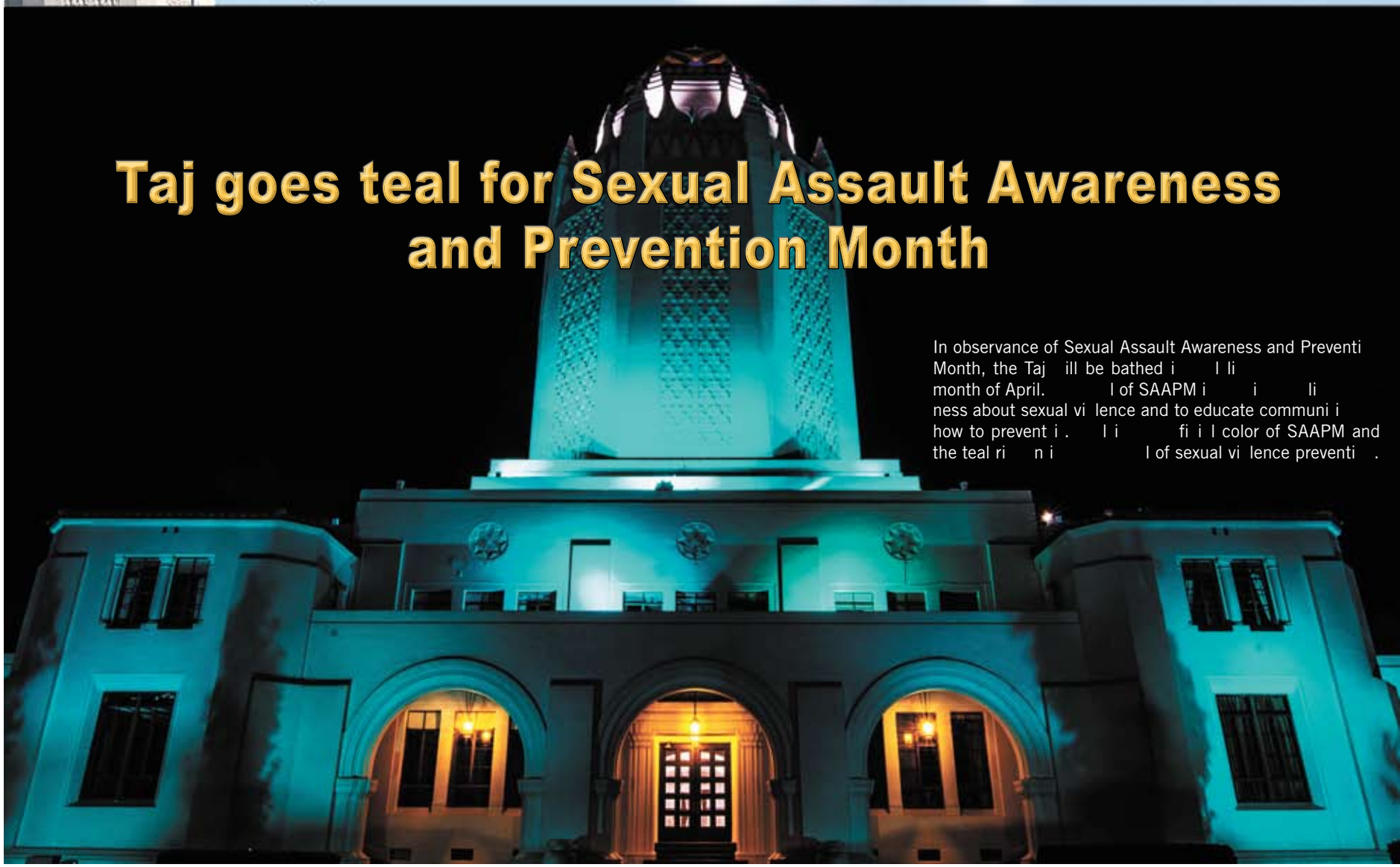
A publication of the 502nd Air Base Wing – Joint Base San Antonio

WINGSPREAD



Taj goes teal for Sexual Assault Awareness and Prevention Month

In observance of Sexual Assault Awareness and Preventi Month, the Taj ill be bathed i l li month of April. l of SAAPM i i li ness about sexual vi lence and to educate communi i how to prevent i . l i fi i l color of SAAPM and the teal ri n i l of sexual vi lence preventi .

Photo by Jeremy Gerlach

JBSA Front and Center, page 4

Courtesy graphic

Area Defense Counsel, page 6

Photo by Airman 1st Class Lauren Ely

902nd SFS trains with Comal County, page 8

April is Military Children's Health Month

By Prerana Korpe
Air Force Surgeon General Public Affairs

April is Military Children's Health Month. This time of year is an opportunity to recognize the children of our nation's heroes – military children – and highlight their contributions to their communities, and the military's role in caring for its children.

Within the Armed Forces community, there are an estimated two million military children, according to data from the National Child Traumatic Stress Network.

The Air Force Medical Service was formally established in 1949 and the Air Force has been providing medical care to safeguard the health and wellbeing of Airmen and their families ever since. In order to truly care for the warfighter and maintain readiness of the total force, it is imperative to care for the warfighter's family – especially children.

The Air Force provides medical care to its Airmen and families around the world. Air Force children are cared for at 63 medical facilities in the continental U.S. and 12 overseas locations.

Military children are heroes in their own right. Much like their parents, military children are serving their country. They face many challenging issues, such as coping with deployments, routinely picking up and moving to the next duty location and frequently being the new kid at school.

With challenges however, come stories of great courage, determination and strength.

Military Kids Connect is a Department of Defense initiative formed by the National Center for Telehealth and Technology. MKC is an online resource for military children between the ages of 6 to 17. Within MKC, military children and families share stories of coping with deployment.

Ten-year-old Michael is part of an Air Force family. His father is a chief master sergeant. The day his father was leaving for Afghanistan, was a hard day for Michael. He thought about how much he would miss his father, everything from hugs from his dad to his father's special hotdogs and hamburgers.

Considering the violence going on in the deployed theater, Michael worried for his father's safety and feared he would not make it another day. That was when his older sister Nicole stepped in.

