A publication of the 502nd Air Base Wing – Joint Base San Antonio

WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 11 • MARCH 18, 2016

359th MDG gives children head start on fitness, nutrition

Runners take off from the starting line during the Fit Kid 5K and Health Fair Saturday at Heritage Park on Joint Base San Antonio-Randolph. The Fit Kid 5K and Health Fair is part of National Nutrition Month that teaches children healthy habits.

Photo by Airman 1st Class Stormy Archer

Courtesy photo

Team wins Civil Air Patrol event, page 4

Photo by Senior Airman Alexandria Slade

Girl Scouts host retreat ceremony, page 5

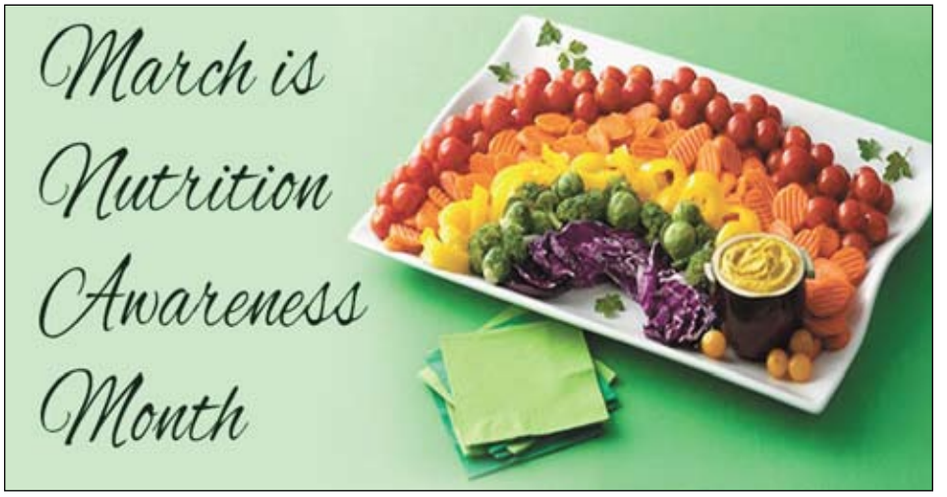
Photo by Sgt. David Bruce

Opportunity of a lifetime, page 8

NUTRITION AWARENESS MONTH

Healthy eating advances AF readiness, mission success

By Prerana Korpe
Air Force Surgeon General Public Affairs



Think twice before biting in. Are you making a smart food choice?

Healthy eating coupled with active living is the foundation for healthy living, which is critical to maintaining a ready and deployable force.

Optimal nutrition keeps Airmen performance ready – mentally and physically prepared for mission success. It enables faster recovery from injury, exercise and stress.

Healthy eating promotes healthy Airmen and healthy communities. "A lot of our initiatives focus on how to make the healthy choice the easy choice. This requires improving access to and availability of healthy food options," explains Lt. Col. Deborah Robinson, senior leader of Air Force Reserve Dietetics.

Committed to championing an environment supportive of healthy eating and active living, the Air Force Medical Service has developed specific initiatives that promote healthier choices for Airmen and their communities.

Healthy Airmen

Take these steps to help incorporate healthy eating into your daily routine:

- At the commissary, shop the perimeter, where healthier choices are found (fruits, vegetables, whole grain, low-fat/nonfat dairy and lean protein).
- Read nutrition facts labels to help identify nutrition content.
- Plan meals in advance.
- Track your food and drink intake.
- Consider employing tools such as the USDA's MyPlate or SuperTracker.

Healthy Communities

Take these steps to cultivate community-wide healthy eating:

- Go for Green® in dining facilities.

The Department of Defense's G4G program uses a stoplight system of green, yellow and red to identify nutritious foods. Foods are color-coded based on their nutrition quality, which can impact an Airman's fitness, strength and health. Green signifies performance enhancing foods. When selecting from menu offerings, keep in mind the significance of these labels:

- Green (eat often)
- Yellow (eat occasionally)
- Red (eat rarely)

The DOD is working to improve the G4G system through three specific goals. The first is to increase availability and variety of green-coded food recipes. The second goal is to make green-coded foods attractive and delicious. The final focused goal is to revamp existing green-coded food recipes.

- Exercise dietary supplement safety.

Supplements can have strong effects in the body. It is important to keep in mind that the Food and Drug Administration does not approve dietary supplements for safety or effectiveness. A supplement can be marketed without being proven safe, effective or free from adulterants. The FDA received 6,307 dietary supplement adverse event reports from 2008-2011, including 92 deaths (GAO Report, March 2013).

Some supplements can increase the risk of bleeding. There is also the potential for adverse reactions when supplements are combined with prescription drugs. It is important to remain vigilant about the possibility of unexpected side effects when taking dietary supplements. If you use supplements, choose brands that have undergone "third party certification." Third party certification does not guarantee the supplement is safe or effective, but validates manufacturing practices, purity or quality.

Stay educated. Operation Supplement Safety is a DOD campaign that educates the warfighter and healthcare provider on responsible supplement use. OPSS provides a list of "red flag" high-risk supplements and hosts an "Ask an Expert" forum to address specific concerns.

For tips on exercising dietary supplement safety, visit OPSS at http://hprc-online.org/dietary-supplements/opss.

- Follow 5210, to improve children's health.

5210 Healthy Military Children is a community-wide program to improve children's health. 5210 promotes healthy behaviors, to put into practice each day:

- Five or more fruits and vegetables
- Two or less hours of screen time
- One or more hours of physical activity
- Zero sugar-sweetened beverages

For more information on 5210, check out the 5210 toolkit at http://www.5210.healthymilitarychildren.psu.edu/5210-healthy-military-children-form.

- Incorporate Operation Live Well:

Operation Live Well is the DOD's initiative to promote healthy living throughout our communities. For more tips on healthy eating, visit Operation Live Well: Nutrition at http://www.health.mil/Military-Health-Topics/Operation-Live-Well/Focus-Areas/Nutrition.

AFMS Healthy Living Recipes

Healthy eating promotes readiness, optimal performance, better health and better care – all key factors to the success of Full Spectrum Readiness. For nutritious and tasty recipes, check out AFMS Healthy Living Recipes.

