Center on Joint Base San Antonio-Randolph. Also pictured are Reggio's wife, Air Force Maj. Kathryn Reggio (left) and Command Sgt. Maj. Roderick Batiste (second from right).

By Lori Newman
BAMC Public Affairs

When working out at the gym, the last thing on your mind is using your medical training to help save someone's life, but that's exactly what happened to one Brooke Army Medical Center Soldier.

Army Capt. Matthew Reggio, a student registered nurse anesthetist at BAMC, was about two miles into his run at the Rambler Fitness Center on Joint Base San Antonio-Randolph when he heard someone behind him yelling for help. He turned to find a woman standing over a man who had collapsed to the floor.

"At first, we thought he was having a seizure but soon realized he was in cardiac arrest," Reggio said. "He didn't have a pulse."

They started doing chest compressions until someone brought the gym's automated external defibrillator.

"Once the AED came we put that on him and it called for a shock," he said. "We had to shock him twice and continued doing CPR until emergency medical services got there.

"Emergency medical personnel had to shock him four more times, but he actually woke up at that point," Reggio said. "We could see him raising his hands and talking."

After the excitement, Reggio realized the woman who helped the man was his wife's commander, Air Force Col. Dana James, the commander of the JBSA-Randolph Clinic.

"I've done this numerous times inside the hospital, but never actually had to do it outside of the hospital," he said. "It just clicked. I knew exactly what I had to do.

"I'm glad the gentleman survived."

JBSA locations host Run For Life event

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

In September, Joint Base San Antonio locations will each host a 5K run in recognition of Suicide Prevention Awareness Month and to support individuals dealing with depression.

The Suicide Awareness and Prevention 5K Run For Life events start 8 a.m. Sept. 10 at the JBSA-Lackland Gillum Fitness Center trail; 8 a.m. Sept. 11 at JBSA-Fort Sam Houston, by the helicopter display at the corner of Worth and Stanley roads; and 7:30 a.m. Sept. 24 at JBSA-Randolph Air Heritage Park.

Registration is free for active-duty members and Department of Defense ID cardholders and will be held the day of the run at 7 a.m. at both JBSA-Lackland and JBSA-Fort Sam Houston. Registration for the JBSA-Randolph run is at http://www.5krunforlife.com.

Maj. Trisha Stavinoha, chief of Outpatient and Community Nutrition Services at JBSA-Fort Sam Houston and Run For Life coordinator, said the races provide a healthy activity for JBSA members to improve their physical and mental well-being.

"We want them to do something that is helpful, good for the mind and body," Stavinoha said. "Exercise is a natural antidepressant. It's a natu-

ral way to make you feel better. Suicide is more common if you are isolated and this event helps bring more people together."

At the JBSA-Lackland run, the theme for the event is "Be Someone's Superhero" with runners being encouraged to dress up as their favorite superhero.

"When you are helping someone you are being a superhero," Stavinoha said.

There will be a food drive at the JBSA-Fort Sam Houston event. Participants will be able to fill their rucksack with food to donate to the San Antonio Food Bank.

Headbands will be given out to participants at the events.

The Run For Life events focus on activities in which people come together to help others, Stavinoha said.

"With events like the food drive and 'Be Someone's Superhero,' it helps you toward doing positive things," she said. "You are forming friendships."

Stavinoha said the races also steer individuals toward setting goals and working to achieve them.

"The message is, ' What are you living for? What's your next goal?'" Stavinoha said. "Changing the conversation, taking their mind off the negatives and focusing on the positive."

Gina Ramirez, 359th Medical Operations Squadron Mental Health Flight outreach/resiliency coordinator at JBSA-Randolph, said the Run For Life event at JBSA-Randolph will include information on mental health resources from base, local community and national organizations.

Organizations that will be present at the JBSA-Randolph run include Operation Homefront, Project Welcome Home Troops, Military OneSource and the American Foundation for Suicide Prevention

"We are highlighting the importance of getting help," Ramirez said. "We are giving our base population the resources to do that."

Ramirez said the Run For Life is also an event for JBSA families.

"It is about coming together as a community and we are focusing on the value of life," she said. "Because every life has value, that's why we call it Run For Life. We provide resources to those who need help or family members who want to help their loved ones."