

JBSA LEGACY

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JOINT BASE SAN ANTONIO

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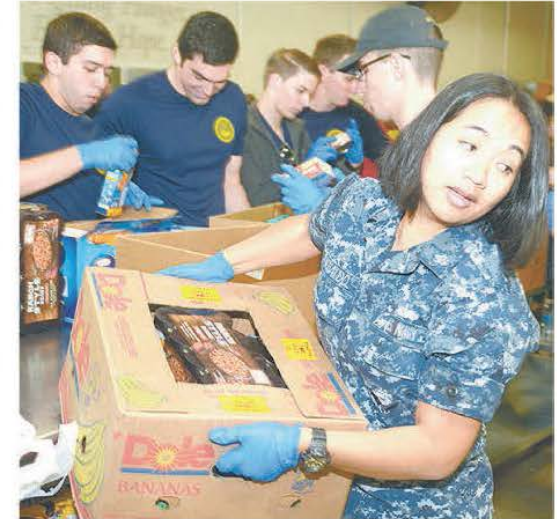


PHOTO BY LORI NEWMAN

Christopher Ebner, occupational therapist, exercises Kelsey Ward's arm Jan. 20 at the Center for the Intrepid at Joint Base San Antonio-Fort Sam Houston.

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'Insider threat' causes adverse effect

By Francisco Beatty

JOINT BASE SAN ANTONIO
CYBERSECURITY OFFICE



U.S. NAVAL OPERATIONS

"Insiders" have caused more damage than trained intelligence officers working on behalf of foreign governments.

What is the "insider threat"? The United States has been betrayed by people holding positions of trust. "Insiders" have caused more damage than trained, foreign intelligence officers working on behalf of their governments.

Not every suspicious circumstance or behavior indicates a spy, but people to examine indicators to determine if the nation's secrets are at risk. It is everyone's responsibility to be aware and report when sensitive data is concerned.

Who is an "insider"?

The Defense Security Service, or DSS, defines an insider as one who "intentionally or unintentionally compromises or potentially compromises the Department of Defense's ability to accomplish its mission.

These acts include, but are not limited to, espionage, unauthorized disclosure of information and other activities resulting in the loss or degradation of departmental resources or capabilities."

Why would an "insider" do this?

Insiders hold a position of

trust. Many have a badge or pass with access to classified information. What would make someone you know and trust sell, release or destroy sensitive data?

Need or desire for money, such as hard times, poor financial management or greediness

Conflicting ideologies or disaffected political sympathies and mistrust in the "system"

Psychological factors such as exaggerated desire for adventure, ego, misplaced anger

What are some insider threat impacts?

An insider can negatively impact national security and industry resulting in:

- ▶ Loss or compromise of classified, export-controlled, or proprietary information
- ▶ Weapons systems cloned, destroyed, or countered
- ▶ Economic loss
- ▶ Loss of life

How can a person recognize an insider threat?

There are indicators, however, not every person who exhibits these indicators is involved with illicit behavior. People who were involved with espionage were found to have displayed one or more of these indicators. For example:

Information collection:

- ▶ Keeping classified materials in unauthorized locations.

- ▶ Attempting to access sensitive data without authorization or inconsistent with duty requirements.

Information transmittal:

- ▶ Using unclassified media to transmit classified materials or removing classification markings
- ▶ Discussing classified materials on a non-secure telephone

Additional suspicious and exploitable behaviors:

- ▶ Attempting to conceal foreign travel
- ▶ Repeated/Unrequired work outside of normal duty hours
- ▶ Financial difficulties or sudden reversal of financial situation, such as a sudden repayment of large debts

How can I defend against the insider threat?

- ▶ Observe and report.
- ▶ Always be aware of the actions of those around you.
- ▶ Watch for signs of exploitable behaviors or repeated security violations.
- ▶ Report suspicious behaviors.

If you see possible "insider" activity, call the 502d Wing Cybersecurity Office, Cybersecurity Liaison or supervisor.

At JBSA-Randolph, call 652-4231 and at JBSA-Lackland, call 671-9881.

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Nominations for Volunteer of the Year Awards open

FROM THE MILITARY & FAMILY
READINESS CENTER

Nominations for outstanding Joint Base San Antonio volunteers are being accepted through Feb. 24. Volunteers will be recognized at the annual Volunteer of the Year ceremony from 1-3 p.m. April 26 at the Military & Family Readiness Center at 3060 Stanley Road, building 2797, at JBSA-Fort Sam Houston.

The Volunteer of the Year Awards (VOYA) identify and recognize outstanding and innovative volunteering efforts by

the JBSA community, to include all branches of service. The awards honor those individuals who exemplify the role of volunteer, as well as make a significant positive impact on the lives of others.

Volunteer service must have been performed at any time during the 12-month period of Jan. 1 to Dec. 31, 2016. The recognition ceremony is for all volunteers and is not qualified by number of hours contributed, however, registration with the installation volunteer coordinator and submission of hours through the Volunteer Manage-

ment Information System, or VMIS, is highly encouraged.

The award is open to active duty, family members, retirees and Department of Defense civilians. There are five categories in which volunteers may be nominated: individual, family, teen, small group (less than 50) and large group (more than 50).

Another award nomination being accepted is the Volunteer Excellence Award, or VEA. This award was established to recognize federal civilians, family members, military retirees and federal retirees of all branches who perform out-

standing volunteer community service.

This award, authorized by the U.S. Air Force Chief of Staff, recognizes exceptional long-term community support that is significant in character, produces tangible results and reflects favorably on the U.S. armed forces.

Nomination forms can be found at jbsa.mil/Military-Family-Readiness/Volunteer-Resources or by calling the volunteer office at JBSA-Fort Sam Houston, 221-9849; at JBSA-Randolph, 652-5321 or at JBSA-Lackland, 672-3722.

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M&FRC financial counselors augment services

By Robert Goetz
502ND AIR BASE WING
PUBLIC AFFAIRS

With the implementation of the Department of Defense's new Blended Retirement System less than a year away, counselors well-versed in the system's details are making their presence felt at Joint Base San Antonio Military & Family Readiness Centers.

Personal financial counselors — contract employees who provide active-duty members and their families with no-cost, confidential consultations — not only bring their BRS expertise to the table, they also advise their clients on topics ranging from budgeting and money management to retirement planning and transitioning to the civilian life.

"We are here for all service members and their dependents," said Courtney Waggoner, a PFC assigned to the JBSA-Randolph M&FRC. "We do not sell any products or services, so there is no pressure or obligation to come talk to us. PFCs simply want to make finances something that our clients have knowledge of so they can make smart decisions to benefit them in their future."

Flexibility helps PFCs meet their clients' needs.



**Joint Base San Antonio
Military & Family
Readiness Center
personal financial counselors
can assist all service members
and their dependents.**

To schedule an appointment with a PFC, call one of the JBSA Military and Family Readiness Centers.

For JBSA-Fort Sam Houston, call 221-2705 or 221-2418; for JBSA-Lackland, call 671-3722; or for JBSA-Randolph, call 652-5321. Air and Army National Guard members and their dependents can call 238-1161.