For additional health improvement resources, call the Joint Base San Antonio-Randolph Human Performance Resource Center at 652-2300.

For more AFMS guidelines on nutrition and exercise, visit http://www.airforcemedicine.af.mil/HealthyLiving.

Retraction: In the March 11 issue of the Wingspread on page 8, left center photo, the speaker at the podium was incorrectly identified. The actual speaker was Maj. Abram Woody.

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.

JBSA-Randolph Chapel Lent & Easter Schedule

PROTESTANT Lent and Easter Services

March 25 – Good Friday service

3:30 p.m., Chapel 1

March 27 – Easter Sunday service

7:30 a.m., Chapel 1 and 11 a.m., Religious Activity Center

CATHOLIC Lent and Easter Services

March 24 – Holy Thursday; 7 p.m., Chapel 1

March 25 – Good Friday; 11:30 a.m., Chapel 1

March 26 – Holy Saturday, Easter Vigil; 7:30 p.m., Chapel 1

March 27 – Easter Sunday; 8:30 a.m., RAC (building 975)

11:30 a.m., Chapel 1

Fridays – Stations of the Cross; 5:30 p.m., Chapel 1

NEWS

Occupational analysis chief's team wins Civil Air Patrol flight event

By Robert Goetz
Joint Base San Antonio-Randolph
Public Affairs

A retired Air Force colonel relied on his experience flying Civil Air Patrol missions and his background as an Air Force weapon systems officer to pilot his aircrew to victory in the CAP's first-ever Texas Wing Flight Competition Feb. 28 in San Marcos.

Roger Corbin, who manages the Air Force Occupational Analysis Program at Joint Base San Antonio-Randolph, joined retired Air Force Lt. Col. Mike Duc, who served as mission observer, and Navy veteran Jan Wagner, who was the aircrew's mission scanner, to represent Texas Group 5 – the San Antonio region – in the Civil Air Patrol event.

"It was challenging, it was exhilarating and it was gratifying to actually be tested in a high-tempo, real-world environment under time restraints," he said. "We flew three missions and the scenarios were like they are in a real search-and-rescue disaster environment."

Corbin, who is a lieutenant colonel with the Civil Air Patrol's David Lee "Tex" Hill Composite Squadron based in San Marcos, attributed his aircrew's success to their flying experience, teamwork and a solid flight plan.

Duc was an Air Force pilot, Wagner retired as a Navy chief petty officer after 26 years of active duty and Corbin's background as a WSO included membership in an aircrew that won the Gen. Jerome F. O'Malley Trophy as the Air Force's Top Reconnaissance Aircrew of the Year in 1986.

Corbin said the all-day event, which featured one team from each of five groups of the CAP's Texas Wing, included a pre-flight inspection on an aircraft that had been purposely altered, a closed-book written test and three flying sorties.

The sorties comprised a search for an emergency locator transmitter beacon, a photography mission and a route competition that required aircrews to plan a specific route and determine how much time would elapse and how much fuel would be used during the flight.

Corbin said his aircrew, which flew in a Cessna 172, experienced equipment malfunctions during the ELT mission, which involved finding a practice beacon that was planted in the Texas Hill Country.

"We should have received steering information via needles displayed at the pilot's position to follow, but did not, so we had to rely on aural tones in our headsets to evaluate signal strength," he said. "Through a series of turns, and by using varying signal strength as we either flew away from or toward the beacon, we were able to locate the beacon and then visually identify the simulated crash site that had been outlined with a colored panel on the ground."

During the photography mission, aircrews had one hour to return with four photographs of a dam from each cardinal direction, Corbin said. Wagner served as Texas Group 5's photographer.

"The one hour included the team's internal briefing, paperwork, the sortie, the sortie return and loading the four chosen photographs on a computer," he said. "Points were lost for each minute after one hour and the photographs were judged on photo quality, aircraft position and cardinal direction."

Corbin said everyone involved in the competition was "ecstatic" about the outcome.

"It was a real-world simulation," he said. "I believe this will be an annual event."

Texas Wing Group 3, which represents the Dallas region, placed second in the competition and the Houston region's Group 4 placed third.

Corbin, whose own airplane is a 1946 Stinson Voyager, said the Civil Air Patrol joined the Air Force Total Force in August. The CAP was already conducting most of the Air Force's search-and-rescue missions.

"The Civil Air Patrol serves a wonderful function when it comes to search-and-rescue and recovery missions as well as damage assessment in a disaster," he said. "It's a volunteer resource, and the Air Force is calling on it more and more."

Corbin said he has participated in a variety of CAP missions, including flying a Texas Department of Transportation engineer for a flood damage assessment last May in Wimberley.

"It was challenging, it was exhilarating and it was gratifying to actually be tested in a high-tempo, real-world environment under time restraints. We flew three missions, and the scenarios were like they are in a real search-and-rescue disaster environment."

Roger Corbin
Joint Base San Antonio-Randolph Air Force occupational analysis program manager

Courtesy photos

An aircraft flies in the Civil Air Patrol's first-ever Texas Wing Flight Competition Feb. 28 in San Marcos. The event featured one team from each of the five groups of the CAP's Texas Wing.

From left: Mike Duc, Roger Corbin and Jan Wagner display the first-place trophy they earned at the Civil Air Patrol Texas Wing Flight Competition Feb. 28 in San Marcos.

Girl Scouts asked to "make a difference" during retreat

Chief Master Sgt. Katie McCool (right), 502nd Security Forces and Logistics Support Group superintendent, shakes hands with a member of the Girl Scouts of Southwest Texas Randolph Service Unit honor guard during the annual Girl Scouts retreat flag ceremony March 8 at Joint Base San Antonio-Randolph's Fleenor Auditorium. This event is held each year in honor of American heritage as well as the first Girl Scout meeting in 1912. McCool spoke to the girls about her experiences as a female Airman, the importance of using their lives to make a difference in the world and their worth as young women.

Photo by Senior Airman Alexandria Slade

JBSA Women's History Month luncheon honors women in public service

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

The role of women in public service, including the military, is the focus of Women's History Month activities in March at Joint Base San Antonio-Lackland.

