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WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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Pringle succeeds LaBrutta as 502nd ABW and JBSA commander

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U.S. Air Force Lt. Gen. Darryl Roberson (left), commander of Air Education and Training Command, passes the guidon to Brig. Gen. Heather Pringle during the 502nd Air Base Wing and Joint Base San Antonio change of command ceremony Aug. 5 at JBSA-Fort Sam Houston's MacArthur Parade Field.

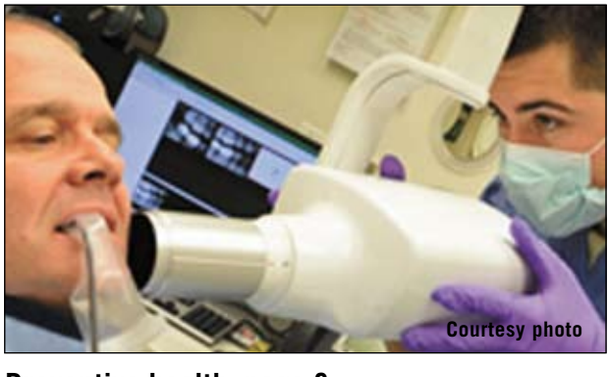
Photo by Airman 1st Class Lauren Ely

Courtesy graphic

'Turn Around, Don't Drown,' page 3

Courtesy photo

Stepping back in history, page 4



Courtesy photo

Preventive health, page 6

COMMENTARY

RESOLVING COMPLAINTS

IG: Your ombudsman in fixing what's wrong

By Lt. Col. Michael Kirkpatrick
71st Flying Training Wing Inspector General
Vance Air Force Base, Okla.

"Om" – "Buds" – "Man."

When said slowly you can almost hear the 1995 Super Bowl XXIX Budweiser Frogs sitting on their swampy log and saying the word – ombudsman.

What is an ombudsman?

An ombudsman is "a government official appointed to receive and investigate complaints made by individuals against other government officials regarding abuses or capricious acts, investigates reported complaints, reports findings, and helps to achieve equitable resolution of complaints."

At least, that's what it says in Air Force Instruction 90-301, "Inspector General Complaints Resolution."

Your wing Inspector General – that's me – is your ombudsman.

I work independent of all supervisors on the base, except one – the wing commander. As your ombudsman, I am the wing commander's eyes and ears to keep him informed of systemic problems throughout the wing, especially those affecting morale, efficiency and mission effectiveness.

I work on your behalf to assist you with your problem.

What types of things can you bring to me?

Practically anything. But specifically, non-frivolous allegations of wrongdoing, or problems that prevent you from accomplishing your job.

As your ombudsman, I take all types of complaints and then determine the best path to a resolution. Some issues I can handle directly. Some I will refer you to the office that can best resolve your problem – like Patient Advocacy or Equal Opportunity example.

Lt. Col. Michael Kirkpatrick

"As your ombudsman, I take all types of complaints and then determine the best path to a resolution. Some issues I can handle directly. Some I will refer you to the office that can best resolve your problem"

The first question I will ask is, "Have you talked with your supervisor?" Your supervisor is always the best first step in resolving issues.

You can bring your concern to me through any medium you want – email, phone, in-person and even anonymously.

The best way is by submitting an Air Force Form 102, "IG Personal and Fraud, Waste and Abuse Complaint Registration." This form covers the five W's of the issue – who, what, when, where and why.

An AF Form 102 is good for initiating a complaint because it is in your own words, which helps prevent misinterpretation. You can find the form at http://www.e-publishing.af.mil.

My job is to help you resolve your problem and get you back to the mission. But I can only help you if you report the problem.

Our communications are protected and no one can prevent you from coming to me or take action against you if you do. That protection comes from Title 10 United States Code 1034, and AFI 90-301. Violators can be punished under the Uniform Code of Military Justice.

For you, "Om" – "Buds" – "Man" has nothing to do with singing amphibians or frosty beverages. It is all about a non-biased, fact-finding honest broker intent on resolving your complaints.

It is all about your Inspector General.

Enlisted Professional Military Education Distance Learning and Promotion Eligibility

From MyPers

The Chief of Staff of the Air Force or CSAF temporarily delayed implementation of the reenlistment and promotion policy for active-duty members until Jan. 1, 2017. Airmen who fail to complete the applicable Enlisted Professional Military Education Distance Learning (EPME DL) course effective Jan. 1, 2017, will be impacted as follows:

Airman projected for promotion prior to their Air Force Personnel Center suspense date will be allowed to promote.