Not bound strictly by 9-to-5 working hours, they will meet clients in the evening or during the weekend, Waggoner said.

Although they are based at military and family readiness centers, PFCs are not restricted to the office, said Jeremy Chavez, a PFC assigned to the JBSA-Lackland M&FRC.

"That's another convenience factor," she said. "We can meet at a library or other public places. We can come to the client as long as it's in a public location." Confidentiality is another advantage, Waggoner said.

"A lot of people don't reach out for assistance when records are kept," she said. "We want to reach those folks who

wouldn't come to the M&FRC for that reason."

PFCs' financial scope is wide, but the BRS is a "hot topic" at the moment, Waggoner said.

"The new Blended Retirement System is our clients' most common request right now because the training is mandatory and the opt-in population will be required to make a choice on their retirement option," she said.

"We're addressing the opt-in population," Waggoner said. "That's a big dynamic group. We encourage people to save and save early."

One of the advantages of the system is that it addresses the 80 percent of service members

who don't make it to 20 years, Chavez said.

"Now, 85 percent of service members will walk away with some sort of retirement," she said. "The BRS is meant to address those service members not planning to stay in the service for 20 years."

Grappling with debt is a common concern for their clients, Waggoner said. The first step is to determine their spending and saving habits.

"Developing a spending plan that works for them is key," she said. "Coming to an agreement about their spending and ways they can rearrange their money to best obtain their goals is very helpful to them."

Married couples, Waggoner said, need to better communicate about the way their budget is created and maintained and set mutual goals for their savings and spending.

In addition to one-on-one and family counseling, PFCs augment M&FRCs' existing financial programs by providing their expertise at group training sessions, workshops and classes on an array of subjects — budgeting and developing spending plans, debt and credit card management, home buying, savings and investments, and taxes, to name a few.

Waggoner and Chavez, who also split duties at the JBSA-Fort Sam Houston M&FRC, will play an important role at JBSA locations during Military Saves Week Feb. 27-March 3. Filled with classes and other activities, Military Saves Week provides education on an array of financial topics and especially promotes good savings behavior.

Waggoner said the best part of her job is the personal interaction she gets with the military community.

"I did not always know what I know now; being able to pass on information and education to others is a huge reward," she said. "Seeing service members get excited about their finances or seeing hope where they had such stress gives me job satisfaction.

"I believe all PFC's are contributing to financial readiness and resiliency, which is critical to the mission."

To schedule an appointment with a PFC, call the JBSA Military and Family Readiness Centers — 221-2705 or 221-2418 at JBSA-Fort Sam Houston; 671-3722 at JBSA-Lackland; or 652-5321 at JBSA-Randolph. Air and Army National Guard members and their dependents can call 238-1161.

Air Force releases new guidance on civilian hiring freeze

By Richard Salomon
AIR FORCE PERSONNEL CENTER
PUBLIC AFFAIRS

The Air Force has released additional guidance in regards to the federal civilian hiring freeze implemented Jan. 23.

According to the official memorandum, the hiring freeze applies to all executive departments and agencies regardless of their operation and program funding. Military personnel are excluded. Some exemptions are

permitted to meet national security mission and public safety responsibilities or to prevent essential services from interruption.

The Air Force recently released additional implementation procedures in support of a follow-on Feb. 1 memorandum outlining the implementation of the freeze. According to the guidance, all requests for personnel action received by the Air Force Personnel Center by Feb 7, 2017, will continue to be

announced, and referral certificates will continue to be issued.

If tentative job offers were given to selectees before Jan. 22, but with entry dates after Feb. 22, they will be notified of their pending status. Also, as of Feb. 7, AFPC will not be accepting recruit/fill actions without an approved hiring freeze exemption signed by the Secretary of the Air Force.

Official guidance also calls for the implementation of a

long-term plan to reduce the size of the federal workforce through attrition. The Office of Management and Budget, in coordination with the Office of Personnel Management, has been tasked to submit a plan by early May.

"The Air Force is dependent on a strong civilian workforce to carry out its global mission," said Christine Armstrong, the Civilian Sustainment and Transition Programs Division chief. "We will continue to work

closely with Air Staff to ensure the entire Air Force team receives up-to-date guidance as it becomes available."

For information concerning non-appropriated fund positions, contact: afpc.svirf.humanresources@us.af.mil

Local civilian personnel offices can also provide additional information. Search "Hiring Freeze" on myPers.af.mil for more information about the freeze and how organizations can submit exemption requests.

FORT SAM HOUSTON

MEDICAL MIRACLE

BAMC doctors perform groundbreaking surgery, replant severed arm above elbow

By Lori Newman
BAMC PUBLIC AFFAIRS

Brooke Army Medical Center surgeons performed their first above-the-elbow arm replant last year, on a 22-year-old trauma patient, and almost 10 months later, the patient is thriving.

Kelsey Ward's right arm was severed when a guardrail pierced the passenger-side window of her SUV during a car wreck.

San Antonio firefighters administered a lifesaving tourniquet and were able to find her arm in the wreckage. They packed it in ice and brought it to BAMC at Joint Base San Antonio-Fort Sam Houston, one of two Level I Trauma Centers in San Antonio.

On April 20, Lt. Col. Joseph Alderete, chief of surgical oncology, was the on-call trauma surgeon when Ward was brought to the emergency department.

"Most of the time when someone has a limb amputated in the field, the odds of replantation are minimal because the limb is crushed and not viable for replantation," Alderete said.

"The first responders were extremely smart in making sure she didn't bleed out, and they put the limb on ice as fast as they could," he said.

Once he realized the arm was viable, a surgical team that included Alderete, two vascular surgeons, a hand surgeon, a back-up hand surgeon on call and a plastic surgeon, quickly

mobilized. The surgeons reconnected Ward's ulnar nerve, but her median and radial nerves had to be grafted. They took skin from one of her legs and a vein from the other to splice together the two nerves and muscle from her back to re-shape her arm.

"The data we have found shows only 82 above-elbow replantations have been performed around the world since the first case was reported in the 1960s," Alderete said.

"I don't remember too much about the wreck," said Ward, a San Antonio native. "But I do remember waking up and them telling me my arm was cut off in the accident. Then they told me they reattached it and I thought, 'Wow.'"

"Looking at her tissue and making that decision, it was an amazing opportunity to give Kelsey her arm back," Alderete said. "For the first 10 hours of surgery, we were all working on her at once. This was truly a team effort."

"Reliable nerve grafting without harvesting a nerve from the leg has only recently become a reality in the last 10 years," he explained. "From Kelsey's case, we are learning a great deal about what is possible with nerve grafting. These types of trauma cases are vital to military readiness. They prepare us for the complex injuries military members will see as they continue to deploy to combat zones throughout the world."

Once Ward recovered from



LORI NEWMAN

Christopher Ebner, occupational therapist, exercises Kelsey Ward's arm Jan. 20 at the Center for the Intrepid at Joint Base San Antonio-Fort Sam Houston.

her surgeries, she began rehabilitation five days a week at the Center for the Intrepid. Alderete is also the medical director at the CFI, so he sees Ward regularly to track her progress.