The JBSA-Lackland Women's History Month Committee is holding activities that emphasize the theme of National Women's History Month, "Working to Form a More Perfect Union: Honoring Women in Public Service and Government."

"Women have made humungous contributions to the military through their service," said Master Sgt. Tamra Lillie, 326th Training Squadron instructor supervisor and member of the JBSA-Lackland Women's History Month Committee. "Women's History Month is about putting all that into the spotlight because many people don't know the contributions women have made to shape Air Force history as well as American history."

Women's History Month activities started with a luncheon March 2 at the JBSA-Lackland Gateway Club ballroom. The luncheon speaker was Col. Kendra Matthews, 37th Training Wing vice commander.

Lillie said Matthews spoke about the role and contributions women have and continue to make to the Air Force.

Courtesy graphic

"It was awesome," Lillie said. "She was a dynamic speaker. Her speech was about being recognized and excelling as an Airman without regard to gender."

At the luncheon, volunteers wore vintage uniforms of female service members from different time periods.

Other activities for Women's History Month at JBSA-Lackland include an Armed Forces flag football competition Friday, from 3 to 5 p.m. at Warhawk Field, and the basic training graduate parade March 25 at 9 a.m. at the basic military training parade field. All the commanders who will lead the parade will be female service members.

On Thursday and March 31, the JBSA-Lackland Child Development Center will have readings from 9-10 a.m. for children. The readings will focus on a book that emphasizes the role of women in the military, the workforce or American history.

Master Sgt. Lucero Stockett, 326th Training Squadron instructor supervisor and member of the JBSA-Lackland Women's History Month Committee, said through the readings children will learn about the contributions women have made in the military and in U.S. history.

"It's very important to reach out to children so they have a better understanding of the multiple contributions women have made not only in the military but in the entire workforce," Stockett said.

The observance of the role and contributions of women in American history started in 1980 when President Jimmy Carter issued a proclamation declaring the week of March 2-8 as National Women's History Week. In 1987, Congress voted to declare the entire month of March as National Women's History Month.

Strategy in leadership: Constantly improving thought process, leadership techniques

By Lt. Col. John Platt
435th Fighter Training Squadron flight commander

Flight commanders in the 435th Fighter Training Squadron met the Air Force's deputy chief of staff for strategic plans and requirements last month at Joint Base San Antonio-Randolph.

The 435th FTS invited Lt. Gen. James M. Holmes to discuss the role of strategy in leadership. Holmes' Air Staff A5/8 develops strategy and he thinks that shaping our future force is vital.

"As Airmen, we need to examine our environment and determine if there are more efficient structures that could be implemented to facilitate mission accomplishment," Holmes said.

While Holmes' focus is on the whole Air Force, there were lessons for individuals within the leadership example he discussed.

"Rather than accepting the way things are now, we should question why things are the way they are and look for opportunities to try something different and see if there are successes to be had or efficiencies to be realized," Holmes said.

Courtesy photo

Members of the 435th Fighter Training Squadron stand with Lt. Gen. James M. Holmes (center), Air Force Deputy Chief of Staff.

Holmes said that the Air Force must be willing to constantly improve its thought process and leadership techniques.

"After shaping the force, the ability to seek change and innovation is crucial to sound strategy for the future success of the Air Force and individual leadership vision," Holmes said. "In developing a leadership strategy Airmen must look at the current methods and practices and attempt to identify areas that can be innovated or otherwise improved upon.

"The ability to reimagine the manner in which we accomplish our individual missions and the tools, technology, or processes we use to accomplish them should also be looked at with a critical eye," Holmes said. "The easiest way to find areas to improve is to ask the question, 'why.'"

"The key to this is not only asking why, but also implementing adjustments and changes to see if there is improvement. Finally, the ability to rapidly respond to the demands of our environment is a crucial innovation," Holmes said.

Holmes gave the "Deadly Black Eagles" three questions to consider as part of strategic, day-to-day leadership.

He said, "ask yourself how good at your job can you become in the current environment; what can you fix, do, or change to make yourselves and those around you better at our job; and how do you instill this desire to succeed in peers or students you come into contact with."

Holmes challenged the 435th FTS to focus on finding people dedicated to being good at what they do and not people who are only dedicated to looking good all of the time.

"The visit from Lt. Gen. Holmes was very enlightening," said Lt. Col. John Platt, 435th FTS flight commander.

"He reminded Airmen not to get mired in daily tactical level tasks and he challenged us to shape our force by embracing change and innovation. He encouraged us to develop strategic leadership habits that help bolster our overall approach to leadership, ensure mission accomplishment, and sustain the longevity of our force," Platt said.

Civilian expeditionary workforce: Opportunity of a lifetime

By Francis Hoeflinger
U.S. Central Command Civilian Expeditionary Workforce Office

U.S. Central Command is seeking current, permanent Department of Defense employees with strong technical skills, competencies, and abilities and the desire to deploy to become part of the Civilian Expeditionary Workforce.

The CENTCOM CEW provides employees the unique opportunity to serve in a dynamic environment alongside the military, allies and coalition partners to provide a stabilizing presence, build security and conduct humanitarian assistance operations across the USCENTCOM area of responsibility.

"The civilian capabilities provided through the CEW program provide an essential set of skills that will enable the success of this critical mission," said Robert O. Work, U.S. Deputy Secretary of Defense.

As part of the Civilian Expeditionary Workforce, volunteers can use their experience and expertise to support DOD contingency operations. The civilian deployment experience allows civilians to use their capabilities, experience and knowledge as a crucial component of helping the DOD accomplish its mission abroad.

Working in a deployed environment, while both mentally challenging and stimulating, may also be arduous at times. Flexibility is the key asset of all deploying individuals to succeed in this very fluid environment.

"It's the best thing I've done in my life, but you've got to prepare yourself for it," said program participant André Douglas in 2015. "You go there not just to do a job; it's about learning your profession, doing whatever it takes to support the service members and fill the gaps. Nowhere else do civilian employees truly understand their value."

The USCENTCOM CEW Program offers an unparalleled career enrichment opportunity that allows a person to build on their professional and interpersonal skills and set themselves apart from their peers. If qualified, civilian volunteers will be selected for a tour of duty – usually for 12 months – and normally work alongside deployed U.S. military members.

