



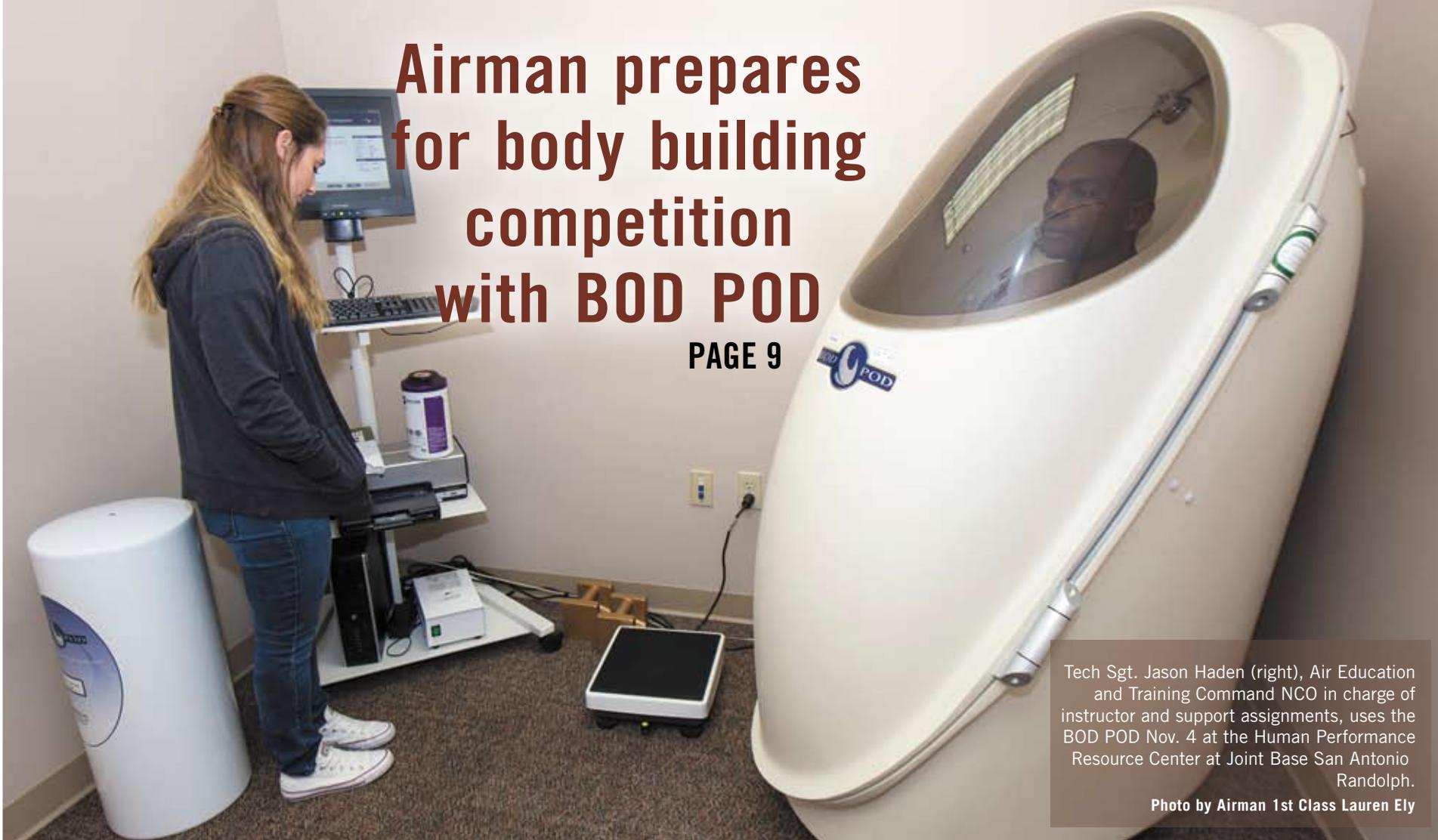
WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 46 • NOVEMBER 18, 2016

Airman prepares for body building competition with BOD POD

PAGE 9



Tech Sgt. Jason Haden (right), Air Education and Training Command NCO in charge of instructor and support assignments, uses the BOD POD Nov. 4 at the Human Performance Resource Center at Joint Base San Antonio Randolph.
Photo by Airman 1st Class Lauren Ely



Courtesy photo

Civilian leadership program, page 3



Courtesy photo

Readiness NCO helps military families, page 8



Courtesy graphic

National Child Safety Month, page 12

COMMENTARY

Suicide awareness: the long fight

By Senior Airman Scott Jackson
17th Training Wing Public Affairs
Goodfellow Air Force Base, Texas

For a majority of my life, I've thought about killing myself. I never really talked to anybody about it or expressed it; it just dominated my thoughts. Basically, I thought the world sucked and I wanted to escape. Killing myself seemed the best option.

I don't have the best family life, I'll leave it at that. I wrote my first suicide note when I was in the fourth grade. My teacher found it and spoke with me. She called my parents and they talked to me about it when I got home. It was awkward. I told them it was a joke. They believed me and they moved on, but I didn't.

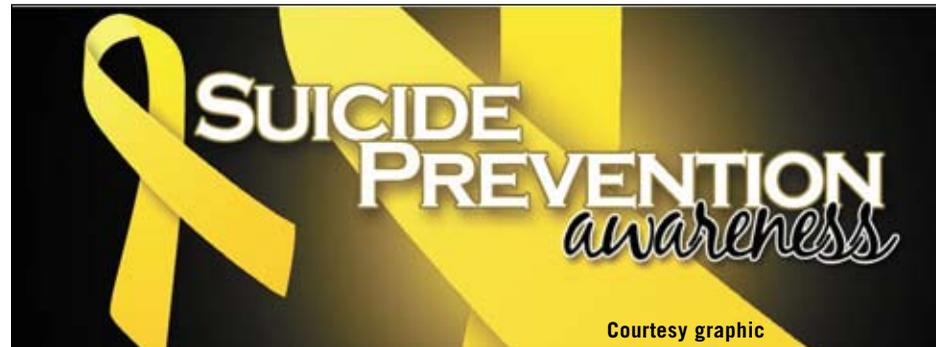
As I drove home from high school, I pictured myself walking into my house and going straight for the toaster and drawing a bath. I'd sit on the bathroom counter watching the water rise. I'd be indifferent. No self-doubt. Just freedom. Pure, sweet freedom as I'd stand in the rising water and plug in the toaster and let it drop like a guillotine.

My parents would come home, freak out, call the police, the ambulance, everyone. Extended family I never talked to would fly out for my funeral. Friends would be sad and say things like "I never thought he'd do it, I mean, I knew he was sad, but ..."

Clearly, I never went through with it. These daydreams plagued me for most of my life, but what kept me from doing it?

