JB\$A LEGACY

WWW.JBSA.MIL

JOINT BASE SAN ANTONIO

SEPTEMBER 15, 2017



PHOTO BY TECH, SGT, AVE I, YOUNG

Airman Malcolm Charles, 902nd Security Forces Squadron entry controller, sends a situation report Sept. 7 at the Incident Support Base where Federal Emergency Management Agency disaster relief trucks are parked at Joint Base San Antonio-Randolph. Charles is from Houston, an area hit hard by Hurricane Harvey, and his family still resides there.

Defender personifies 'Service Before Self' during Harvey relief

Page 16



Soldiers, civilians assist at San Antonio Food Bank Page 10



ISR command chief's goal: help Airmen do their best Page 13

Suicide Prevention Month: stopping suicide is everyone's battle

By Peter Holstein

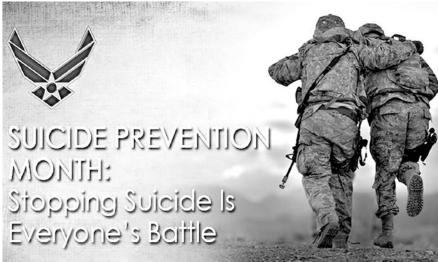
AIR FORCE SURGEON GENERAL OFFICE OF PUBLIC AFFAIRS

September is Suicide Prevention Month, a time for Americans to build awareness and help understand suicide in our culture. More than 40,000 Americans lose their life due to suicide each year and research shows that rates in the military and the general population are very close. The loss of anyone to suicide is a tragedy, and that is why the Air Force is committed to the goal of zero suicides.

Making progress toward this goal requires buy in from everyone in the Air Force, from its most senior leaders to junior Airmen. Everyone has a role to play in prevention. The most basic, and often most effective, way to prevent suicide is to make sure that our family members, friends, coworkers and anyone else in our life feel connected and a have sense of belonging in the world.

"To combat something as complicated as suicide, we need leaders at every level involved," said Lt. Col. Alicia Matteson, the Air Force suicide prevention program manager. "We need the front line supervisors, all the way up to squadron, group and wing commanders involved and being connected to their Airmen."

Risks for suicide include people with substance abuse problems, those experiencing loss or guilt, feelings of isolation, and those undergoing stress, both professionally or in their personal life. This is why it is important for commanders at every level to know the Air-



OURTESY GRAPHIC

men they supervise, and connect to them enough to know if they have experienced an event in their life that might increase their risk for suicide.

"If suddenly someone comes in and they're looking exhausted, or they exhibit signs of depression or mood swings, then ask," said Dr. Jeffrey Greenberg with the Air Force Suicide Prevention Program. "It may be nothing, and that's fine, but it is still important to demonstrate to someone that you are concerned about what's going on with them. We want to increase that, the connection between Airmen."

Building connections helps sustain emotional strength, and creates a sense of belonging that fortifies against suicidal thoughts. This sense of belonging, whether it is to a unit, a family, a friend group, or something else entirely, helps sustain people when times get tough.

"You can't control the world to stop bad things from happening. Emotional stresses are part of the reality of life," Greenberg said. "When bad things happen, it causes a strong emotional response — anger, fear, anxiety, sadness or anything. That's normal. We need to help our Airmen develop the tools to manage those feelings."

This commitment to connection is backed by the Air Force's adoption of the ACE method, which stands for "Ask, Care, Escort." These three steps can guide Airmen when confronted with someone contemplating suicide. The Air Force Suicide Prevention web-

site has more information on ACE and other resources to help prevent and respond to suicide.

If you, or someone you know, needs immediate help, call the Military Crisis Line and speak to a counselor by dialing 800-273-TALK and pressing 1.

Every life lost to a suicide is tragic, but together we can make a real difference. Building bonds with the people around us, even by simple gestures and friendly comments are important, and can sustain people in the face of adversity.

"Every Airman's job is to look out for each other," Matteson said. "That's what it means to be a wingman, and it's the culture change we need to prevent the tragedy of suicide."

JBSA LEGACY

Joint Base San Antonio Editorial Staff

502nd Air Base Wing and JBSA Commander Brig. Gen. Heather Pringle

502nd ABW/JBSA
Public Affairs Director
TODD G. WHITE

502nd ABW/JBSA Chief of Command Information Dan Hawkins

> Editor Steve Elliott

Staff Senior Airman Stormy Archer

DAVID DEKUNDER
ROBERT GOETZ
AIRMAN DILLON PARKER
KIMBERLY PARKER
SENIOR AIRMAN KRYSTAL WRIGHT
TECH, SGT, AVE YOUNG

JBSA LEGACY
ADVERTISEMENT OFFICE
EN COMMUNITIES
P.O. BOX 2171
SAN ANTONIO, TEXAS 78297
210-250-2052

This newspaper is published by EN Communities, a private firm in no way connected with the United States Air Force, under exclusive written contract with Joint Base San Antonio (JBSA). This civilian enterprise newspaper is an authorized publication or members of the United States military services. Content of the publication is not necessarily the official view of, or endorsement by the United States Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force of EN Communities, of the products or services advertised.

Everything advertised in this publication shall be dead available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, provided, and/or approved by the JBSA Public Affairs Offices withing the 502nd Air Base Wing. All photographs are Air Force photographs unless otherwise indicated.

HOTLINES

- Sexual Assault Hotline 210-808-SARC (7272)
- Domestic Abuse Hotline 210-367-1213
- DOD Safe Helpline 877-995-5247
- Suicide Prevention 800-273-TALK (8255)
- Duty Chaplain 210-221-9363

Army CID warns of disaster fraud scams

From U.S. Army Criminal Investigation Command

The U.S. Army Criminal Investigation Command is cautioning the Army community to be on the lookout for charitable schemes and scams associated with "disaster fraud" donations.

With these scams, criminals will use manmade or natural catastrophes, such as the recent damage and flooding caused by Hurricanes Harvey and Irma, to get individuals to donate to charities claiming to support affected victims. Some of these organizations are fraudulent, or misleading at best because they do not have the infrastructure to support the affected disaster area.

Disasters can also lead to an increase in fraudulent fundraisers, monetary and charitable donations scams, and scammers will use various methods to seek "charitable donations."

According to CID officials, "scammers exploit those wishing to assist people in need by soliciting fictitious charitable donations, making phone calls, sending fraudulent emails or creating phony websites to solicit contributions or personal information resulting in identity theft."

"Do not respond to unsolicited email (spam), links or attachments from these fake groups because in addition to "Do not respond to unsolicited email (spam), links or attachments from these fake groups because in addition to stealing your identity, these links may also contain computer viruses and/or hijack your computer files for ransom."