Civilian deployments also provide long-term advantages to an organization by increasing the strategic and operational experience within their work force.

Developing a pipeline of talent with operational experience in working side by side with the military cultivates leaders to meet the future needs of the DOD.

"Prior to the deployment, I had never worked so closely with the other services. I now have a grasp on the customs and courtesies of the other services," said Pam Green, who served in Qatar from 2014-2015. "If the need ever arises, I would be willing to volunteer my service again."

The opportunity to augment the military in this unique capacity brings a sense of camaraderie and satisfaction of achievement that few civilians will ever experience. CEW volunteers are rebuilding nations and providing regional stability.

"Being a part of the CEW gave me a whole new experience as an Army civilian," said program participant Mary Profitt, who volunteered in Afghanistan in 2012 and 2015. "I had worked for the military for years, but never actually felt like I was a part of the military until I deployed as a CEW civilian and was able to support the forward operating mission on the ground."

Photo by Sgt. David Bruce

Cpl. Kevin Cravens (left), Range Training Team trainer at Camp Atterbury Joint Maneuver Training Center, Ind., explains how to aim an M4 carbine to Anne Williams, Civilian Expeditionary Workforce member, at Camp Atterbury Dec. 16, 2010. Part of the CEW's training includes weapons familiarization with the M4 carbine and M9 9mm pistol.

Beyond the individual personal and professional growth opportunities associated with deployment, volunteers may be eligible for multiple financial incentives. A civilian deploying may be eligible for up to 35 percent post differential pay, hazardous duty pay, as well as overtime compensation. Entitlements vary by location and length of tour. It is recommended applicants research the specific entitlements when considering a deployment opportunity.

Deployable civilians are needed to fill critical vacancies across a multitude of occupational series, grades, locations and tours lengths. Duty locations vary in size and environment and each position provides for a slightly unique experience for which you will be thoroughly trained and equipped to succeed.

For additional resources on the USCENTCOM deployment opportunities and entitlements, the USCENTCOM AOR and the application processes visit http://www.cpms.osd.mil/expeditionary/cew/home.html or send inquiries to centcom.macdill.centcom-hq.mbx.ccj3-f-cew@mail.mil.

Serious business: Ensure beneficial sleep

By Prerana Korpe
Air Force Surgeon General Public Affairs

"BEEP. BEEP. BEEP."

The alarm is blaring. Time to get up. Do you hit snooze? … What's in a "Zzz?"

On average, we spend 33 percent of our lives asleep. When assessing your overall health, have you considered your sleep habits?

Sleep hygiene, as researchers call it, involves a variety of different behavioral practices that are necessary for quality sleep and full alertness during waking hours.

"One of the most beneficial ways to ensure a healthy lifestyle is to prioritize your sleep, the same as you do your best eating and exercise habits," Maj. Jaime Harvey, Human Factors and Operational Safety Issues chief at Headquarters Air Force Safety Center, said. "One of the key ways you can do that is by trying your best to maintain a regular wake and sleep pattern, every day of the week."

The ABCs of Zzzs

Sleep allows our bodies to rest and refuel for the next day. The sleep process is complex and active. As we sleep, there is important internal restoration and recuperation taking place. A lot of the information we take in throughout the day is processed and stored while we sleep.

The sleep-wake cycle is regulated through two systems that interact and balance each other out. These two systems are known as the circadian rhythm and the sleep-wake homeostasis.

The regulatory internal circadian biological clock controls the length of periods of wakefulness and sleepiness throughout the 24-hour cycle. The system of sleep/wake homeostasis helps the body track how much time we have spent awake and when it is time to sleep.

Sleep occurs in two states: non-rapid eye movement, or NREM, and rapid eye movement, or REM, sleep.

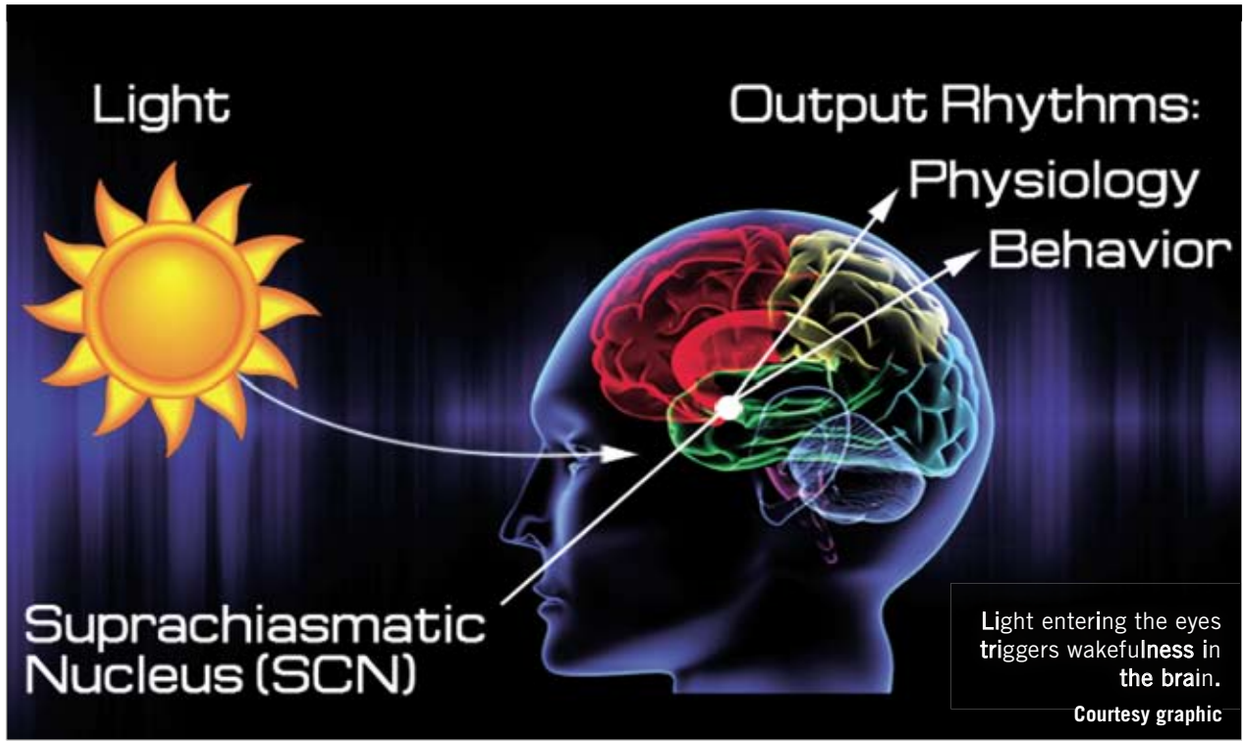
During NREM sleep, there is a slowdown of physiological and mental activities. While in NREM, the body experiences physical restoration, hormone production and tissue repair. NREM sleep is divided into four stages. The deepest sleep occurs during stages three and four, when there is usually very little mental activity. Dreaming occurs during REM sleep, when the brain is extremely active.