Airman who fail to complete the applicable EPME DLC after their AFPC suspense date will be rendered ineligible for promotion consideration.

Airman projected for promotion who fail to complete the applicable EPME DLC after their AFPC suspense date (12 months from initial notification), will have their promotion sequence number placed into withhold until the EPME DLC is completed or until the end of the promotion cycle. The promotion effective date will be retroactive once EPME is complete.

If Airmen with a projected promotion fail to complete applicable EPME DLC by the end of the promotion cycle, the line number will be removed and will not be reinstated.

WINGSPREAD

Joint Base San Antonio-Randolph
Editorial Staff
Brig. Gen. Heather A. Pringle
502nd Air Base Wing/JBSA Commander
Todd G. White
502nd ABW/JBSA Public Affairs Director
Dan Hawkins
JBSA-Randolph Public Affairs Chief
Senior Airman Stormy Archer
Photojournalist Journeyman
Airman 1st Class Lauren Ely
Photojournalist Journeyman
Robert Goetz, David DeKunder
Staff Writers
Maggie Armstrong
Graphic Designer

Wingspread Office
1150 5th Street East
JBSA-Randolph, Texas 78150
Phone: 210-652-4410
Wingspread email
randolphpublicaffairs@us.af.mil
Wingspread Advertisement Office
EN Communities
P.O. Box 2171
San Antonio, Texas 78297
210-250-2052

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The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to randolphpublicaffairs@us.af.mil.

‘Turn Around – Don’t Drown”: Don’t become a flood water statistic

Graphic courtesy of National Weather Service

By Janis El Shabazz
JBSA-Fort Sam Houston Public Affairs

“Turn Around – Don’t Drown.”

We’ve all heard this flood precaution. As with many oft-repeated mottos – after a time people tend to let it go in one ear and out the other. However, San Antonio residents who ignore this warning do so at their own peril.

According to the San Antonio River Authority, or SARA, San Antonio is in one of the most flash flood prone regions in North America. Furthermore, data from the Flood Safety Education Project reveals Texas leads the nation most every year in flood related deaths and damage.

Each year, more deaths occur in the United States due to flooding than from any other thunderstorm-related hazard. The Centers for Disease Control and Prevention report more than half of all flood-related drownings occur when a vehicle is driven into hazardous flood water. The next highest percentage of flood-related deaths is due to walking into or near flood waters.

People often underestimate the force and power of water.

Many of the deaths occur in automobiles as they are swept downstream. Of these drownings, many are preventable, but too many people continue to drive around the barriers that warn the road is flooded.

It only takes 6 inches of fast-moving flood water to knock over an adult. Most cars will float (and be swept away) in 18-24 inches of moving water. Trucks and sport utility vehicles are not much better with only 6-12 more inches of clearance. It is never safe to drive or walk into flood waters.

We all have seen the flooding that occurs in San Antonio, sometimes with only moderate rainfall. SARA officials point out it is San Antonio’s particular topography that causes this dangerous recurrence, because a large percentage of San Antonio contains what is known as impervious cover. Impervious cover prevents rain from soaking in the ground, which is a major contributor of water run-off leading to flooding during medium to heavy rainfall.

American Red Cross officials said floods are among the most frequent and costly natural disasters. Conditions that cause floods include heavy or steady rain for several hours or days

See SUMMER SAFETY P12

Tour of JBSA-Randolph uncovers unique history

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

Photo courtesy of the Air Education and Training Command History Office
Aviation cadets in the U.S. Army Air Corps undergo a drill and ceremony practice Nov. 28, 1932, in front of the cadet barracks at building 902 at then-Randolph Field.

Whether it's by foot or in a vehicle, touring the buildings and sites at Joint Base San Antonio-Randolph provides a glimpse into the unique history of the base and its beginnings.

There are 398 structures, sites and objects within the Randolph Field Historic District constructed between 1929 and 1950. Randolph Field, which is the former name for JBSA-Randolph, was dedicated on June 20, 1930, as the site of the U.S. Army Air Corps Training Center.

Listed on the National Register of Historic Places, the historic district covers 410 acres at JBSA-Randolph, bordered on the north by Harmon Drive and A Street; on the east by the east hangar flightline, located on Fifth Street East; on the south by Northeast Drive and H Street; and on the west by the west hangar flightline, located on Fifth Street West.