U.S. Army Criminal Investigation Command

stealing your identity, these links may also contain computer viruses and/or hijack your computer files for ransom," CID agents warn.

The scammers will also focus on getting their victims to become emotionally invested to help those in need. Special Agents from CID recommend that people who want to give do research before donating. Ask detailed questions about the charity or organization, which includes basic information such as their name, address, telephone number, and if the charity is registered. Also request proof that a contribution is tax deductible or if the organization is tax exempt. Be cautious of out of state organizations — especially if their address is a post office box.

Officials also urge would-be givers to ensure monies are donated to trustworthy organizations and to make contributions directly to known and verified organizations rather

than relying on a third party to

Experts also advise that copycat websites are very active during natural disasters. Copycat websites will have links that will appear authentic to similar known web addresses. It's the same for some social media platforms. An increased use of social media platforms using copycat websites and accounts of trusted organizations will be used to display devastating and emotional images combined with a link in an effort to get you to donate to those in need.

If you decide to donate, go directly to the organization's website and do not donate using a link that has been sent via email or social media, CID advises. Be sure to check the organization's verification. Most sites use a check mark behind the name to let you know that you are on or viewing a verified account.

Additionally, some crowdfunding and fundraising webCID LOOK UT ON POINT FOR THE ARMY

COURTESY GRAPHIC

sites and accounts may not be used for the intended purpose of helping disaster victims, so beware of solicitations from these sites posing as legitimate and fake organizations. It is important to verify all organizations before donating.

If you think you've been the victim of a charity scam, you can file a complaint with the Federal Trade Commission.

Resources

➤ National Center for Disaster Fraud: (866) 720-5721

➤ Department of Homeland Security / FEMA Fraud Hotline: (800) 323-8603

https://www.oig.dhs.gov ▶ Federal Trade Commission: https://www.ftccomplaintassistant.gov/#&panell-1

>> State of Texas: FraudReport@tdi.texas.gov or 1-888-327-8818

Helpful Links

► https://www.consum-

er.ftc.gov/articles/0074-givingcharity

http://www.abcactionnews.com/news/local-news/ how-to-avoid-hurricane-harvey-charity-scams-and-makesure-your-money-gets-to-victims-who-need-help

➤ FTC Consumer information release: https://www.consumer.ftc.gov/blog/2017/08/wisegiving-wake-hurricane-harvey ➤ Directory of national charities: http://give.org/charityreviews/national

For more information on CID or to report a felony-level crime or provide information concerning a crime, contact your local CID Office or the Military Police or visit http://www.cid.armv.mil.

Editor's note: Some information contained in this advisory is courtesy of the FBI, the National Center for Disaster Fraud and the National White Collar Crime Center:

Military & Family Readiness Centers keep community connected

By Jai Bell

JBSA-FORT SAM HOUSTON M&FRC

Locating resources in your community may not be as easy as it sounds; however, support is just a phone call or click away.

The Joint Base San Antonio Military & Family Readiness Centers are dedicated to providing a full range of quality programs and services promoting self-reliance, mission readiness, resiliency and ease adaption into the military way of life.

There are a wide variety of classes, trainings, and workshops promoting, educating and facilitating readiness and resiliency under the following core programs:

- **▶** Relocation
- >> Financial readiness
- **→** Employment assistance
- >> Transition assistance
- >> School liaison officers
- **▶** Exceptional Family Member

Program

- >> Personal work and family life
- → Volunteer
- ▶ Unit family readiness
- ▶ Deployment

Service members, Department of Defense civilian employees (appropriated and nonappropriated) and DOD ID cardholder family members are welcome to attend classes and utilize all the services each M&FRC offers.

In addition, the centers con-

nect patrons to resources available within the San Antonio community.

"When customers call in, we try to not only assess the specific service they initially request, but also unite them with other programs that may be beneficial for them or their family," said Leroy Shelvin, Armed Forces Action Plan coordinator.

"To make it easier for our customers to know what's going on across the JBSA M&FRCs, we have a bi-monthly calendar of events booklet high-lighting everything we have going on," Shelvin added.

Customers can sign up to receive the calendar via email or view it directly online at www.JBSA.mil/Resources/Military-Family-Readiness or on Facebook at http://www.Facebook.com/mfrcjbsawhich includes information for all three locations.

AETC COMMANDER RECOGNIZED BY JBSA-RANDOLPH CHIEFS' GROUP



COURTESY PHOTO

Lt. Gen Darryl Roberson (center left), commander of Air Education and Training Command, is recognized by the Joint Base San Antonio-Randolph Chiefs' Group as an honorary chief master sergeant Aug. 3 at JBSA-Randolph. Roberson is responsible for the recruiting, training and education of Air Force personnel. His command includes the Air Force Recruiting Service, two numbered air forces and Air University. The command operates nearly 1,370 trainer, fighter and mobility aircraft, 23 wings, 12 bases, and five geographically separated groups. It trains more than 293,000 students per year with approximately 62,000 active-duty, Reserve, Guard, civilian and contractor personnel.

Airmen, family feedback sought for community resources

From Secretary of the Air Force Public Affairs

The Air Force invites all Airmen and their dependents to participate in the 2017 Air Force Community Feedback Tool survey (https://confirm.opinionport.com/wix/p27407946.aspx) which runs through Oct. 2.

The volunteer survey collects feedback directly from the total force and their spouses about their community needs. Those surveyed identify gaps and strengths of the helping services at their local bases.

Once personnel receive their invitation with their access code (https://www.rand.org/

surveys/af-feedback/ faq.html#faqı6) they can take the survey, which is completely confidential.

"The ultimate source of air, space and cyberspace combat capability resides in the men and women of the U.S. Air Force," said Chief Master Sgt. of the Air Force Kaleth O. Wright. "We must put them

first as they face the challenges inherent in serving in the profession of arms. We continue to explore opportunities to strengthen our force.

"While some initiatives are force wide, others are more targeted, but all have the same objective — to provide commanders with the most welltrained, deliberately developed Airmen and the most resilient Airmen and families."

The Air Force used a previous community survey in 2013 to assess healthy food options in a base environment, provide additional psychological health resources and implement new chaplain initiatives to better meet the community's spiritual needs

Preparedness Month emphasizes planning ahead

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

Every year in September, National Preparedness Month reminds people how critical it is to plan and prepare for emergencies regardless of their magnitude.

Underscored by the devastating impact of Hurricane Harvey on the lives and property of the residents of Houston and other Texas communities, this year's theme, "Disasters Don't Plan Ahead. You Can," sets the tone for National Preparedness Month.

At Joint Base San Antonio, 502nd Civil Engineer Squadron emergency management professionals will spread this message with information booths at three locations: 11 a.m. to 1 p.m. Sept. 5 at the JBSA-Fort Sam Houston Exchange, 11 a.m. to 1 p.m. Sept. 12 at the JBSA-Randolph Exchange and 11 a.m. to 1 p.m. Sept. 19 at the JBSA-Lackland Exchange.