"Circa Dian!"

"Circa" meaning approximately and "dian," a 24-hour period of day, are the basis for the circadian rhythm. The 24-hour circadian rhythm follows a cycle incorporating changes in physical, mental and behavioral changes in accordance with periods of natural light and dark in our environment.

Staying in synch with the circadian rhythm includes being exposed to light first thing in the morning and going to bed at the same time every night.

"The human body thrives on routine," Harvey said. "When we incorporate a regular sleep/wake pattern, our bodies follow like a well-tuned orchestra, performing in synch. When sleep is off, our bodies behave like an orchestra warming up, with each component following its own rhythm, out of synch as a whole."



Light entering the eyes triggers wakefulness in the brain.
Courtesy graphic

Circadian highs and lows are based on the circadian rhythm, which has different peaks and dips throughout the day. On the assumption that the average person wakes up at 6 a.m. and goes to bed at 10 p.m., the circadian flow, goes like this:

• Circadian low: 12-6 a.m. • Circadian high: 9-10 a.m. • Post lunchtime dip: 1-3 p.m. • "Happy hour" high: a 30 to 60-minute burst of energy around sunset • Dip: around 6 p.m. • Lowest dip: 3 a.m. to 5 a.m.

Steps to good sleep hygiene

When considering Zzzs, remember RRR: Routine, routine, routine.

Bring back bedtime. Bedtime is not just for children. Remaining cognizant of sleep time is crucial. Setting a routine bedtime can have immense effects on improving overall health.

Create a winding down routine. In preparation for bedtime, create a routine to help relax your mind. Try reading, journaling, showering or any other non-stimulating activity.

Set a wake time. The flip side of maintaining a routine bedtime is setting a regular wake time. A regular sleeping and waking pattern will help your body adjust to its natural circadian rhythm. Once awake, avoid lying in bed. This helps maintain bed space as sleep space.

Use an alarm clock. Phone alarms work, too, but phones should be kept out of arm's reach and placed on "do not disturb" during sleep time. Make sure your phone is not disturbing your sleep.

Get in seven to nine hours of sleep. Adults require this amount of uninterrupted sleep each night and are only meant to be awake 16 hours a day. Lost sleep, or "sleep debt" accumulates. Unfortunately, we cannot "bank" sleep so the only way to reduce sleep debt is to get sufficient, quality rest every night.

Avoid electronics before bed. As a rule, 30 minutes before bed, avoid having backlit devices that give off blue light in front of your face. Blue light washes out melatonin, the natural hormone in the brain that triggers sleep. Each text answered, tweet posted and comment liked increases your exposure to blue light and contributes to disruption of melatonin. With loss of melatonin, we become more alert and enter a vicious cycle of returning to a state of wakefulness. Soon, eight hours of sleep goes down to seven, to six and so forth.

Eat healthy, live actively. Keep in mind principles of healthy eating and active living. Maintaining a good balance of nutritious food and daily exercise can promote quality sleep.

Be aware of sleep-inducing and wakefulness-promoting foods. Some sleep-inducing foods are carbohydrates, pasta, corn, white bread and potatoes. Some foods that promote alertness are protein, nuts and seeds, peanut butter, cheese, eggs, fish and other meats, yogurt and beans.

Perform a self-check. If you find yourself experiencing difficulty getting a good night's rest, ask yourself these questions:

• When did you last consume caffeine?
• Did you exercise before bed? How long before?
• Did you consume a large meal before bed?
• Did you not have enough to eat before retiring for the night?
• Are you taking over-the-counter medications, vitamins, etc.?

Some products may have hidden caffeine, including

See SLEEP P13

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.

Joint Base San Antonio-Randolph News Briefs

RESC spouse scholarships

The Randolph Enlisted Spouses' Club is accepting applications for scholarships to be awarded to enlisted military spouses in the amount of $1,000 per recipient. Applications are available at the Joint Base San Antonio-Randolph Education Center and the Military & Family Readiness Center. Applications must be postmarked no later than April 1. Questions or requests to receive an application by email should be sent to Randolphesc@hotmail.com.

PACE seeks volunteer families

The Air Force Profession of Arms Center of Excellence at Joint Base San Antonio-Randolph is developing a video about the Air Force family at JBSA-Randolph and is seeking San Antonio Air Force families to share their story in an interview that will be videotaped. To participate, call 652-1712 no later than March 18.

Golf Tournament March 25

The Randolph Chiefs' Group is holding a golf tournament March 25 at Randolph Oaks Golf Course. Registration begins at 11 a.m. with tee offs beginning at 12:30 p.m. The tournament will follow a four-person scramble format. For more information, call 652-2281 or 652-2848.

Child safety seat class

Almost 75 percent of all car seats are installed incorrectly and car crashes are the leading cause of preventable death in children. A car seat safety seat clinic is scheduled for Monday, April 18, May 16 and June 20 at Joint Base San Antonio-Randolph. Prior to taking part in the car seat safety clinic, participants must complete the Car Seat 101 class at one of the JBSA locations. For more information, call 221-0349 or 652-6308.