Fear. Fear of death and of judgment from those who would remember me. It's ironic that death kept me sober enough to delay killing myself.

I got better, but there's one point people need to realize; I'm not unusual. People who think about committing sui-



cide are not rare. They're everywhere. I got better because I sought out help and worked real hard with every ounce of my being to get better.

I'm still not where I want to be. Some days I get in a slump and I come home and just head straight to bed.

I was able to swallow my pride and seek help. It's hard. I almost puked during my first session with my therapist. I hated the idea of it. I didn't have a car and had to be driven there by a friend. As I walked in to set my appointment up, I wanted to bolt out the door and run home and hide away from everything.

This leads me to another point:

People are chameleons. They will hide anything they feel ashamed of. They will lie to your face and try to talk about anything other than what they feel ashamed about.

Do people usually feel ashamed for feeling suicidal? Depressed? You bet they do. If you see someone who comes off as a bit sad, morose and depressed – find out why. Tear down every facade until you know for a fact they're telling the truth when they say, "I'm fine."

Be vigilant. Keep an eye out and be wary. Take your friends and family seriously. If they're sad, find out why. Even if you think their issues are petty, your

opinion about their feelings is irrelevant. If you belittle their issues, it might make them feel like no one cares about them.

Older folks and young folks, we've got to start looking out for one another. Suicide and depression are not jokes to be laughed at; they're problems to be solved and they're hiding in plain sight.

If you see someone is down, offer a helping hand. Help them get to where they need to go.

If you find yourself feeling lost and helpless, reach out. There's always someone out there who will listen. I know it sucks, I know it feels like you're showing the weakest side of yourself, but if you want to get a hold on your life, you can't cheat this. There is no other way than facing your issues head on. If you try to divert, cheat or side step them, they will always come back.

I sought help a year after I enlisted. I couldn't take it anymore. I thought maybe if I joined the military things would start getting better. I'd be forced out of my depression. I'd learn to depend on myself. I'd get distracted and the depression and apathy would go away. It didn't work.

I never thought I'd get better, but I did. It takes a lot of endurance and effort. The fight is long, but there is no point in fighting alone.

Don't give up. Reach out.

WINGSPREAD

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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.

Thanksgiving Day at the Wingman Café

On Thanksgiving day, the Wingman Café will be serving breakfast from 6:30-8:30 a.m. and a Thanksgiving meal from 11:00 a.m. to 4:00 p.m.



JBSA members selected for Air Force civilian leadership program

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

A language instructor and a research psychologist who work at Joint Base San Antonio are both hoping an opportunity to participate in an Air Force civilian educational development program will help broaden their perspective of the Air Force and enhance their careers in the civilian workforce.

Kristin Baer, Defense Language Institute English Language Center instructor at JBSA-Lackland, and Dr. James Johnson, Air Force Personnel Center personnel research psychologist at JBSA-Randolph, are two of 24 Department of Defense civilians at JBSA who have been selected to the Civilian Acculturation and Leadership Training program.

CALT is a two-week program which prepares Air Force civilians for future leadership, managerial and supervisory roles by focusing on the Air Force culture and mission, and the role leaders play in the Air Force's overall success, said Maj. Mathew Carter, Holm Center for Officer Accessions and Citizen Development at Maxwell Air Force Base, Ala.

Courses for CALT are held at Maxwell Air Force Base and consist of seven two-week classes annually. CALT is open to Air Force civilians with two to five years of federal civil service, who have a bachelor's degree and who do not have any prior military service or professional military education.

Baer applied to the CALT program because she wants to learn more about the Air Force culture and its expectations as well as better understand the needs of the foreign students she teaches English to at the DLIELC.

"The military side is new for me, which is why I think CALT will be beneficial," she said. "It is understanding my own role as a civilian in the Air Force. Some of the students I am training are going to professional military training courses in the U.S. I think it will help me understand what their follow-on training experiences will be like and what the expectations are when they are integrated with American military personnel."

Baer has been an instructor at the DLIELC for four years. Since graduating from college in 2004, she has been teaching English to international students, including a year in France and for several universities and companies in Dallas.

Her career goal is to take on a supervisory position at the language institute.

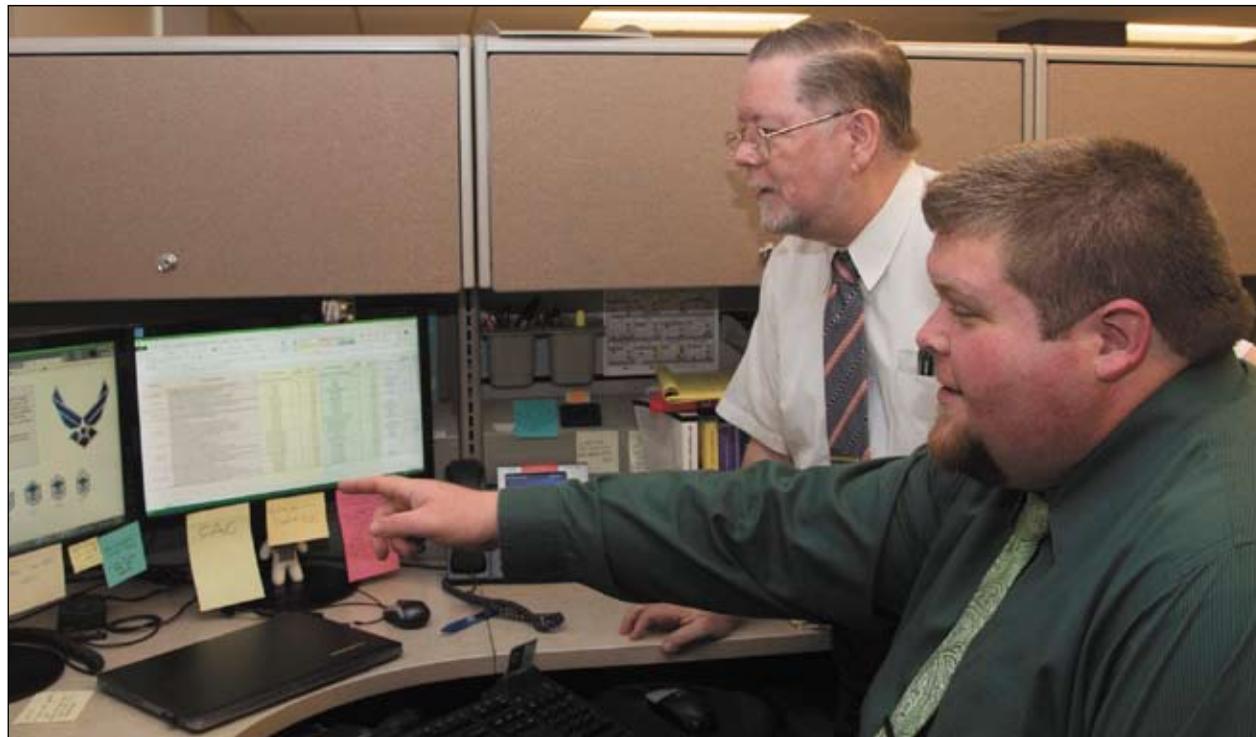
"I want to become a supervisor later on and understanding the Air Force culture will help me achieve it," Baer said. "From my understanding, CALT is preparing us to be better leaders. Having leadership skills will benefit the unit and the people who I am training, the international students, and will help me better understand their U.S. military follow-on training."