The National Register of Historic Places is administered by the National Park Service and includes districts, structures, buildings and objects of significance in American history, architecture and archeology.

Lane Bourgeois, 12th Flying Training Wing historian, said the historic buildings and structures at JBSA-Randolph were constructed in the Spanish Colonial Revival architectural style of the 1920s and 1930s common in Texas and Southwestern U.S. during that time period.

According to the book, "The Architecture of Randolph Field, 1928-31," Spanish Colonial Revival architecture includes stucco exterior, red tile roofs, entrances with ornamented glazed tiles, wrought-iron balconets, elaborate cast stonework, open courtyards and rows of arches. Spanish Colonial Revival architecture evolved from the Mission Revival style of the late 19th century in California when architects began designing structures that reflected the regional Catholic missions of the Spanish colonial days.

According to historical sources, Bourgeois said the structures and buildings at JBSA-Randolph were designed and constructed in accordance with the vision of Lt. Harold Clark, who developed the "Air City" concept and layout of Randolph Field and his team of architects, including the father-and-son team of Atlee and Robert Ayres.

"It was built to be aesthetically pleasing and functional at the same time," he said. "We use the base today as a testament to the vision of the architects. Everything is designed in one consistent kind of architectural style."

Building 100, known as the "Taj Mahal" and located on Washington Circle, is an example of Spanish Colonial Revival architecture with its white stucco exterior and clay tile. The two-story, T-shaped building, completed in 1931, houses the administrative offices for the 12th FTW and is 170 feet high – making it the tallest structure at JBSA-Randolph.

The Taj Mahal includes a central tower with a domed roof covered by ceramic tile and an auditorium. Inside the tower is a functional 500,000-gallon water tank. The tower is of the Art Deco design, also prevalent in the 1920s and 1930s, that included symmetrical facades, towers or pylons to emphasize height, ornamental metalwork, concrete and glass block and colorful murals, according to a 2011 article published in the San Antonio Express-News magazine "Trends."

The construction of the Taj Mahal came about from Clark's idea to have a centralized administration building at the installation that would serve many purposes. The structure housed a post office, signal office, print plant, a weather office, Judge Advocate offices, a courtroom, telephone exchange room, a photography unit and Air Corps Training Center administrative offices.

Buildings surrounding the Taj Mahal along Washington Circle include the Chapel, building 102, completed in 1934, and the former Post Exchange, building 200, constructed in 1931. The Chapel, located on the northeastern side of Washington Circle, has features of both Mission Concepcion and Mission San Jose in San Antonio. Architecture of the chapel includes an ornamented entrance of Spanish Baroque influence and asymmetrical bell towers with shallow domes.

The Y-shaped Post Exchange has three wings, an open courtyard and a covered, colonnaded walkway. The Post Exchange was located in the southwest wing, a grocery store in the southeast wing and a restaurant in the north wing. Other amenities in the Post Exchange building included a shoe shop, a tailor shop, an exchange office, a beauty shop and restrooms. Today, the building houses the 12th FTW Historian Office and the 12th FTW Inspector General Office.

Behind the Taj Mahal, near or within the Main Circle are the Commanding General's Quarters, building 300; residential housing; and the Officer's Club, building 500. All were constructed in the 1930s.

Located in the southern end of Main Circle is the former aviation cadet complex. Consisting of six structures, the cadet complex included the cadet academic building, building 900; four barracks, buildings 901, 902, 903 and 907; the administration building, building 905; and a parade ground.

All of the former cadet complex structures are now offices for the Air Education and Training Command, including the academic building, which is the AETC headquarters.

The cadet academic building housed classrooms, a library, instructors' offices and a radio room. Cadets took classes in weather, the use of radio and armaments. The four cadet barracks each could house 106 men, with two men in each room, and included recreation rooms, an orderly room, mess hall, kitchen, storerooms and administrative offices.

See HISTORIC BUILDINGS P11

Global Leadership Summit live broadcast set for Aug 11-12

By Janis El Shabazz
340th Flying Training Group

Leaders from the 39th Flying Training Squadron, located at Joint Base San Antonio-Randolph recently travelled to Grand Rapids, Mich., to meet with Bill Hybels, the head of the Global Leadership Summit.

GLS participants learn about opportunities to sharpen their skills and develop people they lead. The JBSA-Randolph Chaplain Services will sponsor a live broadcast of this year's program here on Aug. 11-12, 8 a.m. to 4 p.m., at the Religious Activity Center located on H Street in building 975.