White House Communications Agency recruiting event

A member of the White House Communications Agency will be at Lackland 's Wilford Hall Auditorium April 12 to recruit interested active-duty members from all services, E-4 through E-8. Members assigned to WHCA will provide direct service to our mission in Washington D.C., or on a travel team in support of the President, Vice President, First Lady and others as directed. For more information call 202-757-6063.

Professional development, benefits seminar

A professional development and benefits seminar is taking place from 11:30 a.m. to 12:30 p.m. March 31 at the Gaylord Professional Development Center.

This session is for non-Air Force Sergeants Association members to enhance professional development and provide benefits information and to advocate for improved quality of life and economic fairness that supports the well-being of Air Force enlisted personnel; active, retired and veterans. For more information call 652-2525.

Street construction planned

The 502nd Civil Engineer Squadron is conducting a re-pavement project on 5th Street West, including replacement of existing pavement, curbs and sidewalks from F Street West to C Street West. Demolition and construction will occur in various phases and will require street and parking closures on 5th Street West for the time periods below:

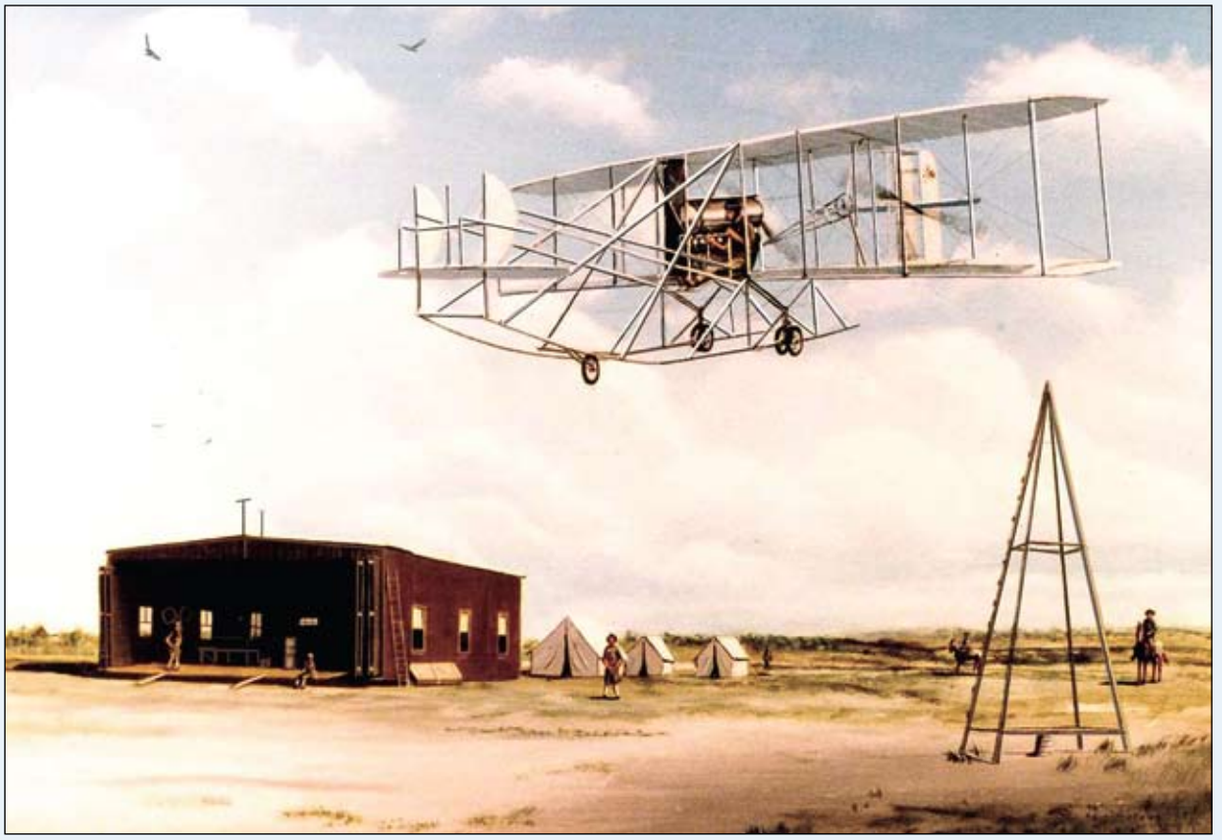
- Feb. 29 – April 1: 5th Street West will be closed from E Street to D Street.
- April 4 – May 13: 5th Street West will be closed from D Street to C Street.
- Repaving, May 21: 5th Street West will be closed from F Street to C Street for paving. Detour routes will be marked.

For more information, call 652-1224.

Joint Base San Antonio-Fort Sam Houston birthplace of military aviation

The first Army aircraft made its first flight March 2, 1910, at Fort Sam Houston with Lt. Benjamin Foulois at the controls. Foulois piloted the Army's first aircraft, Signal Corps Aircraft No. 1, with his first flight lasting only 7 1/2 minutes. He made three more flights that day and on his fourth attempt, the young pilot ended up crashing the airplane. The original Signal Corps Aircraft No. 1 was a Canard biplane with a four-cylinder Wright 30.6 horsepower engine driving two wooden propellers via a sprocket-and-chain transmission system. Foulois taught himself to fly via correspondence with Orville and Wilbur Wright. Foulois' experiences in aviation as a member of the Army Signal Corps led to today's U.S. Air Force. The Army Air Service was created in 1918. In 1926, the Army changed the name to the Army Air Corps, which became the Army Air Forces in 1941. Based on the AAF's wartime achievements during World War II and future potential, the U.S. Air Force won its independence as a full partner with the Army and the Navy Sept. 18, 1947.

Illustration courtesy of Fort Sam Houston Museum



Pharmacy initiatives enhance patient care

By Staff Sgt. Chelsea Browning
59th Medical Wing

Patient-centered process improvements are reducing wait times at 59th Medical Wing pharmacies across Joint Base San Antonio.

"Multiple process improvements have decreased processing times by 48 percent over the past two months, according to 59th MDW pharmacy officials at the Wilford Hall Ambulatory Surgical Center, here.

Our main pharmacy at Wilford Hall currently has an average prescription processing time of 15 minutes," said Lt. Col. Rodney Jorstad, pharmacy flight commander.