The CALT program was recommended to him by his supervisor, Dr. Laura Barron, AFPC senior personnel research psychologist, because of the program's emphasis on the Air Force culture, history and mission, Johnson said.

"The areas of instruction are leadership studies, communication skills, profession of arms, warfare studies and war gaming, and international security studies. The course will benefit the participants by acculturating them to the Air Force and providing them with the necessary tools to become leaders in the Air Force."

Maj. Mathew Carter

Holm Center for Officer Accessions and Citizen Development



Courtesy photo

James Johnson (right), Air Force Personnel Center personnel research psychologist, speaks to Johnny Weissmuller, AFPC senior personnel research psychologist Nov. 9 at Joint Base San Antonio-Randolph.

By participating in CALT, Johnson said it will help him understand the needs of Air Force enlisted members and officers he works with better. He helps develop cognitive and non-cognitive tests and works on projects, including assessing job fit and vocational interest of both enlisted Airmen and officers.

"The better I can understand and internalize the Air Force culture and history, it will help me do a better job of communicating with them on what their needs are and what their goals are for their career field," Johnson said.

Johnson came to AFPC two years ago, soon after earning his doctorate in psychology from the University of Oklahoma.

Since he is a civilian with no military experience, Johnson said he has been able to learn some things about the Air Force through experiences on the job.

He is willing to learn more about the Air Force to help further his career and learn more about the history and culture of the organization he is working for.

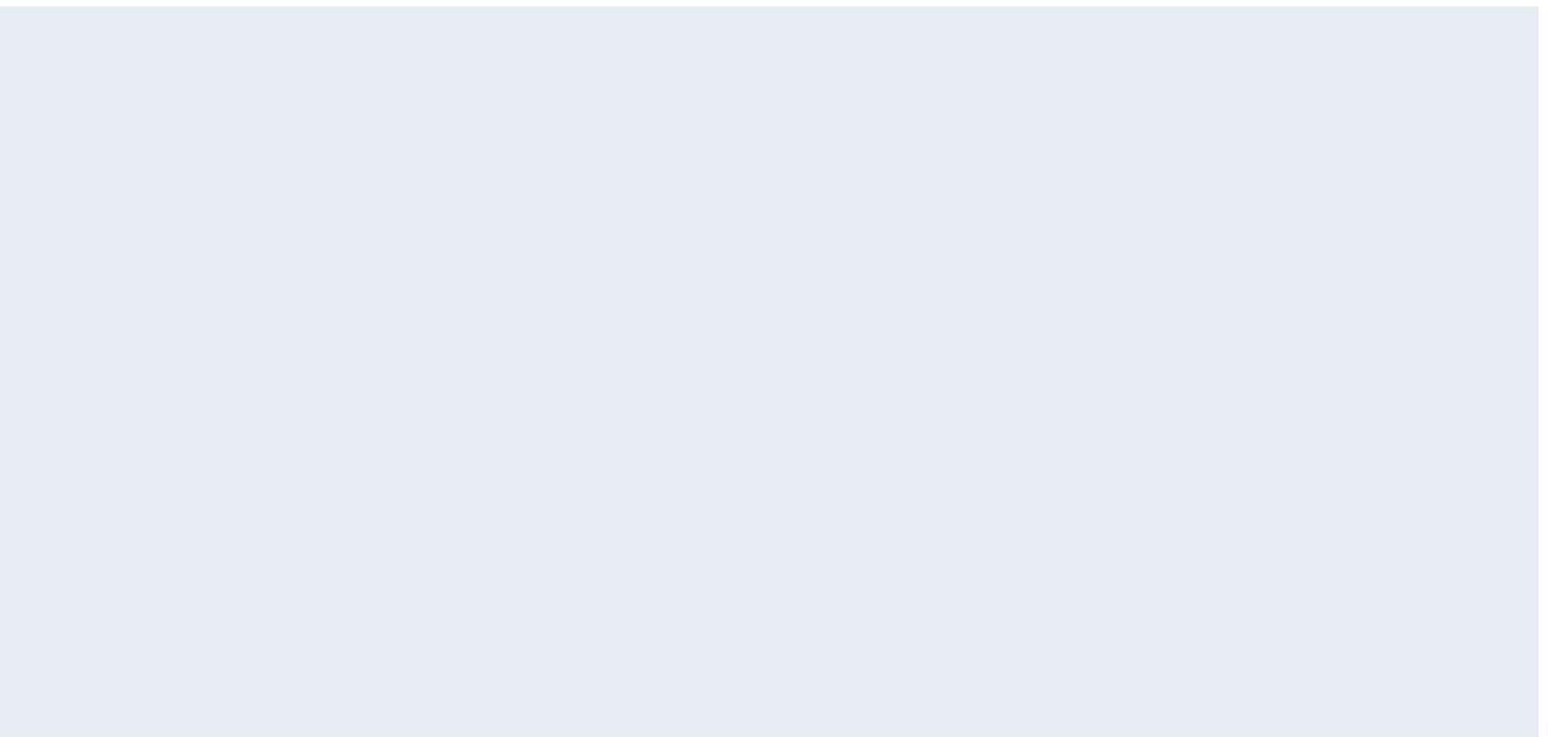
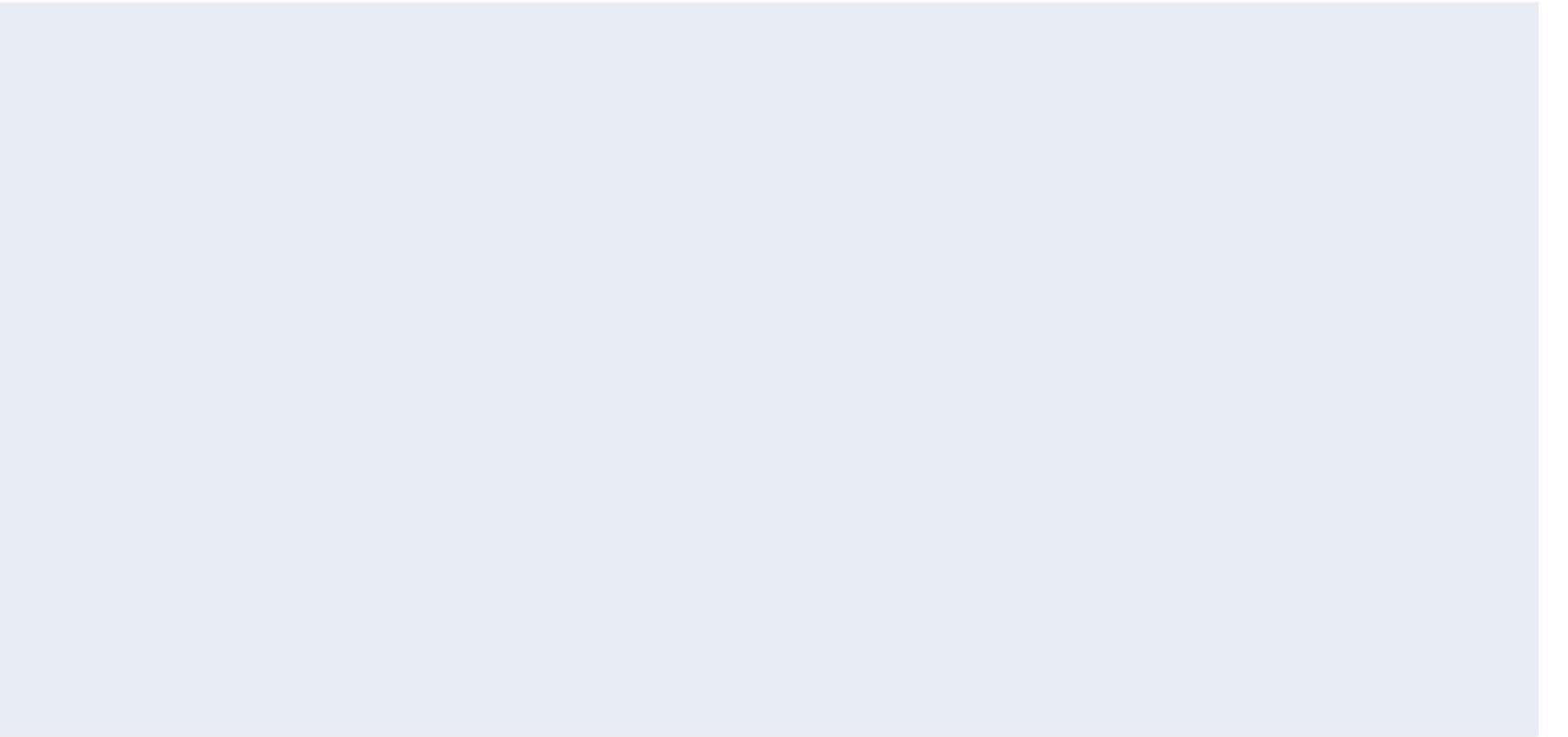
"I think at this point in my career, I'm just an open