Christopher Ebner is her occupational therapist.

"I vividly remember the first day the director came up to the

occupational therapy clinic and briefed me on her case," Ebner said. "I didn't know what to expect, so I dived into the literature to see what had been done from a rehab standpoint.

"Rehab is being creative and thinking outside the box," Ebner said.

He started using some of the equipment used on amputees to

see what was happening below the skin. About three months into Ward's rehab, Ebner detected slight muscle movement in her elbow, which was much sooner than he had anticipated.

"From that day forward, we were constantly thinking two steps ahead about what was

MIRACLE continues on 18

Young mother survives crash, gains new perspective on care received at BAMC

By Lori Newman

BAMC PUBLIC AFFAIRS

Jeanette Naschke enters an exam room at the urgent care clinic where she works to see her first patient of the day. The bubbly blue-eyed blonde greets her patient with a smile and chats for a few minutes. To see this physician assistant today one would never know she herself was a trauma patient who nearly died.

Naschke started her day like any other in May 2015. She loaded her 2- and 4-year-old boys into her SUV covering them with blankets for their drive to daycare before she headed off to work in New Braunfels.

"I came up over a hill on I-35 without knowing there was an incident right over the hill," she said. "There wasn't enough time for me to stop, so I rear-ended a car in front of me."

She knew if she hit the car straight on, the boys would feel the full force of the impact. She made a split-second decision to turn the wheel, but by doing so she received the brunt of the impact.

Shattered glass covered her. Naschke's legs were broken and pinned underneath the dash and the steering wheel broke her arm. Coming in and out of consciousness, she called out for her boys.

"I couldn't move enough to see them in the back seat and they didn't answer me," she said tentatively. "At that point, I thought I had injured them or much worse. Emotionally and physically, I gave up."

What Naschke didn't know was her boys were fine, thanks to Charles Bunch, the varsity football defensive coordinator at New Braunfels High School, who got the boys out of the car to safety. Because the boys were covered with the blankets, they didn't get a scratch. Bunch

also put out the fire in the car's engine and stayed with her until EMS arrived on the scene.

"I would not be here if it weren't for him," Naschke said thankfully. "He kept taking the boys' blankets and rubbing them on my face so I would keep smelling them. He kept talking about the boys to keep me alive. He reassured me they were OK. That's when my fight came back."

Other bystanders took care of the boys until her husband Daryl arrived at the accident scene.

"My oldest was trying to tell me what happened saying, 'I'm trying to talk to mommy but she won't answer. Is she going to be OK?' I told him she's going to be fine," Daryl said.

It took an hour and a half to get her out of the car. Naschke remembered hearing the emergency personnel say she was going to lose her leg.

They brought her to Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston because it was the nearest Level I trauma center. Naschke's injuries were extensive; she had severe lacerations, internal organ damage and multiple broken bones. By the time she arrived at BAMC, she had lost a lot of blood. She required multiple blood transfusions and underwent more than 30 hours of surgery.

"I never really thought of BAMC as a place that would be a haven and hope for civilians, but since the accident, I've found they take great care of people like me and others who need help," she said.

"I'm so thankful I was able to go there, because I really honestly feel that if I wasn't able to be a patient at BAMC, I would have lost my leg. There is no doubt in my mind they saved my limb that day."

After her initial treatment at BAMC, Naschke moved to a

rehabilitation hospital for six weeks, then home to continue her physical therapy until she was strong enough to go to the Center for the Intrepid at JBSA-Fort Sam Houston for rehabilitation.

The thought of going to the CFI was daunting, she explained. "I had to relearn to walk again. I had to relearn how to use my arm. It was very scary."

"I will never forget the first day my husband wheeled me into the CFI," Naschke said. "I checked in at the front desk, got in the elevator and rode up to the third floor. The doors opened and there were three patients there — all amputees — and they all welcomed me."

"I saw these men getting their lives back and I told myself right there at that moment, 'If they can do it, I can do it.'"

Naschke still rehabs a couple of days a week at the CFI and is in the "Return to Run Clinical Pathway," a rehabilitation program to help injured service members run again.

She credits the therapists at the CFI for her ability to walk again and have full use of her arm.

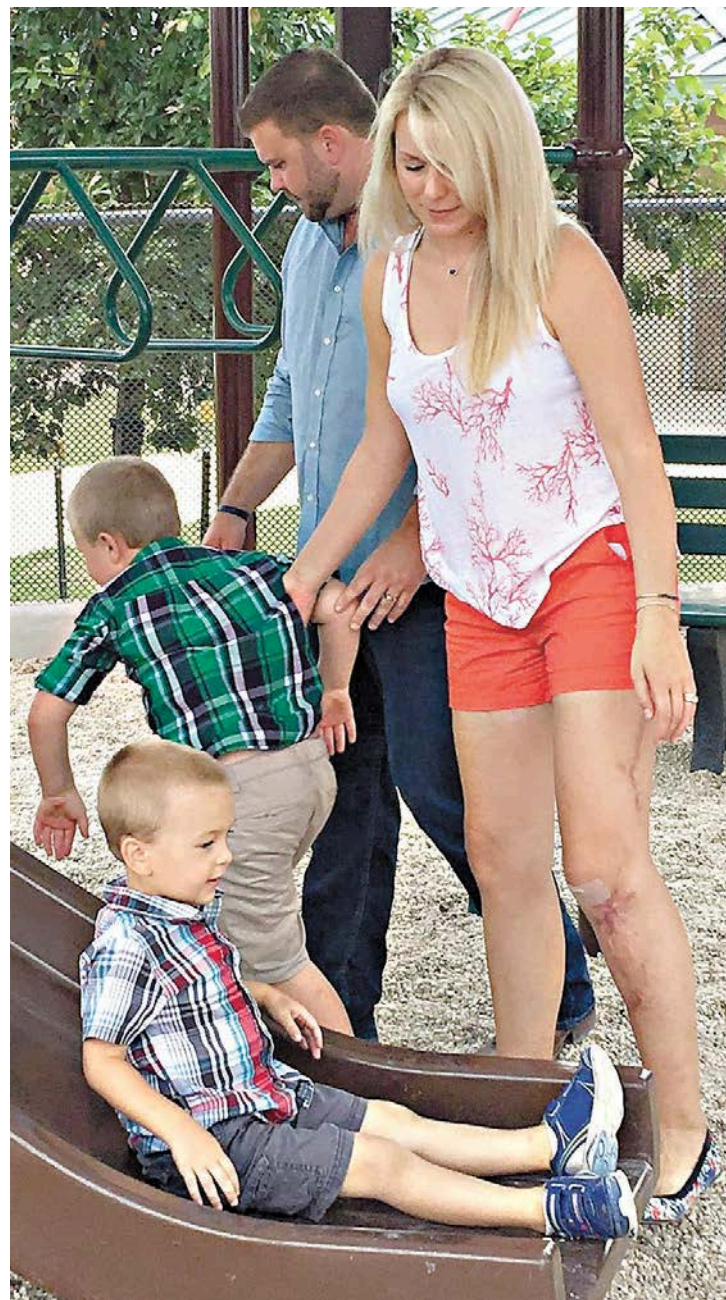
"Since being in the program, I've lost my limp," she said. "If you didn't see my scars, you probably wouldn't even know I had terrible injuries. It's truly a miracle."