Among the improvements is a program that embeds pharmacy technicians into clinics that issue the most prescriptions, including family health, internal medicine and pediatrics. The embedded technicians review prescriptions with the patient to talk about instructions and warnings, and verify that everything is correct before sending the prescription electronically to the pharmacy.

Patients don't have to check in at the pharmacy, they only need to look for their name on the monitor indicating their prescription is ready.

"Having pharmacy technicians embedded in the clinics helps everybody," Jorstad said. "It's convenient for the patient and because technicians can clarify any issues with the provider right away, it reduces the risk of error."

Patients are also given an estimated wait time so they can make the best use of their time instead of sitting in a lobby.

"My wait time was a lot less today. Usually it takes an hour, but I had enough time to fill my prescriptions and eat lunch," Alisa Phoenix, Wilford Hall Ambulatory Surgical Center patient, said.

Improvement in prescription delivery times are attributable to a streamlining of the automated prescription processing system and a reorganization of inventory to increase workflow efficiency.

"The wing will keep seeking ways to leverage its resources to provide the ultimate patient experience," Jorstad said.

AFPC, 502nd FSS prepare for JBSA intramural basketball tournament

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

The Air Force Personnel Center will be seeking its third straight title at the Joint Base San Antonio intramural basketball tournament that starts Monday at JBSA-Fort Sam Houston.

AFPC advanced to the tournament after beating the 502nd Force Support Squadron, 55-36, in the JBSA-Randolph intramural basketball championship game March 3 at the Rambler Fitness Center. AFPC won its fourth straight JBSA-Randolph title.

AFPC went 3-0 during the JBSA-Randolph tournament, beating its three opponents by an average margin of 17 points. In their first game, AFPC defeated the Air Force Recruiting Service, 63-39, beat the 502nd FSS in the tournament semifinals, 63-59, and won the rematch with 502nd FSS in the title game, 55-36.

The 502nd FSS also advanced to the six team JBSA-level tournament, which includes the top two teams from JBSA-Randolph, JBSA-Fort Sam Houston and JBSA-Lackland.

In the JBSA-Randolph championship game against the 502nd FSS, player-coach Michael Gunter led AFPC with 33 points. Gunter said his team had something to prove against 502nd FSS, which had beaten AFPC twice in regular season play.

"It was a statement game," Gunter said. "The statement was, 'Look, we are here, we are the champs and we are not going anywhere, and we are preparing ourselves to enter into the JBSA tournament as a well-oiled machine ready to claim our spot as the champs.'"

AFPC is led by the starting lineup of guards Gunter, Jeremy Gilchrist, Demetrius Smith and forwards Adam Brakeville and Javon Cruz. Brakeville and Cruz are imposing players in the lane, with Brakeville standing at 6 feet, 5 inches and Cruz, 6 feet, 4 inches.

Gunter said AFPC's defense is based on taking away the opposing team's strengths and turning them into a weakness.

"If there is a team that goes up and down the court and shoots three pointers, our defensive strategy is to close out and stay within an arm's length of the shooters and force them to go to the basket, where they have to shoot over our big men," Gunter said.

Gunter said chemistry and experience are two reasons why AFPC has won four consecutive JBSA-Randolph titles and is hoping for a three-peat championship at the JBSA-level tournament.

"The core of the team has been playing together for four years now," Gunter said.

Chris Woods, 502nd FSS coach, said his team is in its second year playing together as a unit. Last year, the 502nd FSS advanced to the JBSA-Randolph and JBSA-level tournament championship games, losing both times to AFPC.

"We are making strides," Woods said. "We are playing for one another and that's what we are about."

The starting lineup for the 502nd FSS includes John Pettigrew, point guard; Derrick Cook, small forward; Shaun Francious, center; and Nick Smith and Woods, guards. Cook is the team's leading scorer at 15 points per game, with Pettigrew averaging 10 points and 10 assists per game.

Woods said the 502nd FSS was able to beat AFPC twice this year with their fast-paced, up tempo offense. But in the JBSA-Randolph tournament, Woods said AFPC utilized their inside players of Brakeville and Cruz to slow the game down.

If the 502nd FSS were to play AFPC in a possible rematch game in the JBSA-level tournament, Woods said they will need to play a sound, discipline game to beat them.

Woods said JBSA tournament will be competitive and that his team will need to play their hardest every game.

"There will be some stiff competition," Woods said. "We are going to be looking at it one game at a time and leaving it on the court one game at a time."

Driving around Washington Circle safely

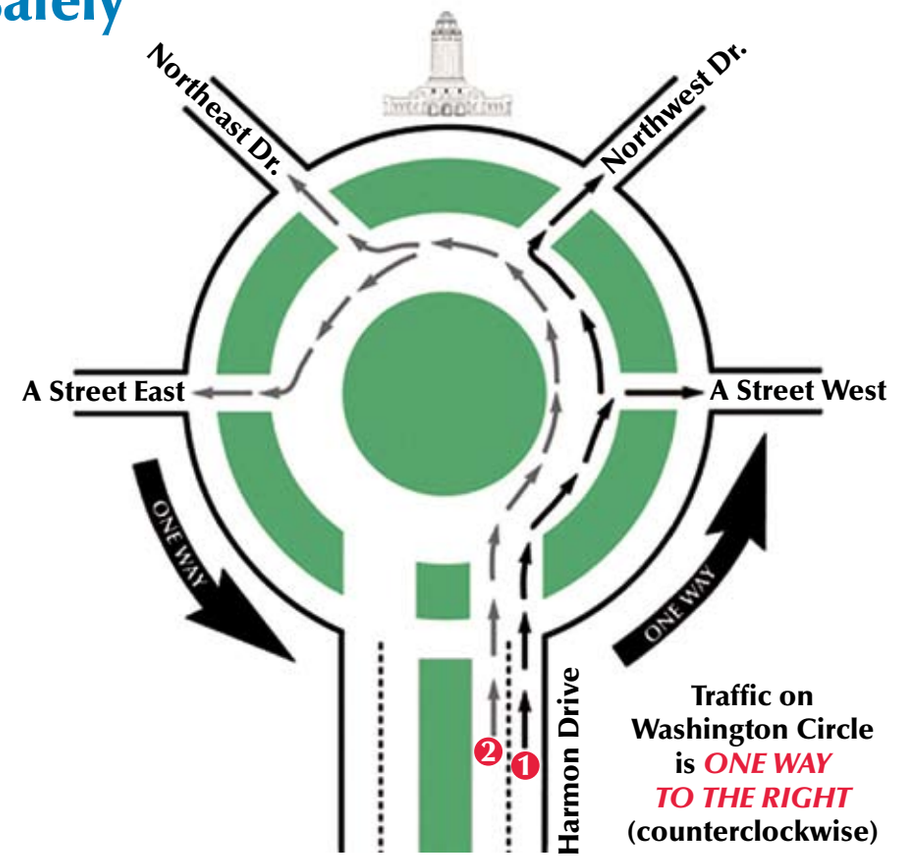
Base safety and security officials want people to be aware of the procedures for driving in and out of Joint Base San Antonio-Randolph's Washington Circle.