Nicole spent extra time with Michael, took him to do activities he normally did with his dad and helped to lift Michael's spirits. The siblings were able to strengthen their bond and keep each other company while their father was away from home on deployment.

Gavin started a teddy bear drive when he was 12. Every time his father deployed, he would give Gavin a teddy bear – these bears reminded Gavin of his father. The bears provided comfort. Gavin decided the bears could provide comfort to other kids too. He would visit military family centers, giving out teddy bears to kids.

When asked how it made him feel, Gavin said, "It made me feel happy that I made a child happy."

Eleven-year-old Mika is very close with his family, especially his active duty father. His father's 13-month deployment was especially hard, shared Mika.

"We had a lot of things together that just were not there anymore."

To help cope with his father's deployment, Mika turned to volunteering.

"My dad's deployment really inspired me to volunteer."

Mika began giving back at home and within the community, on base and off. His volunteer duties included everything from keeping parks clean to mowing lawns for neighbors. Mika contributed over 350 hours of volunteer service to his community.

"When my dad is deployed, volunteering really helps because I am helping other people," Mika said. "I am giving back to the community, helping people who maybe cannot help themselves, so I do not feel sad."

Military OneSource is a Department of Defense-funded confidential program which provides around the clock support to military families, 24 hours a day, seven days a week. Visit Military OneSource at http://www.militaryonesource.mil. to learn more about available resources.

The Edwards Aquifer: where our water comes from

By Brian Hummel
502nd Civil Engineer Squadron
aquifer recharge specialist

In celebration of Earth Day April 22 and National Environmental Education Week April 17-23, this week features an exploration about where our water comes from, as well as how Joint Base San Antonio is working to enhance pollinator habitat while reducing its Edwards Aquifer water demand.

JBSA and the vast majority of San Antonio pumps its water from the Edwards Aquifer. The aquifer springs are the reason many Central Texas cities were located where they are and why the Spanish chose to establish San Antonio in the early 1700s.

Some notable Edwards Aquifer Springs are (from west to east): Las Moras Springs at Fort Clark in Bracketville; San Pedro Springs north of downtown San Antonio; San Antonio Springs located on University of the Incarnate Word campus, near Broadway and Hildebrand Streets; Comal Springs in New Braunfels, which are the largest springs in Texas; San Marcos Springs which has a nice park and excellent interactive and interpretive exhibits; Barton Springs in Austin, which feeds the natural pool in Zilker Park; and Salado Springs near Salado, Texas.

Millions of people use the water from these springs each year for drinking, irrigation, swimming and recreation.

The raised pollinator gardens laid out on contour near the Cunningham Gate on JBSA-Fort Sam Houston are designed to deeply irrigate the landscape with storm water runoff.

These native wildflower seeds quickly vegetated the exposed soil during cooler, wetter winter months and do not require any artificial irrigation to thrive in the Texas climate. There are several similar projects installed at JBSA-Camp Bullis as well.

The wildflowers do more than just add some color to the landscape.

The Department of Defense is part of the "Pollinator Health Task Force" and projects such as these help the DOD meet their pollinator health objectives.

Projects like these also help the City of San Antonio meet their pledge to be the First Monarch Champion City in the nation. We are in the middle of the Monarch butterfly migration route and our pollinator habitat enhancements help sustain the Monarchs and countless native pollinators.

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.

By Airman 1st Class Stormy Archer
Joint Base San Antonio-Randolph Public Affairs

Members of the Joint Base San Antonio community will join forces Monday through April 15 for an installation-wide spring cleanup effort.

The 502nd Air Base Wing, in coordination with the 502nd Civil Engineer Squadron, is conducting Proud Week Spring Cleanup, an event that will unite mission partners, tenant units, organizations and agencies throughout JBSA.

"The purpose of Proud Week is to really focus on cleaning up our areas around us," Chief Master Sgt. Katie McCool, 502 Security Forces and Logistics Support Group superintendent, said. "This is our opportunity to come together and focus on enhancing the appearance and beautification of JBSA and its facilities, conduct environmental maintenance and promote a clean work environment."

Key tasks will be to remove trash, old furniture, fallen tree limbs, brush, grass from sidewalks and non-household trash. Personnel will sweep sidewalks and curbs, conduct a general inspection of fields, streets and parking lots in areas of responsibilities to include assigned work areas, storage and warehouse areas, bag and bundle all trash as appropriate and transport to trash collection points or nearest dumpsters.

Senior enlisted members will lead cleanup efforts for each organization.

"Whatever organization you belong to, if you find your senior enlisted leader, they should be able to point you in the direction of what you can do to help," McCool said.

Supplies for cleanup efforts can be acquired at the self-help store at each JBSA operating location: building 4197 at JBSA-Fort Sam Houston, building 5495 at JBSA-Lackland and building 891 at JBSA-Randolph.

In addition, lawn and garden supplies and equipment such as rakes, wheelbarrows, brooms and other items will be available in limited quantities for sign-out.

Bulk trash sites will be designated at all JBSA locations, and participants may use dumpsters near their work areas for items that aren't bulk trash.

Examples of bulk trash items are tree limbs, broken-down picnic tables, old fence materials, bricks and old landscaping timbers.

Items that are not accepted for bulk removal are hazardous materials, furniture and other items appropriate for defense reutilization and marketing office disposal, equipment and food waste.

"Keeping JBSA clean is part of excellence in all we do," McCool said. "You should be proud of where you live and where you work, and you should want to take the effort to make it a good place."

For more information on what supplies are available or how to check out equipment call 652-2242 for JBSA-Randolph, 652-2055 for JBSA-Lackland and 808-6079 for JBSA-Fort Sam Houston.

Photo by Joel Martinez

Members from the 12th Flying Training Wing and the 502nd Security Forces Logistic Support Group clean the landscape at the Taj April 8, 2015, during Joint Base San Antonio Pride Week at JBSA-Randolph.