Lt. Col. "Squeak" Goldstein, 39th FTS commander, decided to sign up his whole leadership team because he sees the lessons of leadership espoused by GLS as value-added adjuncts to the toolkit used to train the Air Force pilots of tomorrow.

"The Air Force does an outstanding job training aviators to accomplish the mission with excellence," Goldstein said. "But when it comes to developing the leaders, it takes intentional investment by their commanders to really make transformational changes in their Airman. This is an area we can improve on as leaders. The 'Next Level Instruction,' concept developed by the 12th Operations Group and the lessons taught at GLS augment technical training by servicing the 'whole person' technically, spiritually and emotionally.

"The NLI concept and GLS produce better aviators, but most importantly, they produce leaders who are more intuitive, more resilient and all around better Airmen," Goldstein said.

The 39th FTS is part of the 340th Flying Training Group, the Reserve associate to the 12th Flying Training Wing. The 340th FTG supports Air Education and Training Command's specialized Undergraduate Pilot Training, Joint Primary Pilot Training, Pilot Instructor Training, Introduction to Fighter Fundamentals, Euro-NATO Joint Jet Pilot Training, Basic Military Training and the U.S. Air Force Academy's Airmanship Programs. The 39th FTS trains and mentors instructor pilots who, in turn, train the next generation of Air Force pilots.

For more information on the GLS broadcast contact, Chaplain Services at 652-6121 or visit http://www.willowcreek.com/events/leadership/index.html to register.

Preventive measures lead to a healthier Air Force

Courtesy graphic

By J.D. Levite
Air Force Surgeon General Public Affairs

Preventing illness or injury is the goal of the Air Force's Preventive Medicine program, a topic highlighted in August during Preventive Health Month.

Preventive health extends beyond health care at an individual level, concentrating rather on the health of individuals, communities and specific populations to help groups reduce their risk of disease, disability and death.

"We see patients one on one and also look at a global view," said Col. Patrick Monahan, chief of Population Health Operations. "We determine how to care for the population in the best way possible."

Col. Thomas Moore, Health Promotion chief, said it's the community-level impact of preventive medicine that motivates him.

"It's better to prevent than cure. 'An apple a day keeps the doctor away.' There's a lot of wisdom in that," he said. "We can help a lot of people versus just the one on one. That's the interesting part for me."

See HEALTHIER AF P12

Safety tips for protecting your head this summer

By Toni McCall
Defense and Veterans Brain Injury Center
Regional Education Coordinator

During the summer, people look forward to leaving the house and enjoying more recreational sports and activities. The military community is familiar with being on the go and living active lives.

The thrill of exploring a new bike path or the excitement of hitting the basketball court can distract people from recognizing unseen risks. Understanding the risks that cause traumatic brain injury, or TBI, can help people avoid summer mishaps.

There are simple things to do to protect your head, like wearing a helmet when you venture the roads on your bike, motorcycle or all-terrain vehicle. Consider key safety measures when choosing a helmet. Select the right helmet or headgear for each activity and ensure they fit properly.

While traveling to a summer vacation destination, practice safe driving. Essential precautions to take include wearing a seatbelt and removing driving distractions such as texting or dialing on mobile phones. These actions help to keep all drivers and passengers safe.

On the basketball court or the playing field, you should assess the risks around you such as objects you can trip over or collide into. Footwear with good traction prevents slips and falls.

In the military, most brain injuries are diagnosed in noncombat settings. Common causes of noncombat brain injuries are motor vehicle collisions, falls, sports-related incidents and training accidents. According to Department of Defense data, more than 344,000 service members have been diagnosed with TBI since 2000.

Courtesy graphic

The majority of brain injuries in the military are concussions, also known as mild traumatic brain injuries, or TBIs. A TBI occurs when a blow or jolt to the head disrupts normal brain function. After a concussion, you may feel woozy or confused, see spots or lose consciousness. The signs and symptoms are often subtle and difficult to recognize. Seek medical attention if you suspect you experienced a concussion.

Both in combat and noncombat settings, DOD policy requires a concussion evaluation and appropriate rest time for service members involved in potentially concussive events – a motor vehicle collision, a direct blow to the head, loss of consciousness or repeated experience with concussive events. All of these incidents require mandatory concussion evaluation by a medical provider.