Officials want to ensure motorists know which lanes they should be in when entering and exiting the circle.

The biggest safety issue occurs when vehicles try to directly exit the circle from the left lane instead of moving to the right lane in advance of their exit turn. Officials urge people to drive defensively and use caution in and around Washington Circle.

TRAFFIC RULES FOR WASHINGTON CIRCLE

- Traffic entering the circle must yield to traffic already in the circle.
- When entering the circle:
  1. If you are exiting at the first or second exit, stay in the outside lane or right lane.
  2. If you are exiting at the third exit or beyond, use the inside or left lane until ready to exit
- If two vehicles are side by side, the vehicle in the outside lane has the right or way.
- All traffic must signal for turns when exiting the circle.



SLEEP from P9

some daily multivitamins. Find the culprit. Complete your self-check and take action accordingly. Consuming too much caffeine or too close to bedtime can adversely affect sleep. Give yourself a "caffeine cut-off" time and try to cut back by at least one caffeinated beverage.

Try exercising earlier in the day and cut down on food intake before bed. Have a light snack 30 minutes prior to bed. Be sure to discuss the use of over-the-counter medications and vitamins with your health care provider.

If you are still experiencing difficulty sleeping, try keeping a log of your sleep habits. Many free apps are available to provide a log of your sleep, track how restful your sleep has been and wake you up in a REM cycle so you are not groggy.

Incorporate a meditative sound, such as "pink noise." Pink noise layers noises on top of each other – such as rain on a tin roof – and helps to relax your mind from the worries of the day.

Get out of bed and do something boring. Find a monotonous activity that is nonstimulating. Keep the lights dim and remember the importance of getting out of bed while not sleeping – this practice maintains the sacredness of the bed as a place for sleep.

Look for symptoms of underlying health issues. Problems with sleep can be signs of other health issues, such as sleep apnea or restless leg syndrome. If you experience any of the following or other ongoing symptoms, consult your physician.

Symptoms of restless legs syndrome:

- Uncomfortable sensations in legs, arms or other parts of the body
- Irresistible urge to move legs to relieve sensations
- Discomfort in the legs, including an "itchy," "pins and needles," or "creepy crawly" sensation

Symptoms of sleep apnea:

- Chronic, loud snoring
- Pauses during snoring, followed by choking or gasping
- Rapid onset of sleepiness during quiet, inactive moments of the day

Sleep deprivation is real. One out of three adults is sleep deprived. Inadequate sleep or insufficient restorative sleep accumulated over time can cause physical or psychiatric symptoms and affect routine task performance.

Sleep deprivation can cause memory problems, a weakening of the immune system and may lead to depression. Long-term effects of sleep deprivation may include a high risk of obesity, heart disease, hypertension, cancer, mental distress and stroke.

Sustained wakefulness also affects daily performance. Going without sleep or continuing in a sustained state of wakefulness can have effects on performance similar to effects of alcohol consumption on cognitive function.

After 17 hours of sustained wakefulness, performance decreases to a level similar to performance under a .05 blood alcohol content. After spending a full 24 hours in a continued state of wakefulness, performance decreases to a level similar to performing with a .10 BAC. The legal BAC limit for operating a motor vehicle is .08.

Fatigue can be fatal. Persistent exhaustion is a constant state of weariness or fatigue. Fatigue reduces concentration, energy and motivation. Fatigue decreases a person's cognitive abilities by 20 to 50 percent. Cognitive abilities affect everything from attention to reaction time and judgement.

According to Harvey, the chance of an accident occurring increases by 400 percent after a worker is on shift 12 hours. The leading cause of fatigue is inadequate amounts of sleep.

Since we cannot flip-flop our circadian rhythm, it is important to maintain a routine. Some of the worst accidents happen at night. Remember to remain vigilant if you work night shift by double-checking your work and using break times.

If you believe your sleep is being disrupted and you are experiencing problems at work or at home, see a primary care doctor and ask for a visit with the local Internal Behavioral Health consultant.

Lt. Col. William Isler, Clinical Health Psychology Postdoctoral Fellowship director at Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland, advises that the Behavioral Health Optimization Program is the frontline for Airmen experiencing sleep disruption.

What are some tools that can be obtained for developing better sleep habits?

CBT-i Coach is a web application for self-management of sleep habits. This app can also be used to augment face-to-face care with a health care professional, by people engaged in cognitive behavioral therapy for insomnia (CBT-i).

For more information on sleep hygiene, contact your local behavioral health clinic.

(Supplemental information for this article was retrieved from the National Sleep Foundation.)

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PREVENT IDENTITY THEFT

1) Identity theft occurs when someone uses your Social Security number of other personal information to commit fraud.
2) Identity theft can happen to anyone.
3) Once identity thieves have your personal information, they can drain your bank account, run up charges on your credit cards, open new utility accounts or get medical treatment on your health insurance. An identity thief can file a tax refund in your name and get your refund. In some extreme cases, a thief might even give your name to the police during an arrest.
4) If your wallet, Social Security number or other personal information is lost or stolen, there are steps you can take to help protect yourself.
5) If you think you are the victim of identity theft, act immediately.

Visit https://www.identitytheft.gov/#what-to-do-right-away