JBSA's observance of National Preparedness Month will also feature a 5K run/walk at 7 a.m. Sept. 26 at JBSA-Fort Sam Houston's MacArthur Field, preceded by a raffle for a \$75 Army and Air Force Exchange Service gift card.

Referencing the month's theme, Greg Wilson, 502nd CES emergency management technician, said planning ahead is the key to dealing "Make sure you know where the shelters are in your community. If you have to shelter in place, choose an innermost room in your home."

Greg Wilson, 502nd Civil Engineer Squadron emergency management technician

with disasters of all kinds.

"The focus is on preparedness at work and at home," he said. "It's important to have an emergency action plan and make sure everybody at your workplace and in your family knows what action to take. What is my response when this happens?"

Knowing when and how to evacuate is a key consideration when faced with an emergency.

"In our area we can have severe thunderstorms, tornadoes and floods, so evacuation may be necessary," Wilson said. "Make sure you know where the shelters are in your community. If you have to shelter in place, choose an innermost room in your home."



COURTESY GRAPHIC

Service members and civilian employees at JBSA and other installations should know where their shelter is located, he added. If not, they can contact an emergency management representative at their workplace.

Communication is also vital, Wilson said.

"Communication should be part of the plan because family members may not all be together when something happens," he said. "Everyone should know the first person to call."

Preparedness also has a community component, Wilson said.

"Know your neighborhood, and know who is most vulnerable during an emergency, such as an elderly or disabled person," he said. "Someone should be assigned to look after that person."

Stocking a kit with first aid supplies, tape, a flashlight and other emergency items, as well as medications and important documents, is another important part of preparedness, Wilson said. With the help of apps, smartphones can be used to store emergency phone contacts, checklists and documents.

Preparedness will be a focus at JBSA throughout September.

"Commanders at all levels need to ensure the JBSA Emergency Management Program and the planning associated with it is a priority in September and maintained all year around," Wilson said.

JBSA military members and civilians have websites they can access to become better prepared for emergencies, including the Air Force's www.beready.af.mil, the Army's www.acsim.army.mil/readyarmy and the Navy's www.ready.navy.mil.

The armed services' preparedness campaigns — the Air Force's "Be Ready," "Ready Army" — provide military members and civilians with the knowledge they need to enhance their resilience, equip their readiness and increase their security so they will be prepared to deal with any emergency situation.

RHS ROBOTICS CLUB RECEIVES FUNDS TO PROMOTE STEM LEARNING



IOEL MADTINES

Members from Lockheed Martin and the Randolph Field Education Foundation present a check to Randolph High School for its new robotics program Sept. 6. The purpose of the Randolph Robotics club is to promote learning in science, technology, engineering and math. The club's program inspires innovation excellence, teaches 21st century skills and immerses participants in project-based learning and robotics competitions. Guided by adult coaches and mentors, students develop STEM skills and practice engineering principles. Teams also must raise funds, design and market their team brand and do community outreach for which they can win awards.

Make homes safe for people with disabilities

By Richard C. Campos
502ND CIVIL ENGINEER SQUADRON

Disabilities come in all forms, mental and physical. For this reason, home safety is something that should be highly considered.

"People of all abilities need to prepare for any unplanned events that could occur, even in the safety and comfort of their home and community," said Tom Scott, United Spinal Association.

It's important for the disabled and caregivers to know the actions they can take to stay safe from fire.

Each year, there are approximately 700 home fires involving people with physical disabilities and approximately 1,700 home fires involving people with mental disabilities. Kitchens and cooking areas are the primary areas where these fires start.

Having physical or mental

disabilities does not mean a person is unable to take the important steps to keep safe from fire. Learn to build your fire prevention plans around abilities.

Smoke alarms

Smoke alarms with a vibrating pad or flashing light are available for people who are deaf or hard of hearing. Smoke alarms with a strobe light outside the home to catch the attention of neighbors and emergency call systems for summoning help are also available.

Have at least one smoke alarm installed on each level of your home.

Have smoke alarm batteries tested every month and changed at least once a year.

Location, location

People with disabilities are safest living on the ground floor. If you live in a multistory home, arrange to sleep on the first floor. Being on the ground floor and near an exit will make your escape easier.

Know at least two exits from every room.

If you use a walker or wheelchair, check all exits to be sure you can get through the doorways. Doorways must be at least 32 inches wide. Make any necessary changes, such as installing exit ramps and widening doorways, to make an emergency escape easier.

Make sure stairway handrails are installed correctly. Handrails should extend beyond the top and bottom so people have support when they get on and off the last step.

Make sure there is good staircase lighting.

Keep stairways clear of extra objects. Outside should be kept clear of debris and leaves. Make

HOMES continues on 19



COURTESY GRAPHIC

FORT SAM HOUSTON

Soldiers, civilians assist at local food bank

By Jose Rodriguez

AMEDDO &S PUBLIC AFFAIRS

When Capt, Latrina Dudley saw the devastation caused by Hurricane Harvey, she wanted to help, so she accompanied five of her Soldiers to the San Antonio Food Bank to volunteer in any way needed. People throughout San Antonio have donated desperately needed items and with the influx, the food bank needed the help. The storm has passed and now comes a long recovery for the people of South Texas.

Dudley is the commander of the Training Support Activity at the U.S. Army Medical Department Center and School at Joint Base San Antonio-Fort Sam Houston and member of the Medical Service Corps. Garrisoned at IBSA-Camp Bullis, her unit provides medical and logistical support, both



Spcs. Juan Gonzalez and Anna Denogean from the U.S. Army Medical Department Center and School Training Support Activity wrap a pallet of donations Aug. 31 at the San Antonio Food Bank warehouse.

tactical and non-tactical, in order to meet AMEDDC&S the training demands.

San Antonio was spared

most of the effects of the storm, but people just a few hundred miles away were not so fortunate.

"I've volunteered at the food bank before, and wanted to do something for the victims," Dudley said. "We had a little

spare time in the training schedule this week so a few of us came here this morning to

Dudley and her Soldiers sorted and packed donations at the food bank warehouse.

The Training Support Activity is not alone in helping during the recent crisis. The 188thMedical Battalion organized a donation drive to help the San Antonio Food Bank and AMEDDC&S civilians are also stepping up volunteering at local medical facilities.

During normal times, the San Antonio Food Bank serves 58,000 individuals a week in 16 counties in Southwest Texas. The hurricane has increased that need. In the upcoming weeks, and perhaps months, displaced people will continue to need assistance and the food bank will continue to need donations and volunteers.