JOINT BASE SAN ANTONIO FRONT AND CENTER

X-ray technician makes sure doctors aren't operating blind

By Jeremy Gerlach
Joint Base San Antonio-Lackland Public Affairs

Photo by Jeremy Gerlach

Senior Airman Meagan Tavares, 59th Medical Wing radiology technician, adjusts her X-ray machine at Wilford Hall Ambulatory Surgical Center before seeing a patient. Tavares wants to become a physician's assistant after the Air Force.

Senior Airman Meagan Tavares, 59th Medical Wing radiology technician, has a gift for seeing through people.

Her X-ray machine helps, but Tavares relies just as much on her people skills.

"I get excited when I have a challenging patient that other techs (think) is too difficult," said Tavares, who works at Joint Base San Antonio-Lackland's Wilford Hall Ambulatory Surgical Center. If I can help that person – if I can get that image that other people think is impossible – if I can do that exam that other people think is too hard, that really gets me fired up."

Starting at 7 a.m., Tavares takes X-rays of patients ranging from active-duty Airmen and their families to retirees. Beyond these basic procedures, she also administers steroid injections for patients with joint pain and fluoroscopy exams for those with digestive tract problems.

"When I can help a patient walk out of our clinic feeling better than they did when they came in, and they walk out in a better mood, there's nothing that's more satisfying," said Tavares, who also loves working with pediatric patients. "You think kids and X-rays don't mix – you have to get them to hold still, and some of them are afraid of the doctor – but they're actually the most fun patients to work with."

These services, Tavares noted, are vital to the 59th Medical Wing's mission.

"Without X-ray imaging in general, most doctors would be operating blind," Tavares said. "If doctors are unable to see the body part or issue they're looking for, it's really hard for them to get an accurate diagnosis."

Caring for the families of servicemen and women can be just as important, Tavares added.

"We make sure our forces get to fight, but they're not worrying about their families," she explained.

"If they know their families are in good hands, that takes a huge weight off the shoulders of people who are deployed or who are working on training for long hours. That way they're focused on their mission."

Tavares knows a thing or two about working long hours. Tech school for most jobs is under three months, but lasts about 13 months for radiologic technicians. That's the longest-running medical tech school in the Air Force, and one of the longest in the entire armed services, according to the Air Force website.

"This is not just button pushing," noted Tavares, who spent hours learning the complete human anatomy. "We also learn about physics so we can ... minimize the radiation exposure to our patients. This is so much more than standing behind a wall and pushing a button."

Tavares is aiming to become a physician's assistant after leaving the Air Force. She's taking pre-requisite classes at a local college and said she plans on applying to the Inter-Service Physician's Assistant program at JBSA-Fort Sam Houston later this year.

"I never thought the military was going to be an option for me, but the Air Force has just opened so many doors," said Tavares, who noted that she's not just making money at a job she loves, but is also going to school for free thanks to the Air Force's tuition assistance. "I'm just very fortunate to have been given these opportunities."

Even after several years of training, Tavares's endless fascination with the human body keeps her fresh and engaged at work.

"To be able to watch even something as simple as somebody swallowing – to watch that process and see how the esophagus has this motion called 'peristalsis' – to watch that in motion is the coolest thing to me," Tavares said. "The human body is so much more complicated than we give it credit for. It blows my mind every time I see it – it never gets old."

Keeping that enthusiasm is important, because the patients at Wilford Hall keep Tavares and the rest of the radiology department on their toes, Tavares said.

"Every morning when I get to work, I'm so excited," she explained. "No two days are exactly the same. Every patient is different – you never know what you're going to get. Even after two years, I'm learning new things every day."

Airmen turn to area defense counsels

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

There may come a time in Airmen's careers when they face discipline for suspected offenses ranging from minor to serious.

However, they need not deal with these situations by themselves: They have advocates they can turn to wherever they are stationed.

Area defense counsels, certified judge advocates assigned to Air Force installations, provide active-duty enlisted Airmen and officers with the counseling and legal representation they need in adverse circumstances.

At Joint Base San Antonio-Randolph, Airmen can turn to Capt. Steven Vallarelli, who serves as area defense counsel, and Staff Sgt. Cierra Gutierrez, defense paralegal. Their office is in the basement of Pitsenbarger Hall.

"We're like the public defenders for JBSA-Randolph," Vallarelli said. "Our services are offered to any Airman facing any form of military justice, from letters of counseling on up to courts-martial."

Vallarelli, who has been assigned as ADC at JBSA-Randolph for two years, said his office sees the whole spectrum of the "progression of discipline" – letters of counseling, admonishment and reprimand, Article 15 actions, administrative discharges and courts-martial.

Gutierrez, who has served as paralegal at the JBSA-Randolph ADC office for three years, said the mildest form of discipline is verbal counseling, followed by a letter of counseling.

"We see clients for letters of counseling," she said. "A letter of counseling is usually written for something minor, like coming to work late a few times."

Vallarelli said the JBSA-Randolph ADC office sees a lot of Airmen who have received letters of reprimand and face Article 15, or nonjudicial actions, and administrative discharges.

"Courts-martial are less common at JBSA-Randolph than they are at JBSA-Fort Sam Houston and JBSA-Lackland because those locations have more active-duty members, especially young Airmen," he said.

The JBSA-Randolph ADC office's clientele is a mixture of officers and enlisted members, Gutierrez said.

"The JBSA-Lackland and JBSA-Fort Sam Houston offices see a lot more enlisted members," she said. "We don't have that because there are fewer young Airmen here."

Vallarelli said the JBSA-Randolph office handles cases from all JBSA locations as well as Laughlin Air Force Base, Texas, many on referral from ADC offices at JBSA-Fort Sam Houston and JBSA-Lackland.

"We're a close community," he said.

Counseling plays an important role at the ADC office, Vallarelli said.

"Our services are offered to any Airman facing any form of military justice, from letters of counseling on up to courts-martial."

Capt. Steven Vallarelli,
Joint Base San Antonio-Area defense counsel

Courtesy graphic

"Most of what we see are people unsure of what's happening to them," he said. "They're looking for someone to help them. The majority of what we do is talking to them and helping them the best we can."