Education is critical in raising concussion awareness, promoting prevention and supporting recovery. The San Antonio Military Medical Center regional education coordinator for the Defense and Veterans Brain Injury Center provides concussion awareness trainings for service members and medical personnel. For more information about education and outreach efforts at Joint Base San Antonio, contact the regional education coordinator at 916-7013.

A Head for the Future (http://dvbic.dcoe.mil/aheadforthefuture) is a U.S. Department of Defense TBI awareness initiative that highlights service members and veterans who recovered from brain injury with medical treatment and support. The video series TBI Champions is featured on http://dvbic.dcoe.mil/aheadforthefuture and the YouTube channel of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

For additional safety tips and TBI prevention, educational resources can be found at http://dvbic.dcoe.mil/aheadforthefuture/materials and ordered from the DVBIC Resources section for free.

Visit "A Head for the Future" on Twitter (https://twitter.com/AHFTF_Page) and on DVBIC's Facebook page at https://www.facebook.com/DVBICpage.

Pringle succeeds LaBrutta as 502nd ABW-JBSA commander

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Brig. Gen. Heather Pringle assumed command of the 502nd Air Base Wing and Joint Base San Antonio during a change of command ceremony Aug. 5 at JBSA-Fort Sam Houston's MacArthur Parade Field.

Pringle, who most recently served as the executive officer to former Air Force Chief of Staff Gen. Mark A. Welsh III, succeeds Brig. Gen. Bob LaBrutta, who led the 502nd ABW and JBSA for more than three years.

"I am honored to take the flag and excited to become part of this incredible team," Pringle said. "The (wing) has a great reputation in this city and in the entire Department of Defense. This did not happen by chance. It happened because of your hard work, your dedication that each and every one of you has shown and, I believe, will continue to show."

Lt. Gen. Darryl Roberson, commander of Air Education and Training Command and presiding official for the ceremony, said Pringle comes well-qualified to command the 502nd and JBSA.

"She has the experience, the proven performance and leadership qualities to take the wing to even newer heights," he said. "When you take a peek at her record, it is clear that she has earned her reputation for strong character, commitment to the mission and Airmen, and the readiness to make the tough calls when needed."

Roberson said he knows Pringle will lead the team to continued excellence.

"I am confident you are up to this task, and the 502nd Air Base Wing and Joint Base San Antonio, under your leadership, will continue to provide unrivalled installation support and service to enable mission partner success," he said. "As you take command today, I trust you to lead them; we need you to inspire them and we expect you to take care of them."

Roberson also commended LaBrutta, who is headed to Keesler Air Force Base, Miss., to take command of 2nd Air Force, for leading the 502nd ABW and JBSA "through some significantly difficult events while achieving great accomplishments," and presented him with the Legion of Merit – an award given to members of the armed forces for exceptionally meritorious conduct in the performance of outstanding service.

"You led the 502nd to inspire, engage and support the Department of Defense's largest joint base, demonstrating to the rest of our armed forces what innovative leadership can do to foster synergy between the Army and Air Force to deliver air and ground power for America," he said.

"I am honored to take the flag and excited to become part of this incredible team. The (wing) has a great reputation in this city and in the entire Department of Defense. This did not happen by chance. It happened because of your hard work, your dedication that each and every one of you has shown and, I believe, will continue to show."

Brig. Gen. Heather Pringle
502nd Air Base Wing and Joint Base San Antonio commander

Photo by Airman 1st Class Lauren Ely
Master Sgt. Steven Erickson, Air Force Band drum major, stands at attention while the Band of the West plays before the 502nd Air Base Wing and Joint Base San Antonio change of command ceremony Aug. 5 at JBSA-Fort Sam Houston's MacArthur Parade Field.

Photo by Olivia Mendoza
Brig. Gen. Heather Pringle, 502nd Air Base Wing and Joint Base San Antonio commander, has her new rank pinned on by family during a frocking ceremony Aug. 5 at Joint Base San Antonio-Fort Sam Houston.

Photo by Melissa Peterson
Brig. Gen. Heather Pringle gives her first salute to members of the 502nd Air Base Wing during the 502nd ABW and Joint Base San Antonio change of command ceremony Aug. 5 at JBSA-Fort Sam Houston's MacArthur Parade Field.

Photo by Airman 1st Class Lauren Ely
Brig. Gen. Heather Pringle speaks to attendees during the 502nd Air Base Wing and Joint Base San Antonio change of command ceremony Aug. 5 at JBSA Fort Sam Houston s MacArthur Parade Field.