Naschke is now able to work again and lead an active life with her family.

"The CFI has not only been fantastic for me physically, but what it's done for my emotional side and my strength and my character is more than I can even tell you," she said.

"I didn't want people to look at me and feel sorry for me, because I'm thankful that I went through it. It made me a better person."

She says being a patient has made her more empathetic to



ELAINE SANCHEZ

Jeanette and Daryl Naschke play with their boys, 5-year-old Austin and 3-year-old Nolan, in the park.

her own patients. It also strengthened her relationship with her husband and children.

"In a really weird way, I'm so thankful this accident happened because it brought Daryl and I so much closer because I

know in really hard times he's not going anywhere," Naschke said. "I can depend on him for the littlest of things and the biggest of things and he's going to be there."

Recruiters, future Sailors, assist SA Food Bank

By Burrell Parmer

NAVY RECRUITING DISTRICT
SAN ANTONIO PUBLIC AFFAIRS

Instilling the “Whole Sailor Concept” was the mission of Navy Recruiting Station Northeast San Antonio during a Delayed Entry Program, or DEP, meeting Feb. 1 at the San Antonio Food Bank.

The meeting began with a muster and re-certifications of more than 50 future Sailors, who were recruited from the NRS.

As part of the DEP meeting, which the NRS holds bi-weekly, the future Sailors and their recruiters assisted the food bank by sorting and packaging donated food items.

“We felt this would be a good opportunity for our future Sailors to give back to the community,” said Petty Officer 1st Class Andrew Hagemeyer, a



BURRELL PARMER

Cesar Lozano (center), a future Sailor in the Navy Delayed Entry Program (DEP), volunteers Feb. 1 at the San Antonio Food Bank.

NRS recruiter.

The volunteers received a detailed briefing by Lauren Oxner, the donor engagement coordinator for the San Antonio Food Bank.

“The volunteers sorted through dry food items which

were donated November through December,” said Oxner, an Air Force veteran. “We were hoping to receive one million pounds of food, but we actually received more than two million pounds.”

According to Oxner, the

volunteers also inspected the products to ensure suitability and that they were within food guidelines for distribution to the food bank’s 535 partner agencies.

“I think the future Sailors are great to be able to give back to the community,” Oxner said. “I love talking with volunteers which have included Junior Reserve Officer Training Corps students, Soldiers, Marines, Sailors and Airmen.”

Future Sailor Cesar Lozano of Brownsville was appreciative of the opportunity to volunteer.

“I love to volunteer,” said Lozano, a 2014 graduate of Veterans Memorial High School in Brownsville, who will be leaving for recruiting training in April. “This is a great way to help those families who need the services of

the food bank.”

Future Sailor and San Antonio native Joel Rabago, who joined the Navy to become a nuclear technician said it was great to volunteer when normally they would meet at the NRS.

“The fact that we can be here to help people and have additional time to bond together is worthwhile,” said Rabago, a 2016 graduate of Roosevelt High School.

According to Hagemeyer, the NRS is looking to provide more volunteer opportunities for their future Sailors at least once a month during DEP meetings.

“This was a great way to build camaraderie while doing something wonderful for our city,” said Hagemeyer. “This also shows the community how much the Navy values making our city better.”

Service to country runs in local military family

By David DeKunder

502ND AIR BASE WING
PUBLIC AFFAIRS

When Reginal Fisher Jr. held up his hand to take the oath to enlist in the Navy Feb. 1 at Joint Base San Antonio-Fort Sam Houston, it was both an exciting and special day for him.

But the biggest memory that will stick with Fisher from that day is that his father, Navy Lt. Reginal Fisher Sr., administered the oath to him.

“I was just overwhelmed with emotion,” said Reginal Jr. I can say it probably was one of the most memorable moments of my life.”

The experience of administering the Oath of Enlistment to his son was surreal, said Reginal Sr., Navy Recruiting Dis-

trict San Antonio enlisted programs officer at JBSA-Fort Sam Houston.

“It was an emotional moment, a proud moment,” he said. “One I will definitely remember for the rest of my life.”

The father administered the oath to his son at the San Antonio Military Entrance Processing Station. The processing station is located in the NRD San Antonio building Lt. Reginal works at.

Reginal Jr. is the fifth-generation service member in his family. Both of his great-grandfathers, Pfc. Tinzer Morrow and Cpl. Willie Lee Fisher, served in the Army. Morrow served during World War I and Willie Lee Fisher was a member of the Army Air Corps in

World War II. His grandfather, Cpl. James Lewis Fisher, served in the Army during the Vietnam War. In addition, Reginal Sr. has been in the Navy for 22 years, serving in Operation Iraqi Freedom from 2004-05.

By joining the Navy, Reginal Jr. said he wanted to follow the example of service set by his father.

“There were a couple of reasons why I decided to go into the service,” the younger Fisher said. “The first thing was I noticed how successful my father was, how happy he was with his job and how he has a passion for his job. The second thing was I would also learn from my father’s footsteps. Seeing how he lived was a way I wanted to live, a positive lifestyle and the way he gets things



BURRELL PARMER

Reginal A. Fisher Jr. (left), a 2017 graduate of Allison Steele High School in Cibolo, enlisted into the U.S. Navy as a hospital corpsman at the San Antonio Military Entrance Processing Station. His father, Lt. Reginal A. Fisher Sr., is the enlisted operations officer for Navy Recruiting District San Antonio, and administered the Oath of Enlistment to his son.

done is just phenomenal.

“So I came to my senses and I thought that would be a fantastic thing to do with my life,”

he added. “And last but not least, I thought it would be a great way to set up my future and to support my country.”

U.S. Northern Command leader visits U.S. Army North

By Tim Hipps

U.S. ARMY NORTH PUBLIC AFFAIRS

The commander of United States Northern Command and the North American Aerospace Defense Command got an inside look at the operations of U.S. Army North during a Feb. 2 visit to Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis.

Air Force Gen. Lori Robinson spent the day meeting Soldiers and Department of the Army civilians and learning about their missions – all the while introducing herself to Army North.

Following an early-morning meeting with Lt. Gen. Jeffrey Buchanan, Army North commander, Robinson toured the offices of several units, spoke to the troops during an all hands town hall meeting at the Fort Sam Houston Theatre and visited the 505th Military Intelligence Brigade at JBSA-Camp Bullis, before traveling back to Peterson Air Force Base in Colorado Springs, Colorado.

Robinson visited the Army North offices of Civil Support Training Activity and Task Force 51 on JBSA-Fort Sam Houston, where she thanked dozens of Soldiers for their service.

“I will say this — and I’ve said this to many audiences — I am an unabashed airman. I’m proud — just like you’re proud to be a Soldier,” Robinson said during the town hall. “I’m an unabashed airman. And you know what? I do realize that I’m a part of the joint fight. I can’t do it by myself as an airman. I’m part of a coalition fight. We can’t do it as a nation by ourselves.