BAMC commemorates Women's Equality Day with event

By Maria Gallegos

BAMC PUBLIC AFFAIRS

Brooke Army Medical Center commemorated Women's Equality Day Aug. 30, with the event highlighting the 19th Amendment, women's right to vote (ratified Aug. 26, 1920) and how far women have progressed since the suffrage movement in 1848.

"Thank you, ladies, for helping us shape the political landscape in the United States for nearly 100 years," said BAMC Commander Brig. Gen. Jeffrey Johnson in his opening re-

A lot has changed since 1920; there are women leaders in all facets of the nation, business,

sports, government and military. The passage of the 19th Amendment was the first of many steps in women's equality, thanks to the courage and tenacity of the women and men who challenged the nation to live up to our founding principles, the commander noted.

"The military continues to make significant strides in the advancement of women," Johnson said. "I am proud to say we have great women leaders throughout the Army and Brooke Army Medical Center including our guest speaker today, BAMC deputy commander Col. Traci Crawford."

Crawford expressed the importance of not only recognizing the accomplishment of past and present trailblazers, but also defining what equality means to her.

"For me, equality means treating everyone with fairness and respect, and recognizing the needs of individuals," Crawford said. "We know that equality has been achieved when all of us enjoy the same rights, resources, opportunities and protections. Ultimately, equality is creating an environment where our sons and daughters have a chance to develop to their full potential and realize their dreams can be achieved."

She also emphasized that equality is more than sharing the right to vote and that women at every level of society are leaders at the forefront of progress - surpassing physical limitations, challenging aviation records, blasting into space. serving as judges and members of Congress, setting world records in sports, becoming founders of world leading companies and fighting on the front lines of combat.

"Women's Equality Day is a day to celebrate how far we've come, but even more, it's a day to inspire one another to continue the fight for equality for all," Crawford said. "Great social change comes about when courageous people, both men and women, refuse to back down because they know what is right. For past, present, and future generations, we must keep building on the foundation for a more equal tomorrow."

In closing, BAMC Command Sgt. Maj. Diamond Hough congratulated the monumental event in history, but also noted there is still work to be done.

"We as a nation have come a long way but more needs to be done here at home and in support of other nations whose values are not the same as ours," Hough said. "The struggles of young women like Malala Yousafzai (Pakistani activist for female education and human rights advocacy) serve a reminder that there is still work to done and we all have the power to influence the world around us. Remember, everyone deserves to be treated justly and respectfully."

USAISR tourniquet expert helps save lives

By David DeKunder

502ND AIR BASE WING PUBLIC AFFAIRS

Whether it's at the operating table or doing medical research, Dr. John Kragh Jr. has dedicated 32 years to saving the lives of service members.

Kragh, an orthopedic surgeon at the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston, is a renowned expert on the use and effectiveness of tourniquets in treating injured limbs.

The retired Army colonel has participated in numerous studies covering the use of tourniquets in the treatment of wounded service members.

Kragh started his military medicine career in 1985 after graduating from the U.S. Military Academy at West Point, N.Y. That same year, he became a student at the Uniformed Services University of the Health Sciences at Bethesda, Md., graduating in 1989.

His first duty assignment was as a flight surgeon for a Ranger battalion at Fort Benning, Ga. Later, Kragh was a surgeon at several other Army posts, including Fort Gordon, Ga.; Fort Bragg, N.C.; and Brooke Army Medical Center, where he worked from 2001-2004.

In 2004, Kragh joined the U.S. Army Institute of Surgical Research, where he began his work studying tourniquets, making a career transition from surgeon to researcher.

Kragh's expertise on tourniquets helped him when he conducted a clinical study on their use at Ibn Sina Hospital in Baghdad, Iraq, in 2006. When he conducted the study, he was a surgeon assigned to the hospital, which was the busiest trauma center in the world at that time.

He decided to do the clinical study on the first day at the hospital when he noticed on the emergency room clipboard that a tourniquet had been used during a shift. After reading the clipboard, Kragh said he told the emergency room nurse on duty, "That's interesting, you had a tourniquet used during your shift. And she goes, "No, that's not interesting. We get one every shift."

That conversation led to a study on tourniquets that lasted from late March 2006 to late June 2007 in the hospital's emergency room. The study included observations on 727 casualties, 952 affected limbs and more than 1,200 tourniquets.

Kragh said the study was based on his observations and included data put on spreadsheets, photos of patients and boxes of used tourniquets.

The study, which was continued by two nurses after Kragh left the Baghdad



LIVIA MENDOZ

Dr. John Kragh Jr., U.S. Army Institute of Surgical Research orthopedic surgeon and researcher at Joint Base San Antonio-Fort Sam Houston, demonstrates how the Combat Application Tourniquet, or CAT, is used.

hospital in October 2006, found the miss rate — the number of patients who died need a tourniquet but didn't get one — decreased over time as Soldiers and combat medics got better at applying tourniquets to wounded service members to stop bleeding and prevent shock.

"Essentially, everybody got up to speed," Kragh said. "The results were changing in front of our eyes and the miss rate went down because the number of uses went way up. We were saving people who otherwise would have died."

He published the results of the first seven months of the study in a medical journal in 2008.

Kragh is part of a team of researchers and doctors who test tourniquets on mannequins and on each other at the USAISR. The studies and research they have done is helping to put a more positive perspective on the usage of tourniquets, a device that in the past had gotten a bad reputation for possibly causing morbidity or other side effects on patients.

Kragh is also sharing his expertise and knowledge of tourniquets with military medical instructors, including those at the Medical Education and Training Campus and the U.S. Army Medical Department Center & School, both located at JBSA-Fort Sam Houston.

Kragh said he has been surprised by how quickly people have picked up on the lessons and information from the studies and research on tourniquets he has been part of.

"I've seen people on TV carrying wounded people with tourniquets on," he said. "Normally, medicine moves like a glacier. This knowledge has been broadcast rapidly and adopted pretty quickly."

323rd Army Band orchestrates their final reunion concert



ST 1ST CLASS JASON STEPHENS

Sgt. Jonathan Solby (left) and Sgt. Daniel Estes, trombonists with the 323rd Army Band at Joint Base San Antonio-Fort Sam Houston, perform April 13 at the Watson Fine Arts Center.

By Sgt. Christopher A. Hernandez

345TH PUBLIC AFFAIRS DETACHMENT

Throughout the halls of a vintage brick building on Joint Base San Antonio-Fort Sam Houston, a medley of musical instruments echo in harmonious symphony.

However, these halls will soon fall silent, as the musicians of the 323rd Army Band, also known as "Fort Sam's Own," make preparations for their final reunion concert, "As Time Goes By," at the historic Alamo in downtown San Antonio Sept. 24.