Joint Base San Antonio-Randolph

NEWS BRIEFS

Enlisted aides host 'Food for Thought'

The Joint Base San Antonio Enlisted Aides are reaching out to Airmen (E1-E6) to provide a monthly gourmet meal and mentorship from senior leaders throughout JBSA. The dinner will be by RSVP and capped at the first 15 Airmen who sign up. The kickoff "Food for Thought" event is 6 p.m. Sept. 23 at the JBSA-Randolph Chapel Annex, and the guest speaker will be Chief Master Sgt. Brion P. Blais, 502nd Air Base Wing and Joint Base San Antonio command chief master sergeant. Call 347-4353 at JBSA-Lackland and 612-7165 at JBSA-Randolph for more information.

JBSA, 502nd ABW food drive

Joint Base San Antonio and the 502nd Air Base Wing is hosting a canned food drive through Aug. 31. The JBSA-Randolph drop-off locations are at the Rambler Fitness Center, medical clinic, Child Development Center, Security Forces (buildings 235; 863, 1 MRS), building 592 (AFMAA), building 499 (AFPC) and Hangar 6 (Public Affairs). For more information, call 817-793-3670.

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 Randolph Chief's Group 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 an RCG scholarship within the last 12-months. For information on submitting nominations, call 652-1541.

Newcomer's orientation

Mandatory in-processing for all newly assigned JBSA-Randolph military and civilian personnel is 8 a.m. to 12:30 p.m. Monday at the JBSA-Randolph Military & Family Readiness Center. Spouses are invited to attend. Call 652-3036 to register.

Mandatory financial training

The mandatory financial training for first and second lieutenants and captains assigned to their first permanent duty station is 8:30 a.m. to 12:30 p.m. Tuesday at the JBSA-Randolph Military & Family Readiness Center. The training explores all aspects of finances. For more information, call 652-5321.

Survivor Benefit Plan

A Survivor Benefit Plan briefing is 8-9:30 a.m. and 1-2:30 p.m. Tuesday. This briefing is required by law and helps service members and their spouses become familiar with the options, effects and advantages of SBP. For more information, call 652-5321.

Readiness briefing

All military members scheduled to deploy, go on temporary duty longer than 30 days or on a remote assignment are required to attend a pre-deployment briefing 9-10 a.m. Tuesday at the JBSA-Randolph Military & Family Readiness Center. Spouses are encouraged to attend to learn about various programs and resources available to them. For more information, call 652-5321.

Single Parent Support Group

The Single Parent Support Group meets noon to 1 p.m. Thursday at the JBSA-Randolph Military & Family Readiness Center. This brown bag forum is open to both long- and short-term single parents. Participants can connect, share helpful resources and ways to overcome challenges as a single parent. For more information, call 652-5321.

Thrift Savings Plan class

A class to review Thrift Savings Plan contribution limits, advantages of tax-deferred investments, rates of return, options to consider after separating from the military or civilian service and more is 10-11:30 a.m. August 19 at the JBSA-Randolph Military & Family Readiness Center. To register, call 652-5321.

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 soon.

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.

HISTORIC BUILDINGS from P4

Gary Boyd, AETC History Office command historian, said building 905 was the center of a cadet's life because it was the place they reported to for the start of their training and housed both recreational and dining facilities.

On the ground floor of the cadet administration building were supply rooms, a mess hall, kitchens and administrative offices. Located in the basement were a bowling alley, post exchange branch, barber shop and gymnasium. The second floor consisted of offices, including that of the Commandant of Cadets.

"It was almost like the reception center of today's basic training," Boyd said. "You would report here, get your initial issue of clothes and get your haircut. You would eat here and you would meet your upperclassmen and leadership here on your way to being assigned to cadet barracks and it was in the middle of the parade field. This building was the nexus for everything you did in aviation cadet training."

In the southwestern portion of Main Circle are three structures that were used as medical facilities. Building 661, which today is headquarters for the 19th Air Force, was constructed in 1942 as a medical research facility; building 671 was the site of the former School for Aviation Medicine, which conducted research and testing on aviation cadets as they went through training at JBSA-Randolph from 1939 to 1959 until it was moved to Brooks Air Force Base in San Antonio; and building 675 is the former station hospital, which had a capacity for 200 beds and included laboratories and operating rooms.