“All of us, and it doesn’t matter what service you’re in, we’re



TIM HIPPS

Air Force Gen. Lori Robinson (right), commander of United States Northern Command and North American Aerospace Defense Command, speaks to Soldiers and civilians during an Army North town hall Feb. 2 at Joint Base San Antonio-Fort Sam Houston.

all parts of the bigger than ourselves, and I think that’s really a huge thing for all of us to understand.”

USNORTHCOM partners to connect homeland defense, civil support and security cooperation to defend and secure the United States and its interests.

Robinson said NORTHCOM’s No. 1 priority is to deter and counter our nation’s state threats and enhance command’s ability to defend.

“Obviously, for all of us, no matter what role you play, homeland defense is the No. 1 priority. Deter if we can, and counter if we must,” she said.

“Defense of the homeland is what you do each and every

day.

“I was really excited to see what I saw today. In the relationship between the Federal Emergency Management Agency and NORTHCOM and Army North, you’re already being talked about in circles that you don’t even know. What you do every day is huge.”

Robinson said she embraces the challenge of bridging cultures and uniting many to fight as one.

“It’s been just a blast to be a part of a joint team,” she said. “It’s a lot of fun to learn a lot about cultures. In fact, Gen. Buchanan and I were talking about a couple of things today just to understand cultures. For

me, it’s that personal touch, it’s that understanding of what happens not just organizationally, but personally, because without you, no matter what you do, an organization is not going to run.”

Robinson, a daughter and wife of Air Force Academy-trained pilots, shared her personal importance of family with Soldiers and stressed how important family support is to everyone in the auditorium — regardless of the color of their uniform.

“At the end of the day, you’re the ones that are making it all happen, and your families are the ones that are supporting you in doing that.”

FORT SAM HOUSTON BRIEFS

Newcomers’ orientation

Date/Time: Feb. 17, 8 a.m. to noon
Location: Military & Family Readiness Center, building 2797

A mandatory in-processing briefing for all newly assigned military and civilian personnel. Participants must be seated by 7:50 a.m. and service members must coordinate with their Unit Personnel. Local supporting agencies will be on-site for the Spouse Information Fair to follow at 10:30 a.m. Call 221-2705 for more information.

Trails & Tales guided tour

Date/Time: Feb. 24, 8-11 a.m.
Location: M&FRC, building 2797
Learn about old and new structures that share a rich history dating back more than 150 years. To register, call 221-2705.

Joint spouses’ forum

Date/Time: Feb. 28, 11 a.m. to noon
Location: M&FRC, building 2797
Open to all FRSAs, FRGs, Key Spouses, Ombudsmen and family program advisers to network and discuss issues. Call 221-2418 for more information.

Heroes at Home

Date/Time: Feb. 28, 9-11 a.m.
Location: Fort Sam Houston Theater
A free financial seminar with guest speaker Ellie Kay and other financial advisers focusing on financial stability, savings and practical living. To reserve a seat, call 221-2705. Open to all Department of Defense ID cardholders; walk-ins are welcome.

Glow in the Park 5k Run/Walk

Date/Time: Feb. 25, 5-9:30 p.m.
Location: MacArthur Parade Field
The third annual JBSA Glow in the Park 5K Run/Walk allows participants to enjoy lighting effects and themed party stations on this night course. A warm-up Zumba session begins at 6:45 p.m. Registration costs \$12. Each participant receives a goody bag with T-shirt. To register, go to the5kglow-run.com. For details, call 652-5763.

Hiring Heroes career fair

Date/Time: March 22, 9 a.m. to 2 p.m.
Location: Sam Houston Community Center, 1395 Chaffee Road
Career opportunities for injured, ill and transitioning service members, veterans, military spouses and primary caregivers will be presented. Talk with Department of Defense and other federal agencies and private sector recruiters about opportunities in civilian career fields. For more information, call 571-372-2123.

LACKLAND

Michigan State University coach enhances leadership skills of TACP instructors

By Airman Dillion Parker
502ND AIR BASE WING
PUBLIC AFFAIRS

Inside the raptor room at the JBSA-Lackland Medina Annex, a Michigan State University coach, stood in front of a classroom Feb. 1 that was filled with some of the best and brightest the Air Force has to offer, Tactical Air Control Party instructors.

"It's like a dream come true to come down here and coach these guys," declared Tim "Red" Wakeham, strength and conditioning coach. "I didn't know what I could add; I just hope I added value to the training program."

The coach began by sharing his knowledge and training in kinesiology, the scientific study of human movement, which the TACP instructors are not formally trained in.

"The most important thing about weight training is that it's progressive," said Wakeham. "The idea of progressive overload is absolutely critical."

Progressive overload means more weight is being lifted every workout. For example, if an athlete starts out doing 10 repetitions with 100 pounds, then during the next workout that person would do 10 repetitions with 110 pounds. If the individual is unable to complete a full set of repetitions with the new weight then he/she would keep trying every workout until 10 repetitions are properly performed before increasing the weight again.

An essential part of progressive overload is recording the



SEAN WORRELL

Tim "Red" Wakeham, Michigan State University strength and conditioning coach, speaks to Tactical Air Control Party instructors about kinesiology as he helped to refine their training program Feb. 1 at Joint Base San Antonio-Lackland Medina Annex.

results of each lift to ensure that the next workouts weight or repetitions are increased, imparted Wakeham.

"What gets measured, gets done," Wakeham added.

Moving on from the technical aspect of lifting to the coaching side, Wakeham began

to elaborate on what he calls the "Three C's": caring, competence and control.

"You have to show them that you care and they'll be that much more invested in what you're trying to do," Wakeham said. "If they had surgery, I was at the surgery."

The second "C" is competence, which means giving students skills to perform well and giving them confidence, Wakeham explained.

Wakeham described his weight room as his "stage" and said every time the athletes did something correctly or well he

would praise them.

"When you point out the things they do well you fill them with confidence," he elaborated.

The third "C", control, involves giving students a perception of control.

"Do you want to come in at 6 or 6:15?" said Wakeham. "Well, that's not much of a choice, but it gives them the idea that they're in control. They have to weigh in before they can buy in."

After the classroom portion of Wakeham's visit was over, the group moved to the battle room, the weight room used by TACP students and instructors where Wakeham demonstrated some manual resistance exercises to help improve TACP's weight-training curriculum.

"He showed us things to correct in order to help us produce better TACPs," said Staff Sgt. Matthew R. Renner, 342nd Training Squadron TACP instructor.

Renner learned more leadership and coaching skills to both train and pass on to his students, he said.

"Some of his philosophies are the same as ours; we both want to build champions, guys ... become leaders," said Renner.

When the session concluded, Wakeham left the instructors with some final words of wisdom: "You're training men, not just bodies."

"There's still work that can be done, we can definitely dive in a little deeper and I hope the relationship continues," Wakeham added.

IED response exercise boosts readiness

By Staff Sgt. Kevin Iinuma
59TH MEDICAL WING PUBLIC AFFAIRS

Warrior medics from the 59th Medical Wing tested their ability to provide aid to the wounded during a mass casualty exercise Jan. 25 at the Joint Base San Antonio-Lackland parade grounds.