book," Johnson said. "I would like to absorb as much as possible. In turn that will help me be more effective at my job."

Each year, 182 students are selected for and go through CALT, Carter said. Air Force civilians who are selected to the program must obtain the recommendation of their supervisor and the endorsement of their group commander.

Students who go through CALT will participate in team-building exercises, outdoor activities, simulation exercises and health and wellness activities to help maintain their physical fitness, Carter said. The program will include outside reading and projects and cover various topics and skills utilized in the Air Force.

"The areas of instruction are leadership studies, communication skills, profession of arms, warfare studies and war gaming, and international security studies," Carter said. "The course will benefit the participants by acculturating them to the Air Force and providing them with the necessary tools to become leaders in the Air Force."



By Jose T. Garza III

Joint Base San Antonio-Lackland Public Affairs

The average person spent more than \$800 on holiday gifts in 2015, according to the National Retail Federation.

While it's generous to deliver gifts to loved ones, excessive holiday shopping can generate massive debt.

Kevin Keith, Joint Base San Antonio-Lackland Military & Family Readiness Center community readiness consultant, provides four tips for people looking to deliver a merry Christmas without stocking up debt.

1. Set up a budget

Preparing a budget is the first victory for consumers, Keith said.

"Understanding of being in control of your holiday budget is the first and most important thing," he said. "I tell folks that if you want to have a successful holiday season then it should begin in January of that year. If you estimate that you spent \$1,100 on gifts the previous year then divide that total by 11 months. It equals to \$100 a month."

"Instead of having to gather \$1,100 in December, you can save that money between January and December and it will be there. Moving forward, you can determine

how you're going to spend that money."

2. Decide whom to purchase gifts for

One of the biggest challenges individuals with large families face in holiday budgeting is feeling the need to purchase gifts for every family member, Keith said. He recommends people create a secret Santa system where each person selects a family member to buy a gift for.

"You're buying a gift for one person instead of 15 gifts," Keith said.

Keith also advises they write a list of people they are going to purchase gifts for to avoid stress because "they are not thinking at the last minute who they have not bought gifts for."

3. Open a Christmas Club account

Christmas Club accounts are short-term saving accounts patrons deposit money into each week, and they receive that money at the end of the year for Christmas shopping. They are generally offered at local credit unions.

"When we think of setting an ordinary budget, we think of budgeting for rent, car and utility payments," Keith said. "But how often do you budget for gifts you are going to purchase? Look at what you spent on gifts last year and figure out if you put yourself in debt. Estimate how much you need to cut back on shopping

this year if you did accrue debt. Christmas isn't about how much you spend on a person but rather how much you love them."

4. Avoid credit cards

Consumers are enticed to open credit card accounts when businesses offer discounts on their purchases.

"They might get 10 percent off a purchase, but what the stores don't tell you is they are going to charge 20 percent interest on that card," Keith said.

They should plan how much they are going to spend before shopping.

"Know what stores you are going to," he said. "Go online and determine which stores have the best deals. Plan what you are going to buy and stay within your budget."

For additional tips on how to stay debt free during the holidays, contact the M&FRC at Joint Base San Antonio-Fort Sam Houston at 221-2705 or 221-2705 or 221-2418, JBSA-Lackland at 671-3722, or JBSA-Randolph at 652-5321.



San Antonio offers 'Celebrate America's Military' events

From 502nd Air Base Wing Public Affairs

Since 1970, the San Antonio Chamber of Commerce has organized Celebrate America's Military, or CAM, an annual tribute to the military. The two-week celebration during the month of November features events presented with community partners, making it the largest event of its kind nationwide.

The following events are open to the public:

- **San Antonio Rampage Military Family Night**

Date/time: Friday, 7:30 p.m.

Location: AT&T Center, One AT&T Center Parkway

The San Antonio Rampage hockey team hosts the Charlotte Checkers with the puck dropping at 7:30 p.m. All military and friends of CAM can access this special discounted ticket offer by going visiting <http://spursgroups.com/novemberhockey> and using the offer code MILITARY. Children 24 months and younger get in free.