Other structures of interest within the Randolph Field Historic District include the former enlisted barracks, buildings 499, 491, 663, 581 and 399; the hangars on the east and west flightlines; the former bachelor officers' quarters, buildings 110 and 120; the former bachelor officers' mess, building 112; the former children's base school, building 584; and the former non-commissioned officer clubs, building 598, near the east flightline, and building 693, near the west flightline. Today, building 598 is the site of the base library, and building 693 houses the Airman & Family Readiness Center.

Dayna Cramer, 502nd Civil Engineer Squadron cultural resource manager at JBSA-Randolph, said the squadron has an installation design guide that contains requirements for renovating historic structures, including the type of materials, colors, windows and siding that need to be used in the renovation.

"We try to make sure that everything is kept up to the standards of that installation design guide and architectural compatibility," she said.

SUMMER SAFETY from P3

that saturates the ground. Flash floods occur suddenly due to rapidly rising water along a stream or low-lying area.

Flash floods can roll boulders, tear out trees, destroy buildings and bridges and scour out new channels, according to the National Weather Service, Southern Region Headquarters. Rapidly rising water can reach heights of 30 feet or more. Furthermore, flash flood-producing rains can also trigger catastrophic mud slides.

The terms most used by weather forecasters when floods are predicted in the community are:

• Flood/Flash Flood Watch – flooding or flash flooding is possible.

• Floor/Flash Flood Warning – Flooding or flash flooding is already occurring or will occur soon.

"No matter how many times we say, "turn around – don't drown," every time it rains a group of people ignore this warning, drive around barriers, walk through standing water causing city officials to expended thousands of dollars on high water rescues, or worse, have to tell a family that their loved one died in a flood," said Travis Kilpack, 502nd Air Base Wing occupational safety manager. "Sometimes folks wind up in these situations because they believe their 3,000-pound or more vehicle will remain in contact with the road surface … that it is too heavy to float."

To that flawed logic Kilpack offers this sobering fact; "Aircraft carriers weighing 97,000 tons float. Vehicles and ships float because of buoyancy. He said in moving water all that needs to happen is for the vehicle to become buoyant enough for the force of the moving water to push it sideways.

Furthermore, Kilpack said automobile commercials advertising the ability to drive through water leads to a false sense of security at best and tragic consequences at worst. Once swept downstream, the vehicle will often roll to one side or perhaps flip over entirely. The driver then only has a few seconds to escape the vehicle.

Heeding the "Turn Around – Don't Drown" warning and following the old adage often used to bracket a precautionary tale, "An ounce of prevention is worth a pound of cure," can prevent people from becoming a flood water statistic.

The American Red Cross offers the following flood water safety recommendations:

• Listen to area radio and television stations and a National Oceanic and Atmospheric Administration Weather Radio for possible flood warnings and reports of flooding in progress or other critical information from the National Weather Service

• Be prepared to evacuate at a moment's notice.

• When a flood or flash flood warning is issued for your area, head for higher ground and stay there.

• Stay away from floodwaters. If you come upon a flowing stream where water is above your ankles, stop, turn around and go another way. Six inches of swiftly moving water can sweep you off of your feet.

• If you come upon a flooded road while driving, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly and move to higher ground. Most cars can be swept away by less than two feet of moving water.

• Keep children out of the water. They are curious and often lack judgment about running water or contaminated water.

Photo courtesy of National Weather Service

• Be especially cautious at night when it is harder to recognize flood danger.

For additional information, visit the National Weather Service, Southern Region Headquarters Turn Around, Don't Drown page at http://www.srh.weather.gov/srh/tadd/.

HEALTHIER AF from P6

Preventive Health breaks down into three separate stages: primary, secondary and tertiary. Primary prevention is meant to keep people from getting sick in the first place. There are many ways to do this from immunizations to targeting exposures that might get people sick.

The Air Force's Health Promotion effort focuses on primary prevention, too. In addition to advocating for new policies that make it easier to adopt healthy habits, such as improving dining facilities to offer healthier foods, Moore said they also create campaigns to promote the adoption of healthy behaviors like eating right and not smoking. They also work to keep Airmen from unhealthy behaviors.

"We want to make sure people are as healthy as they can be and that we have the best fighting force ready to go," Moore said.

Preventive health's secondary stage is the one most Airmen have experienced in one way or another. It includes things like the annual Periodic Health Assessment, hearing tests, cancer screenings and blood tests.

While it mostly works behind the scenes, population health plays a big part in the secondary stage by using data from military treatment facilities around the Air Force.

"Once we identify areas we do well in and areas we have challenges in, we deep dive into more investigative work and see how we can improve," Monahan said.