The scenario involved wing personnel treating nearly 40 role players with a variety of simulated injuries that may be caused by detonating an improvised explosive device.

“It tested our clinical and field response teams, as well as communication efficiency between wing personnel and the medical control center,” said Bryan Richardson, 59th MDW inspection team manager.

Under a new standardized plan, the wing conducts training exercises on the last Wednesday of every month, ensuring Airmen are ready to respond to any

scenario. The new standardized training initiative doubles the wing’s training time, giving medics critical emergency response training every month, according to Lt. Col. Jonathan Bergmann, 59th Medical Readiness Flight commander.

“Wing training days are an important part of the wing calendar. They ensure our Airmen have the skills needed to provide the best patient care and to succeed in a deployed environment,” Bergmann said.

Getting out of a clinic and into the field helps Airmen practice and hone skills they might not use every day, said Airman 1st Class Joshua Egler, a 59th MDW aerospace medicine technician.

“This was my third time participating in an exercise; they all have their challenges but I was able to use my training to respond (to the IED attack),” he explained.



STAFF SGT. MICHAEL ELLIS

Airmen from the 59th Medical Wing perform triage on a simulated patient during an improved explosive device emergency response exercise Jan. 25 at Joint Base San Antonio-Lackland.

Training is especially important because of the medical wing’s readiness mission. Sending medics downrange without the proper training can cost

lives, said 2nd Lt. David Callejas, 59th Medical Readiness deputy flight commander.

“(Training) gives us the opportunity to focus on how we

would react to scenarios and disasters,” said Callejas. “It (becomes) second nature, where we know exactly what to do and when to do it.”

Veteran shares story of loss, laughter

By Jeremy Gerlach

502ND AIR BASE WING
PUBLIC AFFAIRS

Laughter was the hardest ability to relearn after tragedy for retired Navy Petty Officer 3rd Class Dave Roever, a resiliency coach who spoke at the National Prayer Breakfast Feb. 7 at Joint Base San Antonio-Lackland's Gateway Club.

In July 1969, Roever was eight months into a deployment in Vietnam as a river boat gunner in the Elite Brown Water Black Beret when a phosphorous grenade exploded in his hand, dealing him massive, disfiguring injuries to his face and hands. After extensive surgeries and rehabilitation, Roever told his audience most people in his situation wouldn't be in a laughing mood.

"But now, humor is the best medicine," he said. "Laughter and joy push back my pain."

Roever's speech, which detailed how he came to terms with his



AIRMAN DILLON J. PARKER

Brig. Gen. Heather Pringle (left), 502nd Air Base Wing and Joint Base San Antonio commander, speaks with retired U.S. Navy Petty Officer 3rd Class Dave Roever, a Vietnam veteran and Purple Heart recipient, Feb. 7 during the 2017 JBSA Prayer Breakfast at JBSA-Lackland's Gateway Club.

disfigurement, found new strength in his fellow-Vietnam veterans and his Christian faith, and ended up as a successful motivational speaker, was an emotional journey that captivated the audience.

"Leading isn't pushing. You have to do it by example," Roever said. "If I can inspire leaders to inspire their followers — by not taking themselves too seriously — it's a balancing act, I

hope that came through today."

Roever, who moved around the room during his speech, personally engaged different members of the audience, which included Brig. Gen. Heather Pringle, 502nd Air Base Wing and JBSA commander; Lt. Col. Peter Fischer, 502nd Air Base Wing deputy chaplain; and several representatives from JBSA-Randolph and JBSA-Fort Sam

Houston.

"I'm pretty speechless," Pringle said of the experience. "Your message is a true example to us all. What most of us face every day is nothing like what you went through, but we'll remember your words."

A memorable point in Roever's story detailed how survivors of trauma can always find a silver lining.

"The blast from the grenade that hit me had blown my face off, my fingers were dangling, one of my arteries was open and I was about to bleed to death," he recalled. "But the resulting fire from the grenade actually cauterized the opening of that artery. That's why I survived at all. That was bizarre."

In the speech, Roever made special mention of his family — his wife, Brenda; his two children; and four grandchildren as pillars in his recovery and his current happiness.

"They give me strength; they believe in me," he said.

Fischer, who met Roever at that conference while serving in the Army, said he was delighted to hear the retired river boat gunner's wisecracks and wisdom once again.

"He's a phenomenal speaker," Fischer said. "The crux of his message is, 'if I can thrive through difficult circumstances, you can get through basic training.'"

The packed schedule was no trouble for Roever, who visits JBSA-Lackland several times for speaking events and tours, and is booked each week for the next two years, according to his foundation website, <http://roeverfoundation.org>.

"Lackland . . . I love this place," Roever quipped. "Let me tell you, every chance I get to return here, I take it."

When asked if he has any plans to return in the future, Roever put on his best Arnold Schwarzenegger Terminator impression.

"I'll be back," he deadpanned.

LACKLAND BRIEFS

Spring break camp

Registration: Through March 1
Date/Time: March 13-17, 6 a.m. to 6 p.m.

This program is open to youth in K-6th grade, ages 5-12 yrs. To register, visit www.MilitaryChildCare.com. Fees are based on total family income and all required paperwork must be on file at the Youth Center. Call 671-2388 for more details.

Enlisted to commissioning briefing

Date/Time: Feb. 21, 2-4 p.m.
Location: FTAC, building 5612
Enlisted members can register for this briefing by visiting the following website from a CAC enabled computer: <https://cs3.eis.af.mil/sites/OO-ED-AE-15/Courses/Registration/Registration.aspx>. Walk-ins welcome.

Employment workshop

Date/Time: Feb. 22, 8 a.m. to 1 p.m.
Location: Military & Family Readiness Center, building 1249
Participants review resume writing, interviewing, wardrobe and the federal employment process. To reserve a seat, call 671-3722.

Divorce recovery

Date/Time: Feb. 22, March 1 and March 8, 11:30 a.m. to 1 p.m.
Location: M&FRC, building 1249
Participants will review the challenges of divorce, affects on children and starting a new life. Call 671-3723 to register.

Leadership course

Date/Time: Feb. 22-23, 8 a.m. to 4 p.m.
Location: Arnold Hall, building 5506
Members E-6 and below can register by visiting this website from a CAC enabled computer: <https://cs3.eis.af.mil/sites/OO-ED-AE-15/Courses/Registration/Registration.aspx>. Walk-ins welcome.

EFMP support group

Date/Time: Feb. 23 and March 30, 1-1:30 p.m.
Location: Children Achieving Maximum Potential, or CAMP facility, building 3850
February's meeting for Exceptional Family Member Program, call 671-3722 for details.

Alamo Wing hits airwaves

By 433rd Airlift Wing Public Affairs

Col. Thomas K. Smith, Jr., 433rd Airlift Wing commander, arrived at the KLUP radio station early Jan. 28 for a unique opportunity to speak to residents of the Alamo city. Smith was interviewed on The Military USA Radio show on 930 A.M. The Answer by hosts Mark Frye, former 433rd AW honorary commander, and retired Air Force Col. Kelley Crooks.