- **The Stars Behind The Stripes**

Date/time: Saturday, 6 p.m.

Location: La Fontana Springs, 27618 Natural Bridge Caverns Road

A night of wining and dining. This special dinner is to honor the spouses and significant others who support the members of the armed forces. For more information, visit myklick.city/myklick-10000strong-event-stars-behind-the-stripes/.



Thanksgiving: the heart of the home is the kitchen

For most people during the holidays, the kitchen is the heart of the home. From testing family recipes to decorating cakes and cookies, everyone enjoys being part of the preparations.

Keeping fire safety on top of the mind in the kitchen during this joyous, but hectic, time is important, especially when there's a lot of activity and people at home.

Thanksgiving is the leading day of the year for home fires involving cooking equipment, According to the National Fire Protection Association, or NFPA.

In 2013, Thanksgiving Day was the leading date for home cooking fires with 1,550, 230 percent above the average number of fires per day. Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.

Unattended cooking was, by far, the leading contributing factor in cooking fires and fire deaths. Cooking equipment is the leading cause of home structure fires and associated civilian injuries and was the third leading cause of home fire deaths.

According to NFPA's Home Fires Involving Cooking Equipment Report and National Fire Incident Reporting System, or NFIRS, an average of 445 daily fires are the cause of cooking and home fire injuries. Annually, fire departments respond to more than 162,000 home fires involving cooking equipment.

Ranges or cook-tops account for almost three of every five reported home fires that involve cooking equipment, with ovens accounting for 13 percent of all fires. Unattended cooking is the major contributing factor in home-related fires. Associated deaths and injuries fall under the umbrella of unattended cooking.

Fifty four percent of civilians injured in home fires involving cooking equipment were hurt while attempting to fight the fire themselves.

Adults aged 75 or over faced a higher risk of cooking fire deaths than other age groups while children under five were more likely to be hurt by touching hot cooking equipment or scalded by hot liquids than by actual fire.

As people start preparing their holiday schedule and organizing the family feast, following a few safety tips will allow families to enjoy time together and stay safe as well.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and children should stay at least three feet away.
- Make sure children stay away from hot food and

liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.

- Keep the floor clear so you don't trip over toys, pocketbooks or bags.
- Keep knives out of reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of reach of children-up high in a locked cabinet.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Plan activities to keep children out of the kitchen during the busy times. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done outside the kitchen.

For more information about Thanksgiving cooking, visit the NFPA website at <http://www.nfpa.org/education> or the National Fire Incident Reporting System website at <http://www.usfa.fema.gov/data/nfirs> or contact the Fire Prevention Offices by calling Joint Base San Antonio-Fort Sam Houston at 221-2727, JBSA-Lackland at 671-2921 or JBSA-Randolph at 652-6915.

(Source: National Fire Prevention Association, <http://www.nfpa.org>)

Readiness NCO helps military families cope with deployment

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

A master sergeant who once set his sights on being a first sergeant is now exerting a shirt-like influence on Airmen and their families in a different position.

Master Sgt. Joe Ugarte, Joint Base San Antonio-Randolph Military & Family Readiness Center NCO in charge since 2012, is making a difference in the lives of Airmen and their families by ensuring they are prepared to meet the challenges of the deployment cycle.

“I think it’s very important to take care of family members through the duration of a deployment,” he said. “If we can focus on making sure families are OK, the Airmen can focus 100 percent on the mission they’re doing downrange and come back home safely.”

As the readiness NCOIC, Ugarte develops and provides personal and family readiness services related to the deployment cycle – from pre-deployment and post-deployment education and consultation – to Total Force Airmen and their families, said Kathleen Moree, JBSA-Randolph M&FRC chief.

“Ugarte’s own deployment experiences make him a great fit for this position,” she said. “He has built several relationships with base partners to provide fantastic monthly events for our Hearts Apart program. Over the years, he has found events that work for this community and our partners such as the chaplain service, Yellow Ribbon Spouses, and JBSA-Randolph officers and enlisted clubs look forward to partnering with him each year to make the events better and better.”

Briefings play a major role in Ugarte’s duties as readiness NCO.

“There are six deployment-specific briefings each month,” he said. “We have a pre-deployment personal and family briefing twice a month and a reintegration briefing each week. I tell them about the services and classes we provide at the Military & Family Readiness Center.”

One-on-one sessions with Airmen and their spouses in his office provide them with information about employment and educational opportunities as well as referrals to the Family Advocacy Program’s classes and other resources, Ugarte said.

Since Ugarte is the only military member at the JBSA-Randolph M&FRC, Airmen can easily relate to him, Moree said.

“Often at the end of a briefing, he will be approached for advice or be asked for help with an issue,” she said. “This is a time when he can educate on specific M&FRC programs and make an Airman feel comfortable visiting the center to ask for help or attend a class.”

An annual event allows Ugarte – assisted by a team of more than 100 volunteer Airmen and civilians from JBSA organizations – to educate students at Randolph Elementary School about the deployment process and show them what their parents go through when they deploy to a faraway land.

“Each May, Ugarte works with the Randolph



Courtesy photos

Master Sgt. Joe Ugarte, 802nd Force Support Squadron Military & Family Readiness Center Readiness NCO in charge, speaks to students during Operation Flags May 18 at Randolph Elementary School.

Elementary School principal to host Operation FLAGS, which stands for Families Learning About Global Support,” Moree said. “Students go through a mock deployment to learn what mom or dad may be doing.”

In addition to being educational, the event is enjoyable, Ugarte said.

“First and foremost, we want the kids to enjoy themselves, but at the same time educate them and let them see the different organizations their mom or dad may encounter while they are deployed downrange, whether it’s Afghanistan, Pakistan or Iraq,” he said.



Master Sgt. Joe Ugarte, 802nd Force Support Squadron Military & Family Readiness Center Readiness NCOIC, briefs members and their families who are preparing for an upcoming deployment May 24 at the Joint Base San Antonio-Randolph M&FRC.

Operation FLAGS features Airmen and civilians from those organizations, including firefighters, explosive ordnance disposal specialists and military working dog handlers and their canines.

Squad leaders even bark commands at the students during the mock deployment, Ugarte said.

“We want them to feel that sense of urgency, just like we feel on a deployment,” he said.

A San Antonio native who enlisted in the Air Force following graduation from high school, Ugarte has served the Air Force as an information technology specialist for base intrusion detection systems. His first duty station was Kadena Air Base in Okinawa, Japan, where he served as a video maintenance technician, and he has also been assigned to such locations as Araxos Air Base, Greece, and Nellis Air Force Base, Nev.

Ugarte, a 20-year Air Force veteran, was assigned to the Air Force Cryptologic Systems Group at Port San Antonio and fresh off a deployment when the special-duty position as readiness NCO became available.