The 323rd Army Band approaches its impending dissolution by fall of 2018. Consequently, this move also signifies the end of an annual tradition

the reunion concerts.

"The final reunion concert is kind of our last hurrah," said Spc. Kyle Noonan, a bassoonist with the 323rd Army Band. "It's a chance for us to celebrate the time that the band has been here before we disband."

"We have 52 musicians, so we're a little bit larger than the average Army band," said Chief Warrant Officer Jonathan Ward, bandmaster commander of the 323rd Army Band. "However, we're getting smaller and smaller as we get closer to our inactivation Oct. 15, 2018."

For every reunion, the unit invites former band members, active duty and retirees, as well as any other Army musicians to perform in their ensemble.

"What makes this event special is the honor to get all of the people who have ever served at JBSA-Fort Sam Houston as a part of this band, from the Fourth Army, Fifth Army and the U.S. Army Medical Command Band," said Staff Sgt. Michael Jones, a music performance team leader with the 323rd Army Band. "We bring all of these folks together, in addition to our band, that we have on active duty and we all make this performance happen."

According to Jones, the final reunion concert will leave a lasting impression upon the residents of San Antonio.

"This is a piece of tradition that people will remember, and for years the people of San Antonio will always remember this band and show what the Army music program has to offer," Iones said. 12 | Friday, September 15, 2017 | JBSA Legacy

FORT SAM HOUSTON BRIEFS

Call for JBSA Community Service Projects

The Joint Base San Antonio Military & Family Readiness Center Volunteer Program is coordinating JBSA Community Service Projects in support of the National "Make A Difference Day" Oct. 28. JBSA organizations interested in hosting a one-day community service project where service members, families, Department of Defense civilians or retirees can give back to the JBSA community should submit the organization participation form to the volunteer coordinator no later than Sept. 29. Forms may be found online at http://www.jbsa.mil/Resources/Military-Family-Readiness/Volunteer-Resources/. Examples of community service projects may include cleaning the gardens at the Warrior & Family Assistance Center, Red Cross Install Fire Alarms, Texas Ramp Project building accessibility ramps, etc. For more information, call 210-221-2418 or email usaf.jbsa.502abw.mbx.502-fss-volunteer@mail.mil. Volunteers from across the country unite for Make a Difference Day, one of the largest single day of service nationwide. Since 1992, volunteers and communities have come together on Make a Difference Day with a single purpose — to improve the lives of others.

LACKLAND

ISR command chief's goal: to help all Airmen do their best

By Lori A. Bultman

25TH AIR FORCE PUBLIC AFFAIRS

When Chief Master Sgt. Stanley Cadell arrived at the 25th Air Force Headquarters for his new assignment, it was not his first time at Joint Base San Antonio-Lackland.

The chief, of course, did complete basic military training at this location, but he also served as the command chief for the 502nd Air Base Wing and JBSA. Cadell and his wife were excited to be assigned back to Texas.

"We love San Antonio," said Cadell during his first week on the job. "They call it 'Military City USA,' and obviously, it is. We really enjoyed the area and the people here, and we are truly excited to be a part of the team here at 25th Air Force."

Cadell came to the Numbered Air Force from the Office of the Chief Master Sergeant of the Air Force, but began his career as a maintainer and spent 10 years as a first sergeant. His assignments have taken him to various places, stateside and overseas, to include the United Kingdom, Germany and Italy.

Cadell's goal at the 25th AF is to help all Airmen do their best, without hindrances.

"I want to be there for our people, be their voice to not only 25th Air Force, but also to "I want to be there for our people, be their voice to not only 25th Air Force, but also to Air Combat Command and Headquarters Air Force, looking for areas where we can help remove obstacles. I see my job as to help remove obstacles so people can do their job."

CMSgt. Stanley Cadell

Air Combat Command and Headquarters Air Force, looking for areas where we can help remove obstacles," he said. "I see my job as to help remove obstacles so people can do their job."

"I believe Airmen enter our Air Force looking for a job and great opportunities; they are very proud of their contributions and want to be part of something bigger than their selves," he said, but sometimes they get frustrated when trying to work through bureaucratic processes.



SENIOR AIRMAN JUSTIN PARSONS

Chief Master Sgt. Stanley Cadell, 25th Air Force command chief, observes instruments of a U-2 Dragon Lady training aircraft during a tour Aug. 16 at Beale Air Force Base, Calif.

"Wherever we can help remove obstacles and help people, so they can do their job better, faster, smarter and safer, we all win," the chief said.

Cadell also wants to be sure Airmen know how important they are and how they contribute to the overall mission.

"Airmen are Airmen. They want to be able to do their job. They want to be able to know that what they are doing plays a bigger part in taking care of and defending our nation," Cadell said. "The intelligence, surveillance and reconnais-

sance community plays such an important part in that."

The newest addition to the 25th Air Force's leadership team recommends Airmen use their chain of command first, then they are welcome to ask him for advice or insight on an issue.

"I am here to help them break through barriers," Cadell said. "Sometimes supervisors have tried their best and have run into roadblocks, and we can reach out and find other areas, other avenues to assist them. It is about providing our people the right training and resources to get the job done."

While preparing for his new assignment at the 25th AF, Cadell was approached by leaders from around the Air Force with congratulations and one important question: 'With the vast ISR mission sets, how does 25th Air Force come together to make it all happen?'

The question, the chief said, made him even more excited to be part of the 25th Air Force ISR team, bringing Airmen together and helping them make it happen.

FSS theme: 'Revitalizing the Squadron & YOU!'

By Steve Warns
AFIMSC PUBLIC AFFAIRS

"Revitalizing the Squadron & YOU!" was the theme of this year's Force Support Squadron Leadership Workshop, held Aug. 21-24 in San Antonio.

The workshop, sponsored by the Air Force Services Activity, brought FSS commanders together to share best practices and how to keep their squadrons innovative and relevant while serving Airmen and their families.

"The FSS is the human capital runway," said Col. Donna Turner, AFSVA commander. "Our FSS personnel are truly that runway to deliver that core mission support, resiliency, quality of life, and family support capa-

bilities to our Airmen and their families."

"The jobs our FSS Airmen bring to the fight every single day to take care of our Airmen and their families are critical for mission success," the colonel added. "That's one of the reasons why we have workshops like this, so we can tie the Air Force Chief of Staff's focus of revitalizing the squadron and reinforce the fact the squadron is the heartbeat of the installation."

Turner also emphasized how the Air Force Installation and Mission Support Center, or AFIMSC, and AFSVA help the FSSs. AFIMSC is responsible for providing installation and mission support capabilities to 77 installations, nine major commands and six prima-

ry subordinate units, including AFSVA and the Air Force Civil Engineer Center, or AFCEC.