The show runs every Saturday 8-9 a.m. and seeks to inform and educate listeners about the importance of the more than 200 military missions in the Alamo city.



BENJAMIN FASKE

Col. Thomas Smith, 433rd Airlift Wing commander, is interviewed by Mark Frye and Kelley Crooks on the Military USA Radio show Jan. 28 at Salem Communications in San Antonio.

RANDOLPH

AF program assists special needs dependents

By Richard Salomon
AIR FORCE PERSONNEL CENTER
PUBLIC AFFAIRS

Being the parent of an 11-year-old boy with high-functioning autism is often a challenging and difficult journey that requires patience and sacrifice said Master Sgt. Virmania Accoo.

“One of the biggest struggles we face as a family is helping my son adjust to a new PCS location and to find the right school that has the special education services our son needs,” said Accoo, the Equal Opportunity office superintendent at Nellis Air Force Base, Nevada.

Fortunately, thousands of active-duty members like Accoo, and her husband, Master Sgt. Anthony Accoo, have found support through the Air Force Exceptional Family Member Program which allows Airmen to proceed

to assignment locations where suitable medical, educational and other resources are available to treat special needs family members.

“Since we are enrolled in EFMP, it gives us peace of mind knowing that we will not PCS to a location that does not have the required services for our son,” Accoo said. “Shortly after our arrival at Nellis, it was comforting for my husband and me to get a phone call from our EFMP representative asking us if we needed anything. We also enjoy taking part in numerous events where various EFMP families can get together for support and networking.”

EFMP has three components:

The assignment component ensures adequate special needs care is available at the Airman’s projected location. It reassigns Airmen and



their families if a new diagnosis cannot be provided through the military treatment facility, the supporting TRICARE network or a combination thereof.

The medical component oversees medical clearances and enrolls the

service member in EFMP. Special needs coordinators at base medical treatment facilities screen family members, so service members can obtain the necessary assignment limitation code, “Q,” which identifies them as having a family member

with special needs.

The family support component provides referral information, support services, respite care and relocation services, as well as contacts with government resources and civilian agencies. The family support function also assists with school-related issues, finance questions, crisis situations, and provides outreach and educational briefings to installation leadership and the community.

“All three components work together to streamline the process and support the needs of Airmen and their families,” said Saundra Nichols, a EFMP’s community readiness analyst at the Air Force Personnel Center. “All Airman and Family Readiness Centers have a staff member assigned to work with Airmen and their special needs family members.

They provide needs assessments and assistance in a multitude of areas.”

Enrollment in EFMP is mandatory for all active-duty Airmen with a family member with special needs. More than 28,000 active-duty Airmen with one or more exceptional family members are enrolled in the program.

EFMP is limited to the Airman’s spouse, child or other person residing in the Airman’s household who is dependent on the Airman for financial support and who meets Defense Department enrollment criteria and is a military health care beneficiary.

“After the initial diagnosis, it can be a sad and confusing time for some families,” Accoo said, “but they do not have to shoulder the burden alone.”

For more information, visit airforcemedicine.af.mil/EFMP/.

AF committed to fostering civilian talent, creates new course

BY KAT BAILEY
AIR FORCE PERSONNEL CENTER
PUBLIC AFFAIRS

The Air Force has created a new leadership development course designed specifically for GS-12 and GS-13 civilians and equivalent pay schedules.

The Air Force will undertake new measures to increase opportunities for civilians at the GS-12 and -13 level to participate in professional development programs, using an additional \$1

million in funding dedicated specifically to civilian developmental education opportunities.

“These efforts recognize that to remain the world’s best Air Force, we must compete for, develop and retain talent, skill and expertise in new and creative ways,” said Daniel Sitterly, acting Assistant Secretary of the Air Force for Manpower and Reserve Affairs.

The Air Force continually assesses its development pro-

grams to ensure they keep pace with the needs of the workforce. According to Air Force officials, analysis of the civilian continuum of learning highlighted a shortfall in deliberate development at the GS-12 and -13 level and equivalent pay schedules. The new Organizational Leader Course will build upon leadership skills obtained at previous courses to grow and develop today’s civilians into tomorrow’s leaders and supervisors.

“We will continue working to ensure our Air Force is an employer of choice for our nation’s best and brightest,” Sitterly said.

Supervisors will be encouraged to advertise and promote these opportunities, and applications will be accepted through myPers.

Initially, a targeted group will make up the first six classes of the one-week, in-resident course, with the first class starting May 2017. The Organiza-

tional Leader Course will later be incorporated into the 2018 civilian developmental education process with the 2018 program information available in March.

Stay informed on the most current CDE information on the Force Development page by visiting myPers.af.mil. Click the Force Development link on the far left from the civilian landing page or select “Civilian” from the dropdown menu and search “CDE.”

Labels on shelves give commissary shoppers nutrition guidance

By Robert Goetz
502ND AIR BASE WING
PUBLIC AFFAIRS

Grocery shoppers at commissaries throughout the armed forces can now easily see if the food items they're choosing are healthy.

Labels clearly visible from the shelves are giving them a heads-up and, in some cases, a thumbs-up.

Labels designating food items as "low sodium," "whole grain," "low fat" and other health categories are part of a Defense Commissary Agency initiative called the Nutrition Guide Program, an extension of the Go4Green Program targeted at military dining facilities.

"Most customers, unless they're health-conscious, don't look at the nutrition labels on the back of food items," said Claudia Smith, Joint Base San Antonio-Randolph Commissary manager. "With these labels on the shelves, it's easier to visualize. It gives the military community a better way to stay fit."

Rolled out in January, the Nutrition Guide Program aligns criteria for tagging grocery items as closely as possible with Go4Green, the color-coded system that designates "green" items as nutrient-dense.

Through this alignment, the program aims to meet Go4Green's overall food consumption goals in building a healthy eating pattern, influence healthier purchasing behaviors, reinforce nutrient density and performance while increasing self-efficacy and support the mission of the military community, according to DeCA.

JBSA-Randolph Commissary employees labeled shelves in December preparing for the January rollout, Smith said.

DeCA's five nutrition attri-



Claudia Smith, commissary manager, reads the guide label on can goods, during the Go for Green program Feb. 2 at Joint Base San Antonio-Randolph.

butes, with corresponding labels, are "whole grain," "good source of fiber," "low sodium," "low fat" and "no sugar added." The "organic" label is given to items that have been certified as organic by the U.S. Department of Agriculture. Some items are also given the "Thumbs Up" designation as a high-nutrition, high-performance food.

Not all foods are included in the program. Some of the categories that are part of the program are chilled meats, baking goods, condiments, bread, frozen foods, canned goods, grains, pasta, soups and cereal and breakfast foods. Fresh meat, fresh seafood, fresh produce, coffee, tea, water and seasonings are among the items that are not



Claudia Smith, commissary manager, reads the guide label during the Go for Green program Feb. 2 at Joint Base San Antonio-Randolph.

part of the program.

Because the program is so new, Smith said she is not able to determine its impact on shoppers.

"Customers are still getting used to the idea," she said. "By the end of this month, we may be able to see if it's working in

our store."

However, Smith said she is excited about the program from her own consumer's perspective.