Airmen who commit an offense – or are suspected of an offense – are apprised of their rights by their leadership, Vallarelli said.

"Airmen are told they are entitled to representation," he said. "Commanders and first sergeants are good about letting them know."

Airmen can also be assured that the ADC's representation of them is independent, Vallarelli said. The ADC's chain of command reaches to the Air Force Legal Operations Agency at Joint Base Andrews, Md.

"We fight for these Airmen," he said. "Our job is not to help the commander, but to help the individual Airman. No commander has influence on us."

The JBSA-Randolph ADC office handles a range of major offenses specified in the Uniform Code of Military Justice. These are felonies that include sexual assaults and other forms of assault, drug cases and financial crimes.

Vallarelli said many Airmen are not aware that Article 15 actions also have serious consequences, especially for officers. Examples of Article 15 infractions are disobeying military orders and showing disrespect to a military superior.

"Article 15 actions can affect promotions and result in negative performance reports and discharge," he said.

Gutierrez said enlisted Airmen can recover from Article 15 actions.

"But for an officer, even a letter of reprimand is considered very serious," she said. "Officers are held to a higher standard."

Many Airmen just visit the ADC office for advice, Vallarelli said.

"They usually come in after they're already in trouble," he said. "We're very honest and upfront with our clients, but we fight for them no matter what they did or didn't do. That's what the whole system is built on – everybody gets a fair shake."

Gutierrez said she enjoys helping clients.

"These aren't bad people," she said. "They're good people who make bad decisions."

Vallarelli said his office has an "underdog mentality."

"The victories are sometimes small ones, such as getting a letter of admonishment reduced to a letter of counseling," he said. "We look for things like that. We can help them in ways that are meaningful to their careers."

The JBSA-Randolph ADC office is in Room B40 of Pitsenbarger Hall, building 399, 550 D St. East. Call 652-2274 for more information.

Allergy season comes early to San Antonio area

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Courtesy graphic

The Asthma and Allergy Foundation of America consistently ranks the San Antonio metropolitan area as one of the "most challenging places to live with spring allergies" in its yearly ratings.

Things are running even truer to form this year, since a mild winter gave way to an early spring with an explosion of pollens and wet weather has spawned a multitude of molds.

Health care professionals at Joint Base San Antonio-Randolph's 359th Medical Group are seeing the various symptoms of allergies – from sneezing, coughing and itching to runny noses, headaches and sore throats – in their patients.

"The San Antonio area is always a challenging place for allergy sufferers because there is not a drop-off in the weather," said Maj. (Dr.) David Dy, 359th MDG Family Health Clinic medical director. "This winter was very mild, which caused some pollinators to bloom early. So springtime allergy season started earlier and is more severe than usual.

"Some patients are exhibiting new symptoms as well as more severe symptoms," he said.

Distinguishing between allergies and the common cold can be difficult, said Capt. (Dr.) John Lax, 359th MDG Family Health Clinic physician.

"Some helpful tips to tell them apart are that allergies will last much longer than cold symptoms and your nasal discharge tends to be clear rather than thick and colored," he said. "In addition, itching of the nose, mouth, throat and skin is uncommon with a cold, but very common with allergies."

Allergies are the body's overreaction to things in the environment, Lax said.

"Your body responds by releasing a chemical called histamine that causes swelling of nasal passages, itchiness and sometimes coughing," he said.

The most common allergens are molds, animal dander, dust and pollens from trees, plants and grass, Lax said.

"If you are allergic to pollens, you may notice your symptoms are a little better on rainy days and worse on days with low humidity and high winds as this makes the amount of pollen in the air higher," he said.

Allergies can be treated through the avoidance of allergens that cause symptoms and by using medications, Lax said.

Ways to avoid pollens are refraining from outdoors activities, especially on dry, windy days during the worst allergy seasons; keeping windows and doors shut in vehicles and at home; and using HEPA air filters on air conditioners to help trap allergens.

Mold can be avoided by removing indoor house plants; frequently cleaning showers, baths and bathroom windows; not using carpet in moist areas; and using a dehumidifier to keep humidity in the home below 50 percent.

Dy said consistent use of medications is important in treating allergies.

"If you know you have seasonal allergies and you live in this area, you should take your medications every day because there's always something growing," he said. "You should take them year-round."

Oral medications such as antihistamines and steroid nasal sprays are effective in treating allergies and many of these medications can be found over the counter, Dy said.

"Sometimes people have to be on oral medications and nasal sprays," he said.

Dy said people should be patient with oral medications and nasal sprays because their response time can be up to a week.

"Relief is not always immediate," he said.

Immunotherapy, or allergy shots, should be used as a last resort, Dy said.

"Allergy shots should be reserved for those who don't respond well to oral medications or nasal sprays, have a food allergy or are not able to control their symptoms with conventional treatments," he said.

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.

902nd SFS partners with local K-9 unit for training exercise

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

The 902nd Security Forces Squadron welcomed the Comal County Sheriff's Department K-9 unit for a military working dog training exercise March 28 outside the Joint Base San Antonio-Randolph MWD kennel.

The exercise marked the first time in three years since the 902nd SFS has partnered with a local police department for training with MWDs, said Tech. Sgt. Matthew Phillips, 902nd SFS kennel master.

Phillips said the new training areas, the exposure to different scents of narcotics and explosives and allowing both departments to become familiar with each other's operating procedures were equally beneficial factors for both organizations in forming a partnership.

"When we do joint training, it is not just for the dogs, but for the handlers too," Phillips said. "Everyone coming together to share their experiences and training techniques makes for an excellent training environment."

The training exercise was designed to provide practice for dog handlers and their dogs in finding explosives in a recreational vehicle lot, as well as narcotics in an open field.

The CCSD K-9 unit is training its dogs to work in county courthouses and in schools to detect various explosives, said Deputy Duane Buethe, CCSD K-9 unit corporal in charge.

"Some of the explosives that I need to make sure the dog will find, only the military has," Buethe said. "The military brings a lot of information back from foreign conflicts that we're not going to have experience with. When they come back they share those things with us, and it helps us understand, 'Well that could be done here' and so we use those things to help our program."