“I was looking at first sergeant duty, but this position opened up,” he said. “It was a job where I was still able to help Airmen and their families, so it’s been very rewarding to be able to just do that every single day.”

Helping Airmen and their family members brings Ugarte the most satisfaction in his job.

“We have a wealth of resources and helping agencies and we’re able to refer lots of families to different entities in those moments of crisis,” he said. “Deployments are a big thing for family members, and the hardest piece is getting that family through that whole deployment process. That’s a key thing we do here at the center.”

Airman medals in Lackland Classic, utilizes bod pod to track progress

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

Through high school, the term “athlete” is always one Tech. Sgt. Jason Haden identified with.

“Basketball, football, soccer – I played a lot of sports,” Haden, Air Education and Training Command NCO in charge of instructor and support assignments, said. “Every sport that was in season, I played.”

Now that his high school days are long behind him, Haden decided to take on a new challenge to test his athleticism and fitness: bodybuilding.

Haden competed in the National Physique Committee Lackland Classic Nov. 12 at the Hyatt Regency San Antonio, placing in the Classic Physique Overall, Masters and Military categories.

“I’ve always been in to working out,” Haden said. “Normally, I work for a goal, which is just to be fit, but now, I want to do something a little different.”

For the last three months, Haden, who typically scores a 90 or above on his Air Force physical training test, spent Monday through Saturday lifting weights with an hour-and-a-half of cardio every day.

“Half the week is heavy weights and the end of the week is more light weights,” Haden said. “I’ve been doing more cardio ever since I started training for this. I do low burn, meaning I walk on the treadmill at high incline at a moderately fast pace just to burn the fat versus the muscle.”

But it wasn’t getting to the gym to work out more that was the biggest struggle for him, he said.

“It’s all been nothing but joy” Haden said. “Working out is what I do every day, so it’s not that different. The biggest struggle is the diet. If anyone tells you the diet is easy, it’s never easy.”

Haden said he normally eats pretty healthy, but cutting out carbohydrates was difficult. Although he claimed he wasn’t craving things like donuts or pizza.

“Everybody loves bread, donuts, all that pastry stuff,” Haden said. “That’s where you actually have to restrict yourself from eating carbs, but I’m not really looking forward to anything. I’m not on that high that I have to have carbs again.”

Posing was another area of his prep that was important to competition day, Haden said.

“Posing is a very big thing,” Haden

said. “You can have the best body in the world, but if you can’t show it, you won’t win.”

He said it takes a lot of practicing in the mirror and concentrating on his muscles to hold a pose.

“When you’re on stage, you have to hold a pose from 10 to 15 seconds,” Haden said. “Most people’s bodies are not used to holding a contraction that long, so their body starts shaking.”

One of the most overlooked but vital parts of preparing for the competition is being able to track progress. Haden said he used progress pictures to see how his body was changing.

Another tool he used to help make changes to his day-to-day regimen was the BOD POD, which is a service offered at Joint Base San Antonio-Randolph Health Promotions that uses air displacement to determine body composition.

Aracelis Gonzalez-Anderson, JBSA-Randolph Human Performance Resource Center health promotions program coordinator, said the BOD POD is a more accurate measurement than using a scale to determine progress, and using the BOD POD is a good way to tell an individual whether they are going in the right direction in their diet and fitness routines.

“It’s a lot easier to visualize your milestone markers, and that’s what, for some people, keeps them a lot more motivated,” Gonzalez-Anderson said.

It also saves service members money using the BOD POD service on base, which is free, she added. The average cost of a BOD POD test according to the National Institute for Fitness and Sport is about \$45 per test.

Haden said he was aware of the service before his competition but had never used it.

“It’s been very helpful,” Haden said. “Once you come in to bodybuilding, you have to have a show-ready body. You have eyes judging you, so you have to look a certain way.”

The exercise physiology major said he plans to continue competing, and he sees the experience as not only a way to better himself, but as an avenue to motivate the people around him and as a stepping stone to help him pursue a career later in life in the bodybuilding world.

“My true goal is to open my own fitness centers,” Haden said. “I value my time at the gym because I value the results. I value the way I help people by being in there to give advice or even people look-

“It’s a lot easier to visualize your milestone markers, and that’s what, for some people, keeps them a lot more motivated.”

Aracelis Gonzalez-Anderson

JBSA-Randolph Human Performance Resource Center
health promotions program coordinator



Courtesy photo

Tech Sgt. Jason Haden (right), Air Education and Training Command NCO in charge of instructor and support assignments, shows off his medals with a fellow competitor after competing in the National Physique Committee’s Lackland Classic Nov. 12 at the Hyatt Regency San Antonio.

ing at me saying, ‘Wow, he looks good, and he’s doing the same thing I’m doing,’ so it gives people some motivation.”

To make a BOD POD appointment contact JBSA-Lackland at 671-2554 and

JBSA-Randolph at 652-2300. Service members can also contact the JBSA-Fort Sam Houston Jennifer M. Moreno Primary Care Clinic for nutrition appointments at 808-2232 or 808-3609.



MOVIE LISTINGS

JBSA-Randolph Fleenor Theater Schedule

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
7 p.m. Deep Water Horizon (PG-13)	3 p.m. Boo! A Madea Halloween (PG-13) 7 p.m. Kevin Hart: What Now? (R)	3 p.m. Ouija: Origin Of Evil (PG-13)

Joint Base San Antonio-Randolph Thanksgiving Holiday Hours

Bowling Center

Nov. 24: Closed
Nov. 25: 1-10 p.m.

Child Development Program (main and annex)

Nov. 24-27: Closed

Community Service Mall

Nov. 23: 9 a.m. to 1 p.m.
Nov. 24-27: Closed

Rambler Fitness Center

Nov. 24-27: 9 a.m. to 5 p.m.

Kendrick Club

Nov. 24: Closed
Nov. 25: Gil's Pub: noon to 8 p.m.

Randolph Oaks Golf Course

Nov. 24: Closed
Nov. 25: 6 a.m. to sunset

JBSA Recreation Park at Canyon Lake

Nov. 24: Closed
Nov. 25: 8 a.m. to 4 p.m.

Parr Club

Nov. 24: 10:30 a.m. - 4:30 p.m.
Nov. 25-26: Closed
Nov. 27: 10 a.m. to 1 p.m.

School Age, Youth Programs

Nov. 24-27 - Closed



Helping agencies offer suggestions to ease holiday blues

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

The holiday season is a joyful time of the year, filled with family gatherings, office parties, festive decorations, gift giving and bountiful meals.

However, many people are overwhelmed by the demands of the holiday season, while still others feel the pain of loneliness during a time of year defined by social interaction.

Fortunately, members of the military community can rely on a variety of resources to help them cope with the stresses of the holidays, including the chaplain services and mental health professionals.