"I'm a regular shopper," she said. "Before, I didn't look at the labels. Now I'm more likely to choose the healthier item."

RANDOLPH BRIEFS

Mandatory training

Date/Time: Feb. 21/8:30 a.m. to 12:30 p.m.

Location: Military & Family Readiness Center
First and second lieutenants and captains assigned to their first permanent duty station must attend a mandatory financial training to review all aspects of finances to include pay, entitlements, insurance, credit management, Thrift Savings Plan and more. To register, call 652-5321.

Credit When Credit is Due

Date/Time: Feb. 21; Feb. 28; and March 7/5:30-7:30 p.m.

Location: M&FRC
Participants attend all sessions facilitated by Randolph Brooks Federal Credit Union.

A Cup of Prevention

Date/Time: Feb 22/8:30-9:30 a.m.

Location: Randolph Clinic MDOS Conference Room
Parents learn to survive the teenage years by addressing healthy relationships, social courage, coping strategies, healthy communication and more. Get a preview of "Teen Talk: In Their Shoes." Call 652-2448 for more information.

In Their Shoes

Date/Time: Feb. 22/5-6:30 p.m.

Location: JBSA-Randolph Youth Center
Teen participants learn through role play to make wise choices about relationships.

VA workshop

Date/Time: Feb. 24/8 a.m. to 2 p.m.

Location: Military & Family Readiness Center
Transitioning service members exempt from the mandatory five-day Transition GPS workshop must attend a stand-alone Veterans Administration workshop. To register, call 652-5321.

JBSA parent/teen workshop

Date/Time: Feb. 25/10 a.m.-3 p.m.

Location: JBSA-Randolph Chapel Annex
Parents and their teens will learn to communicate more effectively, accept responsibility and reach conflict resolution. Call 652-2448 to register.

PHOTOS BY JOEL MARTINEZ

Airmen to meet first enlisted RPA pilot selection board

By Kat Bailey

AIR FORCE PERSONNEL CENTER
PUBLIC AFFAIRS

The first enlisted remotely piloted aircraft pilot selection board meets at the Air Force Personnel Center Feb. 6-9 to identify the next enlisted group to attend RPA pilot training as part of the deliberate approach to enhance the Air Force's Intelligence, Surveillance and Reconnaissance mission.

AFPC has received complete application packages from 185 Airmen who are setting a historic precedence within the RPA community.

"Integrating enlisted pilots into the RQ-4 community enables the Air Force to meet mission requirements as the intelligence, surveillance and reconnaissance mission grows, while providing an opportunity to our highly skilled enlisted

force," said Chief Master Sgt. Eric Rigby, Enlisted Aircrew Assignments chief at AFPC.

AFPC has played an integral role in executing the new policies, running the selection board and planning for the career management of the new enlisted pilots.

"Expanding opportuni-

ties in the RPA program is one of many ways the Air Force is tapping into the talent of our skilled, diverse and innovative enlisted force," Rigby said.

The enlisted RPA selection board mirrors that of the undergraduate flying training program as closely as possible and

will look at each applicant's entire military personnel record.

"This 'whole person' concept provides the measure of an applicant's aptitude for success in RPA pilot training," he said.

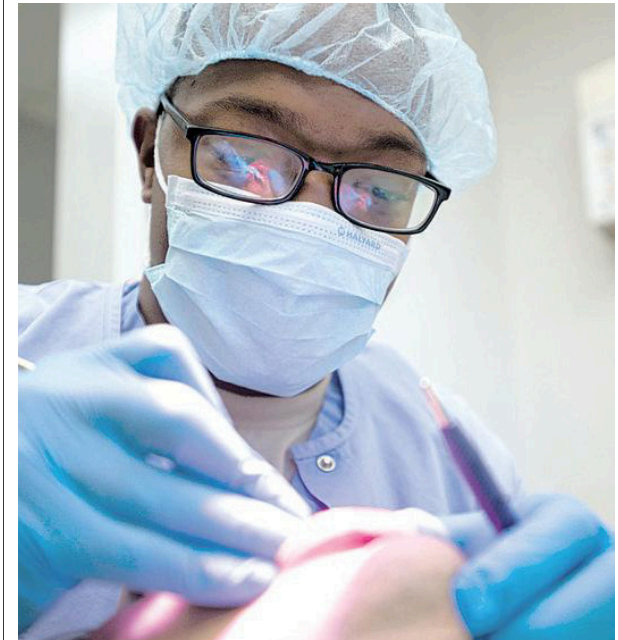
AFPC will release the board results at the end of February.



COURTESY GRAPHIC

The enlisted Remotely Piloted Aircraft program makes history with the first selection board currently in progress, with 185 enlisted Airmen hoping to be selected to the next group to attend RPA pilot training.

TAKING CARE OF PATIENTS ONE TOOTH AT A TIME



STAFF SGT. KEVIN IINUMA

Staff Sgt. Tyre Jones, 359th Medical Group dental technician, examines a patient's teeth Jan. 10 at the Joint Base San Antonio-Randolph Dental Clinic. The Randolph Dental Clinic provides annual exams and cleanings for more than 12,000 patients every year.

MIRACLE

From page 6

next,” he said.

As Ward’s nerves continue to recover, Ebner is focusing on strengthening and keeping her joint motion as supple as possible in her right arm and helping her improve her dexterity in her left hand and arm. The use of a myoelectric orthotic device has also helped Ward gain more function with her right arm and hand.

“She has done fairly well adapting to things and learning new strategies,” Ebner said.

“The rehab is the hardest, most difficult, most exhausting thing I have ever had to do, but I want my kids to know that there is nothing in this world that they are not capable of doing,” said



COURTESY PHOTO

Kelsey Ward exercises her arm at the Center for the Intrepid at Joint Base San Antonio-Fort Sam Houston recently as part of her daily rehabilitation program.

Ward, the mother of a 4-year-old daughter and 2-year-old son.

Ward credits the support of her children, her grandmother and her

boyfriend for helping her get through the long, grueling healing process.

“As a direct result of Kelsey’s dedication coming to rehab for the last nine and half months and working prolifically on her home exercises, she is in a good spot right now to have those nerves recover,” Ebner said. “We don’t know what her recovery is going to look like a year or two down the road. Time will tell.”

Ebner conducts several diagnostic tests regularly to monitor her progress and help anticipate what her recovery will be.

“We know that nerves typically recover their function about a millimeter a day, about a centimeter a month, but that varies a lot on the terms of the repair,” Ebner said. “Grafted nerves typically take longer.

“I’m extremely optimistic about her case because she has surpassed every goal and

objective that we have set in front of her,” the occupational therapist said.

Ward said she is thankful to continue her rehabilitation at the CFI. “They are like my family; I share my life with them.”

Ebner said they are learning a great deal from Ward’s recovery process.

“She has taught us so much about medical recovery post-replant,” he said. “In the military and our medical environment here, we have a lot to learn from her case.”

Ward tearfully admits there were times when she inwardly didn’t think she could make it through, but today she is proud of how far she has come.

“It has made me more confident, it has made me happier, and it has made me in all aspects a better person,” she said.