For the next partnered training exercise, Phillips said the 902nd SFS will go out to the CCSD's training area.

"They've got different experiences in law enforcement … and with them, they get narcotics all the time," Phillips said. "If they find narcotics, they can then use it for training, so we can expose our dogs to a lot more on the narcotics side and to new training areas off base."

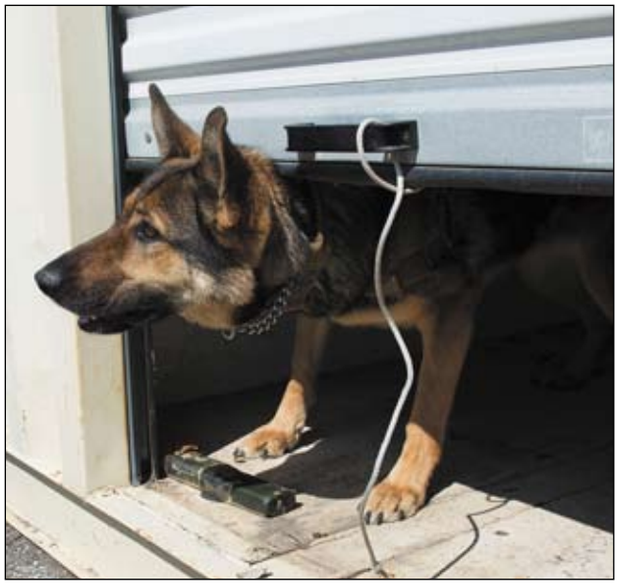
The 902nd SFS is home to six MWDs with explosives and narcotics training as part of their weekly duties. Phillips said each dog has a training schedule and is "hitting odor" twice a week, as well as performing force protection and working on obedience with their respective handler.

The dogs are also dual certified to perform bite work with handlers and part of their training schedule can also include practice in finding people.

Photos by Airman 1st Class Lauren Ely

Deputy Duane Buethe, Comal County Sheriff's Department K-9 unit corporal in charge, runs through an explosives exercise with his dog R.J. March 28 at Joint Base San Antonio-Randolph. Buethe helps train the K-9 unit's dogs for patrolling and detecting narcotics, explosives, guns and ammunition.

Staff Sgt. Michael Sengphradeth (left), 902nd Security Forces Squadron military working dog trainer, and Jacob Smith, Comal County Sheriff's Department K-9 unit dog handler, give positive reinforcement to a police K-9 after completing a training exercise March 28 at Joint Base San Antonio-Randolph. The training exercise was the first in a new partnership between the 902nd SFS and the CCSD K-9 unit.



Beky, 902nd Security Forces Squadron military working dog, looks up at her handler after she discovers a simulated explosive March 28 during a training exercise at Joint Base San Antonio-Randolph. Beky has been at JBSA-Randolph since 2012 and has deployed with her handler, Tech. Sgt. Matthew Phillips, to Afghanistan and South America.

April is Sexual Assault Awareness and Prevention Month

By Jose T. Garza III
Joint Base San Antonio-Lackland Public Affairs

Nearly 1 in 5 women and 1 in 71 men are rape victims, and its effects can have short and long-term impact on the victim's overall health and well being, according to the National Assault Violence Resource Center.

In recognition of April as Sexual Assault Awareness and Prevention Month, Joint Base San Antonio Sexual Assault Prevention and Response officials want military and civilian members to know there is help available year-round in the event of a sexual assault.

"We have victim advocates that will respond to calls and make sure that their needs are being met," said William Hall, 502nd Air Base Wing SAPR program coordinator.

Individuals located at duty stations around the United States can call the Department of Defense Safe Helpline at 877-995-5247 or the SAPR 24/7 Crisis Hotline at 210-808-SARC for information on reporting options.

If individuals choose to make an unrestricted report, SAPR officials would then get the victims' leadership and law enforcement officer involved to initiate an investigation, Hall said.

A restricted report, on the other hand, allows individuals to confidentially disclose the crime to specifically identified individuals without triggering the official investigative process or notification to command. Those individuals are the sexual assault response coordinator, SAPR victim advocate or healthcare provider or personnel.

A restricted reported might become unrestricted at any time if the individual wishes it, but an unrestricted report cannot become restricted.

Because of the time it takes to gather evidence for a report, Hall encourages individuals to contact SAPR officials immediately after an incident.

"A lot of folks are either afraid to come forward for help or are not aware of our program," he said. "We want to give victims support and help them make the choices they need to make."

To create sexual assault awareness, the SAPR office put up banners with #STOP107 in red and black letters around JBSA.

The significance is that every 107 seconds an American is sexually assaulted, according to the Rape, Abuse and Incest National Network, amounting to an average of 293,066 victims who are age 12 or older per year.

Photo by Steve Elliott

From left: Air Force Col. Michael Gimbrone, 502nd Security Forces and Logistics Support Group commander; Army Lt. Gen. Perry L. Wiggins, commanding general of U.S. Army North (Fifth Army) and Senior Commander of Fort Sam Houston and Camp Bullis; Navy Rear Adm. Rebecca J. McCormick-Boyle, commander, Navy Medicine Education and Training Command; Marine Lt. Col. Eric C. Dill., 4th Reconnaissance Battalion commander; and Coast Guard Cdr. Benjamin M. Golightly, Coast Guard Cryptologic Unit Texas commander, pose with the signed Sexual Assault Awareness and Prevention Month proclamation April 1 at the Academic Support Center on Joint Base San Antonio-Fort Sam Houston.

The goal of the #STOP107 campaign is to stop an assault before it gets to 107 seconds, Hall said.

"Sexual assault is a serious problem in our society," he said. "We want people to step in and break up a potential situation. Be a good wingman and take care of one another. We tell folks to go out in groups and leave in groups. Don't leave anybody behind because that's when someone could become a victim of sexual assault."

Contact the SAPR office for JBSA-Lackland at 671-7273; for JBSA-Randolph at 652-4386 and for JBSA-Fort Sam Houston at 808-8990. Office hours are from 8 a.m. to 4:30 p.m. For more information, visit http://www.sapr.mil.