"For example, AFIMSC's support to AFSVA's efforts to transform the food landscape across the entire installation is critical," she said. "I think there's a lot of goodness and synergy between AFCEC and AFSVA as we work together as part of AFIMSC to ensure the APF companion projects are funded at the same time we do our Nonappropriated Fund projects to transform our food delivery."

During the workshop, topics ranging from Air Force Central Programs, Club Member Portal transition, Air Force Sports, lodging essentials, and child and youth programs were discussed. There also was a "Shark Tank" presentation where the FSS commanders and directors gave demonstrations of installation FSS programs that could be used to support readiness. resiliency and morale of

Airmen and their fami-

The 20th FSS at Shaw Air Force Base, S.C. won \$5,000 for its "SMILE" program. Customers won by patronizing a designated FSS facility on a SMILE day; finding SMILE cards hidden in facilities to exchange for a \$10 gift card. They could also be randomly picked after taking a survey or be selected at random from the "prize patrols" that roamed Shaw. Customers posted selfies enjoying Shaw activities with the hashtag #FSSSmiles. The program contributed to the morale of both internal and external FSS personnel.

"It created an internal excitement and boost to morale like no other program before it," said Lisa Stevens, 20th FSS deputy director. "Team members wanted to go on prize patrols and loved cheering for winners — it was FUIN!"

The 6oth FSS at Travis AFB, Calif. won \$2,500 for Designer Handbag Bingo, where bingo winners had a chance to win a designer handbag valued between \$300 and \$800.

It's ideas like these and others shared during the week that Lt. Col. Joshua



STEVE WARNS

Col. Donna Turner, Air Force Services Activity commander, speaks during the Force Support Squadron Leadership Workshop Aug. 24 in San Antonio.

Hawkins and Lt. Col. Sergio Rios will take back to their respective duty stations.

"The biggest thing I got out of the workshop was an opportunity to connect with all of our leadership that are helping to drive the programs for the next couple of years and understand where they are going so we can carry the 'why' back to the field," said Hawkins, command-

er of the 673rd FSS at Joint Base Elmendorf-Richardson, Alaska.

Rios, 6th FSS commander at MacDill AFB, Fla., said the FSS is starting to get a "triad" from a resiliency standpoint.

"Not only is it active duty, but it's your GS civilians and NAF civilians," he said. "It's being able to take care of all three, and each other, in the business."

Adaptive sports program helps Airman overcome

By Airman Dillon Parker

502ND AIR BASE WING PUBLIC AFFAIRS

Master Sgt. Benjamin Seekell, a 343rd Training Squadron security forces instructor, has come a long way since sustaining injuries while deployed to Bagram Airfield, Afghanistan back in

Seekell recently returned to Joint Base San Antonio-Lackland from the 2017 Department of Defense Warrior Games with eight medals earned and received a warm welcome from a familiar face from his deployment: Lt. Gen. Darryl Roberson, commander of Air Education and Training Command.

During his deployment, Seekell, a military working dog handler, along with his dog, Charlie, were charged with installation security and route clearing of Bagram Airfield.

On the morning of May 8, 2011, Seekell and his team went out to do route clearances. They encountered two improvised explosive devices that detonated, seriously wounding Seekell.

"I remember being thrown up into



Lt. Gen. Darryl Roberson (left), commander of Air Education and Training Command, congratulates Master Sqt. Benjamin Seekell, 343rd Training Squadron security forces instructor, for earning eight medals at the 2017 Department of Defense Warrior Games.

the air, hitting the ground and being completely disoriented," Seekell said. "The smell of smoke and dust and burning uniforms — it was an unforgettable experience."

As the dust settled and he began to regain his bearing, Seekell's military training kicked in as he made a mental note of his surroundings.

"I remember being really concerned about where my weapon was," he said. "I also became painfully aware that Charlie wasn't by my side and all I remember was shouting his name.

At the urging of a teammate who came to his aide, Seekell was finally able to relax upon hearing Charlie was safe. He then began to assess the state of his injuries.

"I had some pain in my lower extremities," said Seekell, "I remember not wanting to look down in fear that I might not like what I see."

The team was able to stop the bleeding and get him back to Bagram. That is where Seekell's path first crossed with then Brig. Gen. Roberson, who pinned on Seekell's Purple Heart.

"Seeing those individuals that understand where you have come from and where you are now in your recovery is such a personal experience," Seekell said. "I have a shared history with him,

one that many will not understand, and (I) will value that for the rest of my life."

The relationship also means a great deal to Roberson.

"I am honored to serve with Ben and was humbled to present his Purple Heart back in 2011," said Roberson. "Seeing his successes, both as a competitor in the Wounded Warrior program and as a stellar senior noncommissioned officer, is beyond inspiring."

Seekell says the key to his success in adaptive sports has been balancing all the challenges that come along with military life.

"My time in adaptive sports, so far, has really helped me in my recovery and really set some horizons that I didn't think were possible," said Seekell.

Seekell also added that overcoming adversity, in his opinion, comes down to two choices.

"We are going to encounter adversity in our lives and what form that takes, no one can know," said Seekell. "You can choose to be defined by your adversity, or to be defined by how you overcome

RANDOLPH

EPLOs provide support to FEMA relief efforts

By Dan Hawkins

502ND AIR BASE WING PUBLIC AFFAIRS

As three CH-47 Chinooks flew in to Joint Base San Antonio-Seguin Auxiliary Airfield from the west, Emergency Preparedness Liaison Officer Col. Harry Hughes was quickly working through how to help alleviate a back-up of overflow truck traffic onto the Federal Emergency Management Agency's Incident Support Base.

Hughes, along with Col. Dave Edwards, is responsible for coordinating JBSA-Seguin ISB operations through JBSA's Crisis Action Team, other military and federal agencies, plus state and local agencies to ensure FEMA has all the resources they need to accomplish their disaster relief missions in a safe manner.

"Being an EPLO is really

about supporting civil authorities in time of disaster," Hughes said. "We're on the ground to ensure operations are coordinated and that they're safe."

Training for EPLOs is done through a combination of FEMA online training and a finishing course held at Tvndall Air Force Base, Fla. Although each branch of the service has EPLOs that coordinate with FEMA, the Air Force is unique in that all the EPLOs are reservists, Hughes said.

Being an EPLO is full of high-intensity work and can put one in locations all around the United States.

"It's a pretty interesting job and you never know where you might end up working during a disaster," Hughes said, "Since becoming an EPLO in 2012, I've worked on the East Coast during Hurricane Sandy, the west

coast during the California wildfires and now I'm in Texas for Harvev."

Hughes, who works as a Southwest Airlines captain in the civilian world and has piloted the C-141 Starlifter, C-9A/C Nightingale and the C-40 Clipper in his almost 30 years of active and reserve service, is happy for the opportunity to serve those affected by Hurricane Harvey.