One example of how population health improves preventive health is with breast cancer screening. Using the data available, Monahan is able to find a group of patients that should be receiving that screening based on their gender, age and other factors. He can then push for outreach campaigns to help make sure those people are getting that recommendation.

The final stage is tertiary prevention. At this point an individual already has a disease, but it's still in a stage that's early enough to treat. A good example of this is diabetes, which can be treated with a change in diet and nutrition long before it gets to the point where medicine is needed.

"All kinds of things can happen if your diabetes gets bad enough and isn't well controlled," Moore said. "So the efforts we make early on to try and prevent it from progressing to that stage, that's tertiary prevention."

Moore said many of the factors that have led to an increase in life expectancy for humans can be attributed to the concept of preventive health. Things like improved sanitation and just getting people to wash their hands have made a huge difference to public health overall because it has prevented people from contracting diseases they may have gotten otherwise.

"It's much better to get that shot periodically or get your blood sugar checked to make sure you're not diabetic," Moore said. "We can stick you and take a little bit of blood right now and send you down a path that hopefully keeps you healthy. Or you're going to end up in a situation where you're giving yourself a shot every day."

Preventive health covers topics ranging from the flu shot to tobacco cessation to alcohol consumption, and the Air Force is exploring new avenues for all of these issues. Throughout August, http://www.airforcemedicine.af.mil will cover all these topics and more while expanding on preventive health.

To advertise in the Wingspread, call 250-2052.

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Just four months removed from winning their first state championship, the Steele High School girls' bowling team can now count themselves among the nation's elite.

The girls' team, which practices at the Joint Base San Antonio-Randolph Bowling Center and is coached by Steve Barinque, the bowling center's manager and longtime instructor, placed fourth at the 2016 U.S. High School Bowling National Championship July 30-31 in Fort Lauderdale, Fla.

"We're really proud of the kids," Barinque said. "The reasons for their success are their commitment to their sport along with the support of their parents and coaches.

"They've dedicated many hours to their sport," he said. "You can't even begin to add all those hours together."

The Steele girls were led by a pair of 18-year-old seniors, Sydney Strohm and Megan Eaglehouse, both bound for Stephen F. Austin State University this month.

"Going to the nationals was really great and really surprising," said Strohm, whose father, Bill, a retired Air Force master sergeant, is one of the team's assistant coaches. "It was cool that we ended up competing with the best high school teams from other states."

Eaglehouse, who won the state singles title a year ago and will be attending college on a bowling scholarship, said that competing at the national championship was an amazing experience.

"It was pretty exciting to know that we could accomplish more than winning the state championship," she said. "I was pretty confident of our chances because we work well together. It was really exciting for me to see all our hard work pay off."

Since 2010, either the Steele boys' or girls' team has qualified for the state tournament, Barinque said. Last year, both teams qualified for the state tournament.

Two years ago, the girls placed 12th at state, following that up with an eighth-place finish last year. This year, the girls, who were seeded fifth, defeated second-seeded and two-time state champion Harker Heights to win state, rallying from a 1-0 deficit to win the next two games. In addition to Strohm and Eaglehouse, the team consisted of Ashley Devine, Megan Causey, Amber Perez, Shelby Kundinger, Alyssa Patterson and Lillian Carson.

"Winning state was the highlight," said Strohm, who has bowled since she was 7 years old. "The last round was really intense. It was so neck and neck. I knew we could do it; we just had to go out and get it done."

Training, teamwork and trust were key factors in the Steele girls' success, Eaglehouse said.

"We stayed dedicated to practice time and working together as a team," she said. "That made a huge difference. We also could depend on each other, so it was more of a trust factor."

Other local bowlers qualified for nationals. Jordan Dawkins and Mark Frankhouser of Steele and Angelica Anthony of Randolph High School, who also practice at the bowling center, competed in singles.

"All of these kids did very well," Barinque said. "I'm really proud of their accomplishments in bowling and in the classroom. Their commitment really paid off."

Photo by Airman 1st Class Lauren Ely

Steve Barinque (center), Joint Base San Antonio-Randolph Bowling Center manager, instructs Sydney Strohm (left) and Megan Eaglehouse (right), Steele High School bowling team members, during a practice Aug. 3 at JBSA-Randolph's Bowling Center.

JBSA Sexual Assault Prevention, Response

To report a sexual assault, call the 24/7 Joint Base San Antonio Sexual Assault Prevention and Response Hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.