Joint Base San Antonio Sexual Assault Awareness, Prevention Month Events

Friday
"Strike Out Sexual Assault" Bowling Event
JBSA-Fort Sam Houston Bowling Center, 2521 Schofield Road, noon. Join in the fun at this year's "Strike Out Sexual Assault" bowling event. Awards and door prizes to be given. Open to all Department of Defense ID cardholders and dependents. To register, call 336-4532 (Army), 513-309-0142 (Navy) and 919-344-2254 (Air Force). Bowlers must pay for ticket at registration.

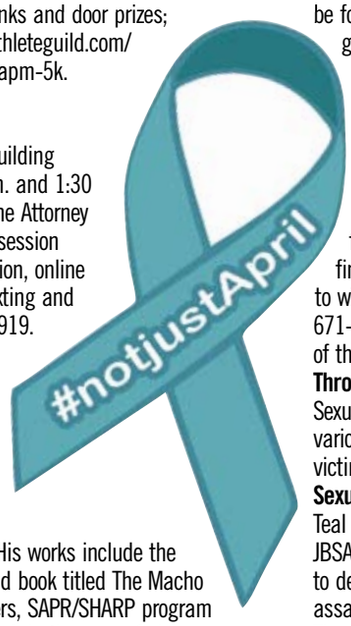
Saturday
Second Annual Student Poetry Slam
Medical Education and Training Campus Student Activity Center basement, JBSA-Fort Sam Houston, 6 p.m. In honor of Sexual Assault Awareness and Prevention Month, this poetry competition will feature original works by METC students while their peers judge from the audience. Army, Air Force and Navy students are all welcome. Free food, drinks and door prizes. For more information, call 542-4115.

April 15
"Kill the Silence. A Survivor's Life Reclaimed"
Brooke Army Medical Center Auditorium, JBSA-Fort Sam Houston, 2 p.m. Guest speaker Monika Korra is the founder and chief executive officer of The Monika Korra Foundation. After she was kidnapped and raped in 2009, she decided she would not live her life defined as a victim. She has grown into a national speaker and author since her trauma, empowering others who hear her. Open to the public.

April 16
Color Run SAAPM 5K Run/Walk, Aquatics Center, JBSA-Fort Sam Houston, 9 a.m. A SAAPM 5K "Paint the Post TEAL!" color run/walk to raise public awareness and spread the message about the prevention of sexual violence. Free race, food, drinks and door prizes; must register online at https://www.athleteguild.com/running/fort-sam-houston-tx/2016-saapm-5k.

April 20
"Netsmartz"
Military & Family Readiness Center, building 2797, JBSA-Fort Sam Houston, 10 a.m. and 1:30 p.m. Provided by the Texas Office of the Attorney General Criminal Investigations Unit, session will cover human trafficking, exploitation, online privacy, reputations, cyberbullying, sexting and online predator situations. Call 221-1919.

April 21
"Gender Violence as a Leadership Issue" by Jackson Katz, Ph.D. Blesse Auditorium, building 2841, JBSA-Fort Sam Houston, 10:30 a.m. Katz is a nationally acclaimed speaker and activist against sexism and gender violence. His works include the award-winning film "Tough Guise" and book titled The Macho Paradox. He will speak to senior leaders, SAPR/SHARP program personnel and other personnel who work in the area of violence prevention.



April 23
"The Hunting Ground" viewing and discussion.
12:30-2:30 p.m. - Evans Theatre, JBSA-Fort Sam Houston. An expose of rape crimes on U.S. college campuses, the viewing of the film will be followed by interactive discussion. Refreshments and/or small giveaways may be provided. For more information, call 652-4386 at JBSA-Randolph or 875-1284 at JBSA-Fort Sam Houston.

April 29
The "Drive Out Sexual Assault" golf tournament
Gateway Hills Golf Club, JBSA-Lackland, 1 p.m. shotgun start time. The tournament is an event to heighten awareness and show support to those affected by sexual assault. The format is a four person scramble with prizes for first-, second and third-place finishers, longest drive and closet to pin. Golf goodies and chances to win prizes. To register, email 502abw.cvk.ola@us.af.mil or call 671-7273. Preregistration ends April 22 and will be accepted the day of the event.

Throughout April at All JBSA Locations
Sexual assault awareness information will be distributed on base at various locations. Staff will share info about sexual assault realities, victim services and prevention tips.

Sexual assault awareness ribbon, flag displays
Teal is the color representing Sexual Assault Awareness Month. All JBSA locations will have teal ribbons and flags or special teal lighting to demonstrate support to those JBSA survivors recovering from sexual assault.

The Department of Defense 2016 SAAPM theme is "Eliminate Sexual Assault: Know Your Part. Do Your Part."

The JBSA SAPR hotline number is 808-7272. Additionally, the other JBSA numbers are 808-8990 for JBSA-Fort Sam Houston, 671-7273 for JBSA-Lackland, and 652-4386 for JBSA-Randolph. Soldiers can call 221-0598, while Navy personnel can call 221-1496.

Joint Base San Antonio-Randolph News Briefs

Ceremony recognizes volunteers

The annual Joint Base San Antonio Volunteer of the Year Award and Volunteer Excellence Award ceremony is Wednesday at 1 p.m. at the JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. For details, call 221-2418.

Retiree Appreciation Day

A Joint Base San Antonio-Randolph Retiree Appreciation Day is 9 a.m. to noon April 23 at the Kendrick Club. There will be representatives from government agencies, veteran organizations and local organizations attending. For more information, call 652-6880 or 877-282-2441.

Strategic writing course

A course designed to improve military writing skills is April 16 at Joint Base San Antonio-Randolph. The course is intended for all ranks, including officers and civilians who directly supervise enlisted personnel, and will include bullet writing exercises. Bring information on specific accomplishments for use in preparing these bullets. To register for the class, use the SharePoint site at https://cs3.eis.af.mil/sites/OO-ED-AE-15/default.aspx.