"Our hearts go out to everyone in Texas and Louisiana affected by this disaster," Hughes said. "We are proud to know that all of this hard work is so helpful to those who need it most."

During normal operations, Seguin Auxiliary Airfield is owned and operated by IBSA and serves as a flying training location for pilots from the 12th Flying Training Wing, located at JBSA-Randolph.



Col. Dave Edwards (right) and Col. Harry Hughes, reservists assigned as Emergency Preparedness Liaison Officers to the Federal Emergency Management Agency, work on the flightline Sept. 5 at Joint Base San Antonio-Seguin Auxiliary Airfield.

Harvey relief efforts are personal to Airman from Houston



Airman Malcolm Charles, 902nd Security Forces Squadron entry controller, sends a situation report Sept. 7 at the Incident Support Base where Federal Emergency Management Agency disaster relief trucks are parked at Joint Base San Antonio-Randolph.

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

A 902nd Security Forces Squadron entry controller's thoughts turned to his family as Hurricane Harvey prepared to unleash its fury on the city of Houston more than two weeks

But he never wavered from devotion to his duties, even as the massive storm's floodwaters threatened his childhood home in the Houston suburb of Spring and filled the apartment where three of his brothers live.

Airman Malcolm Charles, who came to IBSA-Randolph for his initial assignment in

June, is now serving his family — and the hundreds of thousands of Texans affected by Hurricane Harvey - by contributing to relief efforts during part of his duty day.

Charles and other 902nd SFS members are performing entry control at the South Gate, helping Federal Emergency Management Agency trucks smoothly enter and depart IBSA-Randolph, which has been stood up as an Incident Support Base for the staging of disaster relief supplies.

Brig. Gen. Heather Pringle, 502nd Air Base Wing and JBSA commander, said this mission is personal to Charles, representing a contribution to his family.

"In the military, we talk a lot about service before self," she said. "Airman Charles feels that his best effort is here supporting this mission so that these individuals can get the relief supplies out there. Airman Charles is making us proud and he's going to make sure this mission happens."

Charles' supervisor, Staff Sgt. Jeffrey Hill, 902nd SFS military working dog handler, said the Airman "wants to do anything he can to help."

"He has been resilient in his duties and performs just as well as before the natural disaster happened," Hill said. "He un-

HOUSTON continues on 19

Firefighters participate in rotary-wing training at JBSA-Seguin ISB

By Dan Hawkins 502ND AIR BASE WING PUBLIC AFFAIRS

Firefighters from the 502nd Civil Engineer Squadron had the opportunity to learn about CH-47 Chinook emergency response and egress procedures at Joint Base San Antonio-Seguin Auxiliary Airfield Sept. 5.

The training happened after the Army helicopters from the 1st Armored Division Aviation Combat Brigade out of Fort Bliss, Texas, had landed to load meals for airlift to the Beaumont, Texas, area in support of Hurricane Harvey relief efforts.

"One of the most important jobs for an Air Force firefighter is understanding how to deal with emergency situations involving aircraft on the flight line," said Mark Ledford, JBSA Fire Chief. "Having the chance to do training in the midst of real-world contingency operations is a great opportunity to



OAN HAWKIN

502nd Civil Engineer Squadron firefighters follow along with a 1st Armored Division Combat Aviation Brigade Soldier during familiarization training on a CH-47 Chinook Sept. 5 at Joint Base San Antonio-Seguin Auxiliary Airfield. The 1st AD Soldiers are stationed at Fort Bliss and were loading supplies to deliver to Beaumont in the wake of Hurricane Harvey.

learn and grow skills they can apply to their everyday jobs."

"Normally we just see the T-38 Talon aircraft (JBSA-Se-

guin)," Ledford said. "This allows us the opportunity to learn more about rotary-wing aircraft in case we have to apply those skills either on or off-base."

The 502nd CES has been supporting the Federal Emergency Management Agency's Incident Support Base at JBSA-Seguin in teams of four firefighters since Aug. 24.

"The firefighters are out primarily for the protection of the Army helicopters coming in to load supplies for transport areas affected by the storm," Ledford said. "We have a landing zone that is set up and we are postured and ready to assist both the helicopters and FEMA as needed."

Being able to aid FEMA's disaster relief efforts is gratifying to the firefighters.

"Our thoughts are with everyone in Texas and Louisiana that have lost so much" Ledford said. "We are grateful to be able to assist in any way we can in helping the relief effort."

During normal operations, Seguin Auxiliary Airfield is owned and operated by JBSA and serves as a flying training location for pilots from the 12th Flying Training Wing, located at JBSA-Randolph.

AIR FORCE BRIEFS ... LACKLAND AND RANDOLPH BRIEFS

Call for JBSA-wide community service projects

The Joint Base San Antonio Military & Family Readiness Center Volunteer Program is coordinating JBSA Community Service Projects in support of the National "Make A Difference Day" Oct. 28. JBSA organizations interested in hosting a one-day community service project where service members, families, Department of Defense civilians or retirees can give back to the JBSA community should submit the organization participation form to the volunteer coordinator no later than Sept. 29. Forms may be found online at http://www.jbsa.mil/Resources/Military-Family-Readiness/Volunteer-Resources/. Examples of community service projects may include cleaning the gardens at the Warrior & Family Assistance Center, Red Cross Install Fire Alarms, Texas Ramp Project building accessibility ramps, etc. For more information, call 210-221-2418 or email usaf.jbsa.502-abw.mbx.502-fssvolunteer@mail.mil. Volunteers from across the country unite for Make a Difference Day, one of the largest single day of service nationwide. Since 1992, volunteers and communities have come together on Make a Difference Day with a single purpose — to improve the lives of others.

Air Force Ball tickets on sale

Date/Time: Friday, Sept. 29; Social hour begins at 6 p.m.

Location: Hyatt Hill Country Resort Save the date for the 2017 Joint Base San Antonio Air Force Ball, which features retired Gen. Mark Welsh III, the 20th Chief of Staff of the Air Force as guest speaker. This is also the 70th anniversary of the U.S. Air Force. To purchase tickets copy and paste the link in your browser: https://www.eventbrite.com/e/2017-joint-basesan-antonio-air-force-ball-tick-ets-36446093889.

Prices will vary upon grade as follows:

- ➤ Tier 4: E-1 É-4, GS-1 GS-4, WG-1 WG-5, WL-1 WL-3, WS-1, WS-2, NF-1 and NF-2 (\$38.00)
- **>>** Tier 3: E-5 E-6, GS-5 GS-8, WG-6 WG-10, WL4 WL-9, WS-3 WS-10, NF-3 and NF-4 (\$56.00)
- >> Tier 2: E-7 E-9, O-1 O5, GS-9 GS-13, WG-11 WG-15, WL-10 WL-15, WS-11 WS-15 and NF-5 (\$69.00)
- >> Tier 1: 0-6 0-10, SES, GS-14 GS-15 and WS-16 WS-19 (\$79.00)

- WS-19 (\$79.00)
The last day to purchase tickets is Sept. 18. No refunds will be given after Sept 18.