Chaplains offer guidance through their faith perspective.

"Sometimes the Airmen and family members we see want practical suggestions, but we are not licensed professional counselors," said Chaplain (Capt.) Richard Boyd, 502nd Air Base Wing. "What we offer is spiritual guidance."

Boyd said he emphasizes the true meaning of Christmas.

"Commercialism is not what Christmas is about," he said.

Young Airmen away from home for the first time,

deployed Airmen away from their families and recently divorced military members are especially vulnerable during the Christmas season, Boyd said.

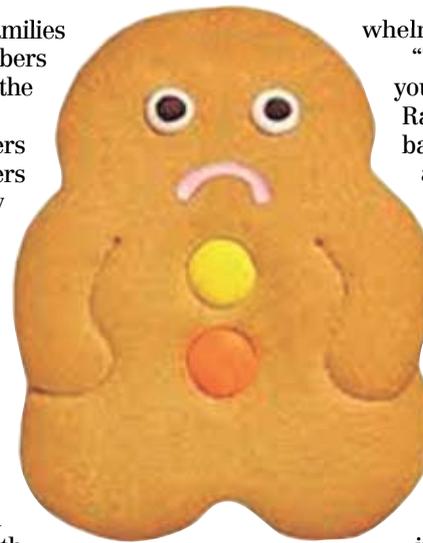
Concentrating on the needs of others is one way Airmen – as well as others – can bring fulfillment to the holiday season, Boyd said.

"It's important to focus on the people who are around you – turning outward to those who may have a bigger need," he said.

People can volunteer for holiday causes on base or get involved with their local churches at Christmas time, Boyd said. "There are a lot of opportunities out there."

Gina Ramirez, 359th Medical Operations Squadron Mental Health Flight outreach/resiliency coordinator, suggested a simplified approach to the holidays for people who are struggling with their emotions due to the stresses of the season.

"The holidays can be full of activities, preparation and celebration, which can bring on stress for anyone," she said. "So it's not uncommon to feel over-



whelmed during this time of year.

"The best approach to take is to simplify your life for the next couple of months," Ramirez said. "This may mean cutting back on activities that may look very appealing. For example, going to all of the holiday parties may not be in the best interest of keeping life simple."

In addition to keeping it simple, she recommended finding activities that are fun, getting plenty of rest and exercise, prioritizing and organizing and asking for help.

Ramirez also listed ways for young Airmen away from home for the first time to cope with stress during the holidays.

Those suggestions included carrying on family traditions such as baking cookies, caroling and sending Christmas cards; doing something different, such as taking a trip; and taking advantage of technology to communicate with their loved ones through Skype or FaceTime.



Suicide Prevention Awareness

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CDC gives tips to keep kids safe during National Child Safety Month

By Ashley Palacios

Joint Base San Antonio-Randolph Public Affairs

November is National Child Safety Month and Joint Base San Antonio child caregivers have some tips to help parents keep kids safe year round.

According to the Centers for Disease Control and Prevention, unintended injuries have historically been the leading cause of death in children ages 19 and younger. An unintended injury can include burns, drowning, falling, poisoning and motor vehicle accidents. With most of these injuries being preventable, parents and caregivers can play a life-saving role in protecting children from injuries.

Understanding the basics of each developmental milestone can help parents understand the risks associated at each developmental stage, said Mary Sharp, Joint Base San Antonio-Randolph Child Development Center training and curriculum specialist. The greatest concern for infants and newborns is their sleeping environment. Toddlers, on the other hand, are more at risk for injuries related to vehicle safety, choking hazards and falls as they learn to walk.

"Infants should sleep on their backs with no blankets or toys in the bed," Sharp said. "Additionally, parents should never co-sleep with their child to reduce the risk of sudden infant death, or SIDs, as it's more commonly referred to."

Likewise, Sharp cautioned parents to



have gates set up at stairs and entrances to areas that might be dangerous for children. Latches on dishwashers and cabinets should be secured because the contents could be dangerous for children. All plugs and outlets should be covered and extension cords should be out of the way. Checking the floor for small items and toys for missing parts is another vital safety prevention measure parents can take to reduce their child's risk of choking.

Another safety hazard for toddlers is learning to eat solid food.

"Oftentimes, toddlers take bites that

are too big for them because they're still learning how to eat solid food," Sharp said. "As parents it's important to cut their food into bite-sized pieces and make sure their food is soft enough for them to chew and swallow with harm of choking."

It's also important for parents to have a plan in case of emergency.

"Establishing a designated meeting place and preparing an emergency bag are proactive things parents can do to help ensure their child's safety in an emergency situation," Sharp said. "Also having a list of important emergency numbers, such as Poison Control, can

save precious time in emergency situations."

There are also several resources available to parents who want to learn more about child safety.

The New Parent Support Program, or NPSP, is another resource designed for active duty military members and their families. The program offers expectant parents and parents of newborn and young children under the age of 3 the opportunity to learn new parenting skills or improve old ones.

Another component of the NPSP is child car seat safety.

Connie Wilson, 359th MDOS Family Advocacy Program assistant and senior certified child passenger safety technician, presents two classes, "Car Seat 101" and "Curbside Car Seat Clinic" that focus on safety.

In "Car Seat 101," she educates parents and expectant parents on state laws regarding child safety restraints and gives them the tools to know if a car seat is safe, fits their child and vehicle and is easy to use. During the "Curbside Clinic," Wilson shows parents how to install a seat correctly.

For more information on these and other programs available to parents, contact the JBSA-Fort Sam Houston Military & Family Readiness Center at 221-2705, JBSA-Lackland at 671-3722 or JBSA-Randolph at 652-5321.

Diamond Sharp Award



Senior Master Sgt. Terry Gilbert (left), Air Force Public Affairs Agency first sergeant, presents Staff Sgt.

Wesley Velez, manpower analyst, the Diamond Sharp Award Nov. 10 at Joint Base San Antonio-Randolph.

The Diamond Sharp Award recognizes Airmen who have actively demonstrated their commitment to the Air Force values or have gone above and beyond in helping others.

Photo by Joel Martinez

Joint Base San Antonio-Randolph News Briefs

Businesses designated off limits

All 502nd Air Base Wing and Joint Base San Antonio military members are forbidden to enter any establishments named Cracker Box Palace, Planet K, Players Club of San Antonio, MJM Autohaus or VIP Spa. This includes all locations in Bexar, Atascosa, Bandera, Comal, Guadalupe, Kendall, Medina and Wilson counties. These businesses are perceived as damaging to the military mission. For more information, call 652-5727.

Save the Date: Taj open house

The 502 Security Forces and Logistics Support Group will host an open house from 11 a.m. to 2 p.m. and 6-8:30 p.m. Dec. 13 at Joint Base San Antonio-Randolph's Taj Mahal, building 100.