Couples workshop

A couples workshop is 8 a.m. to 4 p.m. April 23 at Freedom Chapel at Joint Base San Antonio-Lackland. The event is open to all military ID cardholders and their significant others. To register for the event, email lacklandcouplesworkshop2016@gmail.com.

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:

- Current – 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.

ICE
Interactive Customer Evaluation

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

Submit a comment at http://ice.disa.mil.

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

Taking dietary supplements? Think safety first

By Prerana Korpe
Air Force Surgeon General Public Affairs

Graphic by Steve Thompson

While dietary supplements may provide health benefits, it is important to understand potential health risks associated with the use of supplements.

While dietary supplements may provide health benefits, consumers should be aware of potential health risks associated with the use of supplements and keep in mind practices for safe consumption.

Supplement safety is a vital consideration for people of all ages, at all levels of health and physical fitness.

The Food and Drug Administration advises that dietary supplements are not approved as safe and effective. The FDA is not authorized to evaluate dietary supplements before they reach the market, therefore supplements are not FDA tested before they hit the shelves. Manufacturers are responsible for ensuring the safety of these products before they are sold and supplements may not include warnings about potential adverse effects.

According to the National Institutes of Health, dietary supplements, including vitamins and minerals, may be toxic when consumed over an extended period, in high enough quantity or when taken in combination with certain other chemical substances.

Adverse reactions to dietary supplements can happen. For example, it is important to take into consideration climate when using supplements. Research shows that certain supplements could exacerbate dehydration and lead to a serious health consequence such as kidney failure.

According to the New England Journal of Medicine, adverse events associated with dietary supplement use result in approximately 23,000 emergency room visits in the United States each year.

In 2015, the Department of Justice and its federal partners conducted a nationwide sweep to identify possible unsafe or contaminated dietary supplements. Through this effort, it was determined that tainted products were being marketed as dietary supplements, which resulted in criminal actions against 117 supplement manufacturers and distributors.

In addition, NIH reports that combining supplements or taking supplements with medications, both prescription and over-the-counter, could create damaging and sometimes life-threatening effects.

Certain supplements can increase the potential for internal bleeding, reduce the effectiveness of medications or cause physiological changes which could harm the body.

Even before considering dietary supplements however, it is important to evaluate your diet.

Capt. Denise Campbell, 52nd Aerospace Medicine Squadron registered dietitian at Spangdahlem Air Base, Germany, explains, "It is important to have a good, well-rounded diet first, before turning to supplements."

Dietary supplements are just that – supplements. Intended to enhance certain diets to promote optimal health, dietary supplements should not be used to replace a balanced, nutritious diet. Supplements are not a substitute for healthy eating.

"People need to be their own best advocate," Campbell said. "Just because a product works for a co-worker, spouse, brother or friend, does not mean it is right for everyone. We all have different eating and sleeping habits and it is important to evaluate supplement use with our lifestyle in mind – not just by the word of a friend. To effectively evaluate the safety of dietary supplements, it is important to remain a smart consumer in general."

For help with good supplement safety habits, Campbell offers the following tips and advises when selecting a dietary supplement, ask yourself:

- Is this product effective?
- Does the claim sound too good to be true?
- Will this supplement help me to meet my goals?
- Is this product safe? Are there any recalls related to this product or the ingredients found in the product?
- Is the product adulterated? Be extra careful with weight loss or body building products.
- Has the product undergone third party verification? Third party verification tests the identity, strength or disintegration – benefit and absorption – factor.

Supplement safety resource

Operation Supplement Safety provides information about dietary supplement safety. If certain supplement information is not listed, individuals can submit questions to request additional information. OPSS is offered through the Human Performance Resource Center, a Department of Defense initiative under the Force Health Protection and Readiness Program.

Keep in mind the following points:

- Evaluate what you are eating first and then decide if you need a particular dietary supplement.
- Use of any dietary supplement should be discussed with a health care provider.
- Natural products can interact with prescription drugs and can enhance or inhibit effects of prescription drugs.
- Environment can play a role in the effect of supplements. For example, in hot climates, take extra care to remain adequately hydrated.

Watch out for red flags

- Proprietary blends or delivery systems include a "secret sauce" recipe, which is some combination of ingredients that a particular manufacturer will put together and label only the total amount (i.e. 1200 milligrams) but will not indicate how much of each ingredient is included in the product. This may increase risk for toxicity.
- Supplements which require being mixed with water should only be mixed with water – not sports drinks, sodas, etc.
- There can be too much of a good thing. Stacking supplements – taking multiple products – can be harmful or toxic to the body.
- High doses of vitamins or minerals may compete for absorption by the body.

Be aware when introducing new supplements to your routine or a new combination of medications with existing supplement use. Look out for symptoms of adverse effects, such as dizziness, flushed skin, pins and needles in extremities, passing out, chest pain, rapid heartrate or heartburn. If you experience some new, inexplicable change, stop taking the supplements. You might be having an adverse reaction.

See SUPPLEMENTS P13

JBSA bowlers can sign up for summer league

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

A bowling ball and an opportunity to learn from professional bowlers are some of the benefits Joint San Antonio members receive when they join the JBSA Summer Pro Am League that starts in June.

League competition is scheduled from June 2 to Aug. 18 at the JBSA-Fort Sam Houston Bowling Center, the JBSA-Lackland Skylark Bowling Center and the JBSA-Randolph Bowling Center. Participants pay a weekly fee to bowl in the league.

Bowlers who participate in the summer league will get a new bowling ball at the end of league competition and automatically be entered into the JBSA Pro Am Tournament Aug. 27 at the JBSA-Lackland Skylark Bowling Center.

The JBSA Summer Pro Am League is in its fourth year of existence, with 150 bowlers from all three JBSA locations participating in last year's league competition.

Steve Barinque, JBSA-Randolph Bowling Center manager, said each JBSA bowling center will determine the format for its league competition, whether it will be individual or team based, in meetings that will be held after the sign up period.

Bowlers of various skill levels and ages, from youth to adult, can participate in the league, Barinque said.

League bowlers will get to bowl with professional bowlers at the JBSA Pro Am Tournament. Professional bowlers that are scheduled to appear at the tournament include Randy Pederson, Wes Malott and Carolyn Dorin-Ballard.