Air Force Ambassadors Needed

Two articulate, self-confident Air Force, Air Force Reserve or Air National Guard members with outgoing personalities are needed to serve as military ambassadors at community events to represent the Air Force within Joint Base San Antonio in 2018. Each year, one male and one female ambassador are chosen to promote the military's commitment and community relations with the local community by putting Air Force professionalism on display at many community events. The Ambassadors' mission is to inform and educate the public about the value of the greatest Air Force the world has ever known. All E-4 to E-7 Air Force members assigned to JBSA, 21 years old and older are eligible to apply. Nom-

ination packages have been distributed to public affairs offices across JBSA. Once nominated, candidates appear before a selection board of chief master sergeants and former Air Force ambassadors. The selection panel reviews applications, conducts interviews and selects the ambassadors. The nomination deadline is Oct. 5. For more information, call 221-0546 or 221-0220.

JBSA Ruck/Run for Life event

Date/Time: Sept 16

Locations: JBSA installations

A Joint Base San Antonio "Run for Life" event to promote suicide awareness and prevention is scheduled for 8–9:30 a.m. Sept. 16 at JBSA-Lackland. This event will feature a 5K run.

Lackland: Bullying, Tips for Parents

Date/Time: Sept. 19, noon to 1:30 p.m. **Location:** Military & Family Readiness Center, building 1249

Parents will learn to identify what "bullying" is versus a conflict. In this training, attendees learn what to look for if their child is being bullied and how to recognize characteristics of children who bully. Parents will be given tips on how to empower children to solve their own problems and learn ways to respond to bullying situations. For more information, call 210-671-8388.

Lackland: Boots to Business

Date/Time: Sept. 19-20, 8 a.m. to 4 p.m.

Location: Gateway Club

During this 2-day entrepreneurial education workshop, attendees will discuss the opportunities and challenges of business ownership; review steps for evaluating business concepts; foundational knowledge for developing a business plan; information on SBA resources available to help access start-up capital; and additional technical assistance. For more information, call 210-671-3722.

Randolph: Transition Goals, Plans, Success (GPS)

Date/Time: Sept. 18-22, 8 a.m. to 4:30 p.m. **Location:** M&FRC, building 693

This 5-day workshop is mandatory for all service members separating from the military. The GPS is facilitated by the Department of Labor, Veterans Administration and M&FRC. Spouses welcomed. Prerequisite is Pre-Separation. To register, call 210-652-5321.

Randolph: 33rd Annual Chiefs Gathering

Date/Time: Oct. 14, 5-8:30 p.m. **Location:** Blue Bonnet Palace, 17630 Lookout Road, Selma, Texas

The Randolph Chiefs Group announces the 33rd Annual Chiefs Gathering, open to all chiefs, Chiefs-select — active duty, retired, Guard or Reserve or sister Service (E-9 equivalent) — who reside in San Antonio or the surrounding area, along with his or her spouse or special friend for an evening of dancing and socializing. Dress is casual.

HOMES

From page 9

sure there are no cracks, loose bricks or stones on outside steps.

If you build a staircase, make sure the tread (width of step) and riser (height of step) are the correct size. Risers should not be more than 7 inches. Treads should be wide enough so that the feet do not extend beyond the edges of steps.

Do not place throw rugs at the bottom of staircases as they may cause people to trip and fall. If you must use throw rugs, secure them with carpet tape or skid-resistant backing.

Inside, outside ramps

Ramps should have slope no greater that 1 inch of height for each 12 inches of length. Ramps bigger than this may cause a problem for people in wheelchairs or those with limited mobility. As with stairways, ramps should have handrails and be free of extra objects.

The ramp surface should be nonslip. For wooden ramps, this can be done with nonskid deck paint or adhesive strips. On concrete ramps, a broom finish (side-to-side across the slope) can help.

The right fit

As mentioned earlier, kitchens and cooking areas are the primary areas where these fires start. To make sure a

person can escape from a home fire, especially if the individual is in a wheel-chair, measure the wheelchair from front to back, plus footrest, and knowing the turning radius of a wheelchair will assist the person to escape a fire in the home.

Add rolling storage carts if you lose storage space due to accessibility needs. The individual in the wheelchair can push away the storage cart to escape the fire.

Have nonskid floors surfaces.

Place a kitchen-grade fire extinguisher within easy reach.

Speak to your family members, building manager or neighbors about your fire safety plan and practice it with them.

Contact your local fire department's nonemergency line and explain your needs. They can suggest escape plan ideas and may perform a home fire safety inspection if you ask.

Ask emergency providers to keep your needs information on file. Keep a phone near your bed and be ready to call 911 or your local emergency number if a fire occurs

For more information about home safety for people with disabilities, visit the National Fire Prevention Association at http://www.nfpa.org/education, http://www.amputee-coalition.org,http://www.UnitedSpinal.org or contact the fire prevention offices at Joint Base San Antonio-Fort Sam Houston at 210-221-2727, JBSA-Lackland at 210-671-2921 or JBSA-Randolph at 210-652-6915.

HOUSTON

From page 16

derstands that what we are doing on Randolph is helping the relief effort."

Charles was attending to his duties as an entry controller during Hurricane Harvey's onslaught, keeping in touch with his family members.

"I began to worry the moment I knew there was a hurricane headed toward Houston," Charles said. "My attention was on that, but as a first responder, my duty was here."

As Charles communicated with his family members, their conversations helped to reassure him.

"Keeping me updated put me more at ease," he said.

His parents, Gary and Monica, his sister, Tiffany, and his niece Aven were holed up in their home as floodwaters crept up to their front door. Fortunately, water never entered the house, although it advanced, receded and advanced again as Harvey refused to budge.

Meanwhile, in another part of Houston, Charles' brothers Gary, Damien and Darius dealt with floodwaters entering their apartment. They are now living with their parents in Spring until their apartment is habitable.

"There was a lot of water in the unit as far as the carpet and some appliances, but they were able to salvage most of their clothes," Charles said. "They all handled the situation to the best of their abilities."

When relief efforts ramped up, Charles and other 902nd SFS members were assigned to their posts at the South Gate, facilitating the movement of FEMA vehicles. Charles earned a coin from Pringle for his efforts.

"Being coined by the general made me feel that me being a proficient and professional security forces member doesn't go unnoticed," he said. "It made me realize that no matter how small or big of a part that I play in the mission, every part of the mission is essential."