AAFES Sweepstakes

Army & Air Force Exchange Service shoppers will be automatically entered in the worldwide sweepstakes through Dec. 31 each time they use their military star card to pay for purchases at any AAFES location or on <http://shopmyexchange.com>. Each transaction counts as one entry.

Three grand-prize winners will have their military star card bill paid in full up to \$8,200, with a minimum prize of \$2,500. Ten second-prize winners will be awarded a \$1,000 credit on their card statement, while 25 third-place winners will receive a \$500 credit. Winners of the Your Holiday Bill Is On Us sweepstakes will be randomly selected and announced on or about Jan. 30.

Firefighters push for safer holiday season

By Jeremy Gerlach

Joint Base San Antonio-Lackland Public Affairs

As holidays like Thanksgiving, Christmas, Hanukkah and Ramadan approach, 502nd Civil Engineer Squadron firefighters are reminding residents on and off-base to be careful when burning the candle at both ends.

The 502nd CES, which has a total of 215 firefighters, provides safety and emergency response across all three Joint Base San Antonio installations, as well as the JBSA-Randolph Auxiliary Airport in Seguin and JBSA-Camp Bullis Military Training Reservation. About 65 of these personnel are stationed at JBSA-Lackland.

Michael Guzman, 502nd CES deputy fire chief, and Anthony Willett, 502nd CES prevention inspector, urged area residents to make these firefighters' jobs easier by focusing on the following problem areas:

Cooking

Since the majority of house fires during the holidays are caused by unattended cooking, the kitchen is the best place to start safe fire-related choices, Willett said.

Cooking with high heat can be dangerous, but the size of the flames doesn't necessarily correlate with the fire risk, added Guzman, who has seen several kitchen fires in homes where families cooked with low heat for foods taking longer to finish. This prompts cooks to potentially leave the room to attend to other, distracting household tasks.

"Any time you lose general awareness of what's going on in the kitchen, that causes problems," Guzman said. "Always attend your cooking, even if you think everything is fine."

Indoor chefs aren't the only culprit during the holidays, Willett noted.

"Most people here in Texas grill in the summer, but we still get some grill-related problems during the winter," Willett said. "Make sure you're not spilling coals, and you're mindful of the fuel you're using."

Lighting

As area residents begin decorating for the holidays, one of the things to be aware of is that electric lights can prove hazardous if left on extensively.

"Don't leave your lights on 24-7," he said. "Also, make sure they're plugged in properly – you'd be surprised how many people have the plug hanging halfway out of the outlet."

Even nativity scenes can pose a danger if assembled improperly, Guzman added.

"Please be mindful if you're using hay to recreate a nativity scene," he explained. "Don't have any electrical wiring running through the hay or grass."

Non-electrical decorations can also pose a challenge for firefighters.

"Holidays are when people bring out the candles – we'll have residents with a ton of candles here," Willett said. "Obviously, we'd like to remind people to extinguish those before they leave the house or go to sleep."

Christmas trees and trash disposal

As Thanksgiving passes and residents turn their focus towards the December holiday stretch, firefighters are keeping an eye on items like Christmas trees, too.

"If you've got a live tree, remember to water it," Willett

said. "When it dries out, a tree becomes more of a fire hazard, especially with all those lights."

Willett also urged individuals to be mindful when disposing of trees and other waste after the holidays.

When throwing out leftovers, especially turkey and chicken carcasses or ham, individuals should drain the grease and place it in a separate, disposable container. This grease can gather at the bottom of a trash bag and create a potential fire hazard.

In Bexar County, it is illegal to start a fire in a trash bin or other city or county-owned storage device. Still, Bexar County typically a large concentration of grease-related dumpster and trash fires during Thanksgiving and Christmas, according to the San Antonio Fire Department and the Bexar County Fire Marshall's office.

When in doubt, residents can visit county and city websites at <https://Bexar.org> or <https://sanantonio.gov/solidwastemanagement/brushcollection> for more information about resources available to county and city residents during the holidays.

Still, if local emergencies arise this winter, Guzman said his team of firefighters will be fully staffed and working around-the-clock to keep residents secure.

"We're fully staffed, and we're hoping everyone stays safe out there," Guzman added. "If anything does happen, we'll absolutely be ready."



Cody speaks with CCM candidates

Chief Master Sgt. of the Air Force James A. Cody, speaks during the 2016 Command Chief Master Sergeant, or CCM, Training Course Nov. 14 at Joint Base San Antonio-Randolph. The week-long course provides an opportunity for newly-selected CCM candidates and their spouses to receive instruction regarding CCM roles and responsibilities, Air Force and wing level issues and interface with wing commanders.

Photo by Melissa Peterson

Celebrating 50 years of service



Photo by Joel Martinez

Alfred Tudyk (left), Air Force Personnel Center senior cyber information career field administrator, is presented with a 50-year certificate of service by Kimberly Toney, AFPC executive director, Oct. 12 at Joint Base San Antonio-Randolph. During his tenure at JBSA-Randolph, Tudyk administrated the Career Broadening, Palace Acquire Intern, Civilian Tuition Assistance, Career Enhancing, Scope Champion, Budget Officer/Financial Plans and Squadron Director programs.

Course teaches JBSA members how to search, write resume for federal jobs

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

Effective techniques for searching online and writing a resume for a federal job will be taught in the USAJOBS Navigation and Federal Resume Writing course from 8:30-11 a.m. Nov. 30 at the Joint Base San Antonio-Randolph Military & Family Readiness Center, building 693.

The course is open to Department of Defense civilians, retirees and dependents of active-duty members who are seeking federal employment on the USAJOBS website. Brian Kenefick, 802nd Force Support Squadron JBSA-Randolph M&FRC community readiness specialist, will teach the class.

Kenefick said the course will include how to conduct an effective job search on the USAJOBS website, how to decipher a federal job announcement, how to construct a resume for a federal job and the application process, how to set up and utilize email notifications on job vacancies from the USAJOBS website

and information about the Department of Defense Priority Placement Program, which assists displaced federal employees, and veteran preferences eligibility categories.

Since the USAJOBS website is constantly changing, the class will go over those changes to help job seekers navigate the website, Kenefick said.

“Once they complete the class, they will successfully be able to navigate USAJOBS and apply for positions by themselves,” he said.

Kenefick said individuals are encouraged to bring their laptops to the class to update their resume and apply for a job online so they can get familiar with the entire process.

Kenefick has taught the course for 10 years and is familiar with the USAJOBS website and application process.

If people are unable to make the Nov. 30 USAJOBS Navigation and Federal Resume Writing course, the next class will be held from 8:30-11 a.m. Dec. 15.

To register for the course, call 652-5321 or visit the JBSA-Randolph M&FRC.