"Every bowler will bowl a game with a professional, who will be giving pointers to bowlers while they are bowling with them," Barinque said.

The tournament will include coaching clinics given by professional bowlers and bowling ball demonstrations.

Bowlers will compete for $2,500 in tournament cash prizes. Youth bowlers who win a cash prize will get their payment in the form of a scholarship.

Ron Crosby, an Air Force retiree, has bowled in the JBSA Summer Pro Am League the last two years.

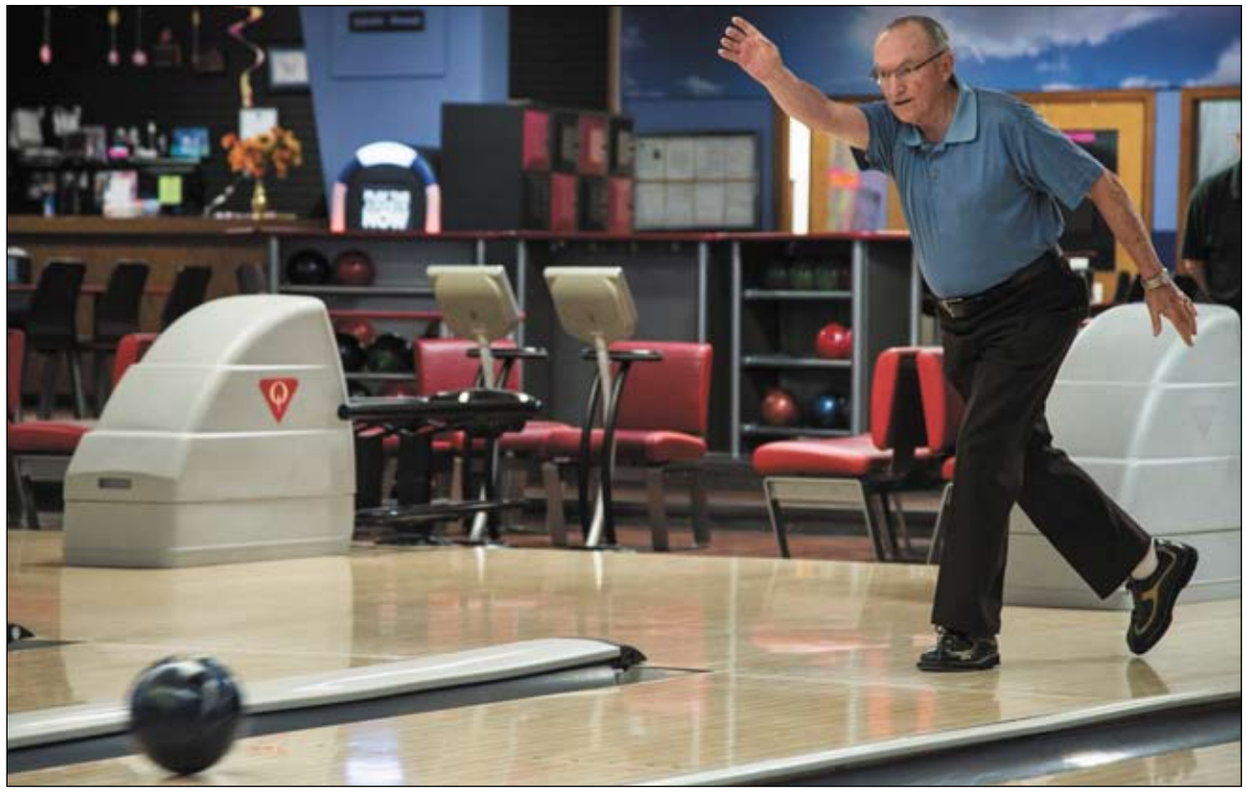


Photo by Airman 1st Class Stormy Archer

Retired Maj. Ron Crosby, Joint Base San Antonio Pro Am League member, bowls March 30 at the JBSA-Randolph Bowling Center. The JBSA Summer Pro Am League is in its fourth year of existence, with 150 bowlers from all three JBSA locations participating.

Crosby said he likes bowling in the summer league because it provides a fun, family-friendly atmosphere.

"I got to bowl with my daughter and I got to bowl with professional bowlers, the ones you see on TV and who are your idols," Crosby said. "You can't beat it."

Leonard Gray, a retired Air Force major, said he enjoys the intense competition and camaraderie of the bowlers in the summer league. Gray has bowled in the league twice.

For more information about the JBSA Summer Pro Am League and to sign up, active-duty service members and Department of Defense cardholders can call the JBSA-Fort Sam Houston Bowling Center, 221-4740; the JBSA-Randolph Bowling Center, 652-6271; or the JBSA-Lackland Skylark Bowling Center, 671-1234.

SUPPLEMENTS from P11

If you experience any adverse effects, consult your health care provider.

Supplements may contain undeclared ingredients. Keep an eye on the FDA recall list.

Supplements do expire. Once expired, supplements should be properly disposed of and not consumed.

Name that supplement. Play the "Can I name all the ingredients?" game. See if you can pronounce ingredients in your supplement(s), identify what each ingredient is, as well as the effects of each ingredient. Use this as a test for supplements.

Consideration for common supplements:

A dose of daily vitamins should contain less than 200 percent of the recommended daily value. One hundred percent or less of the daily value is optimal.

Caffeine intake should not exceed 600 milligrams (mg) per day. A dose of 200 mg (approximately a cup and a half or two cups of drip coffee) can be effective for enhancing performance without overdosing. An overabundance of caffeine can increase heart rate, cause tremors, nervousness or irregular heartbeat.

Gummy vitamins are vitamins too. Keep in mind toxicity and do not consume more than is recommended on the container or by a health care professional.

Adhere to labels recommending consumption of food with the supplement.

To help "decode" the dietary supplement industry, check out the Human Performance Resource Center's three-minute video "Decoding the Dietary Supplement Industry."

For more information on supplement safety, 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.

To advertise in the Wingspread, call 250-2052.