

JBSA

LEGACY

WWW.JBSA.MIL

JOINT BASE SAN ANTONIO

DECEMBER 14, 2018



PHOTO BY JOSE E. RODRIGUEZ

Army Capt. Johnny Dotson trains at the Joint Base San Antonio-Fort Sam Houston Central Gym.

AMEDDC&S student defends world championship title

Page 9



PACAF commander presides over BMT graduation

Page 16



Medics from 59th MDW train for real-world events

Page 19

Bush's legacy includes decisive military action

By Jim Garamone

DOD NEWS, DEFENSE MEDIA
ACTIVITY

His background was a little different than most who join the military at the age of 18, but his warmth, love of country and drive to serve made him a leader respected up and down his chains of command.

Service members who worked with former President George H.W. Bush, first as Ronald Reagan's vice president and, later, during his presidential term, spoke of the way he remembered their names and would ask about their families. They were loyal to him and he was loyal right back.

Bush himself said it best in his inaugural address on Jan. 20, 1989: "We are not the sum of our possessions. They are not the measure of our lives. In our

hearts we know what matters. We cannot hope only to leave our children a bigger car, a bigger bank account. We must hope to give them a sense of what it means to be a loyal friend, a loving parent, a citizen who leaves his home, his neighborhood and town better than he found it.

"What do we want the men and women who work with us to say when we are no longer there? That we were more driven to succeed than anyone around us? Or that we stopped to ask if a sick child had gotten better, and stayed a moment there to trade a word of friendship?"

Bush, who died Nov. 30 at age 94, was born June 12, 1924, in Milton, Mass. He graduated from Phillips Academy in Andover, Mass., on his 18th birthday in 1942 and immediately joined the Navy. With World War II raging, Bush earned his wings in June 1943. He was the youngest pilot in the Navy at that time.

The future president flew torpedo bombers off USS San Jacinto in the Pacific. He was awarded the Distinguished Flying Cross for a mission over Chichi Jima in 1944. Even though his plane was hit by anti-aircraft fire, he completed his bombing run before turning to the sea. Bush managed to bail out of the burning aircraft, but both of his crewmen died. The submarine USS Finback rescued him.

On Jan. 6, 1945, Bush married Barbara Pierce of Rye, N.Y. They had six children: George, Robin (who died of leukemia in 1953), Jeb, Neil, Marvin and Dorothy Bush Koch.

After the war, Bush attended Yale and graduated Phi Beta Kappa in 1948. He and his wife



U.S. NAVY FILE PHOTOS

Navy pilot Lt. j.g. George H. W. Bush (center) stands with X-2 flight crew, radioman Joe Reichert, left, and turret gunner Leo W. Nadeau Nov. 2, 1944.

moved to Texas, where he entered the oil business. Bush served in the U.S. House of Representatives from 1966 to 1970.

In 1971, then-President Richard Nixon named Bush as U.S. ambassador to the United Nations, where he served until becoming chairman of the Republican National Committee in 1973. In October 1974, President Gerald R. Ford named Bush chief of the U.S. liaison office in Beijing, and in 1976, Ford appointed him to be director of central intelligence.

In 1980, Bush ran for the Republican presidential nomination. Ronald Reagan won the primaries and secured the nomination, and he selected Bush as his running mate. On Jan. 20, 1981, Bush was sworn in for the first of two terms as vice president.

The Republicans selected Bush as presidential nominee in 1988. His pledge at the national convention — "Read my lips: no new taxes" — probably got him elected, but may have worked to

make him a one-term president.

Bush became the 41st president of the United States and presided over the victory of the West. During his tenure, the Berlin Wall — a symbol of communist oppression since 1961 — fell before the appeal of freedom. The nations of Eastern Europe withdrew from the Warsaw Pact and freely elected democracies began taking hold.

Even more incredible was the dissolution of the Soviet Union itself. Kremlin hard-liners tried to seize power and enforce their will, but Boris Yeltsin rallied the army and citizens for freedom. Soon, nations long under Soviet domination peeled away and began new eras.

In 1989, Bush ordered the U.S. military in to Panama to overthrow the government of Gen. Manuel Noriega. Noriega had allowed Panama to become a haven for narcotics traffickers, and he subsequently was convicted of drug offenses.

But Bush is best remembered

JBSA LEGACY

Joint Base San Antonio
Editorial Staff

502nd Air Base Wing
and JBSA Commander
BRIG. GEN.

LAURA L. LENDERMAN

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

502nd ABW/JBSA
Chief of Command
Information
ED PRINCE

Editor
STEVE ELLIOTT

Staff

LEMITCHEL KING

TECH. SGT. AVE YOUNG

AIRMAN 1ST CLASS DILLON PARKER

AIRMAN SHELBY PRUITT

DAVID DEKUNDER

ROBERT GOETZ

MARY NELL SANCHEZ

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 for 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 or EN Communities, of the products or services advertised.

Everything advertised in this publication shall be made 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 with the 502nd Air Base Wing. All photographs are Air Force photographs unless otherwise indicated.



George H. W. Bush in 1942 during his Navy service.

Feedback Fridays

By Brig. Gen. Laura L. Lenderman

COMMANDER, 502D AIR BASE WING
AND JOINT BASE SAN ANTONIO

Feedback Fridays is a weekly forum that aims to connect the 502d Air Base Wing with members of the Joint Base San Antonio community. Questions are collected during commander's calls, town hall meetings and throughout the week.

If you have a question or concern, please send an email to RandolphPublicAffairs@us.af.mil using the subject line "Feedback Fridays." Questions will be further researched and published as information becomes available.

Personnel Issues

Q. My question concerns civilian in-processing. Most civilians have to in-process at a location that may or may not be their duty location. My concern is that once they process the base, they then must process at the squadron, which may be at a separate location. Why can't we consolidate in-processing to one location for both base and squadron?

A. Great question for our newcomers! Currently, initial in-processing for all new civilian employees is with our primary servicing Civilian Personnel Section, or CPS, located at JBSA-Fort Sam Houston. Fortunately, newcomers will only have to visit the Civilian Personnel Section at JBSA-Fort Sam Houston one time before traveling to their primary duty location.

In order to provide better service to meet mission requirements, the 502d ABW has employees across Joint Base San Antonio to better accommodate newcomer and continuous employee services (e.g. CACs, finance and Civilian Personnel questions) at your respective duty location. In-processing with the squadron is up to the squadron commander's discretion; therefore, in-processing requirements may vary from organization to organization.

Q. What are the rules and regulations for NAF employees working on family days? In the past, we have been forced to use our annual leave or take leave without pay if our supervisor was not working, and I wondered if that was legal. I know some APF and NAF employees that can work either way, so I just wanted to check and ask about the official rules.

A. Thank you for your question! Currently, the liberal leave policy is



utilized for AETC Family Days. If a facility closes and the employee would like to work their normal scheduled hours, management should find an alternate duty location for the employee. We encourage you to coordinate with your supervisor to accommodate your request.

Installation & Facilities

Q. Is there a plan to repave some of the roads on Randolph? I think almost everyone will agree the road between the AAFES gas station and Randolph-Brooks Federal Credit Union is one of the worst on base, but many others need repair.

A. Thank you for your question! The road you mention, which is a priority for repairs in fiscal year 2019, is being developed for contract award and has been funded. We anticipate starting repairs this spring pending temperature and weather.

In addition to this road, Civil Engineers executed various FY18 paving projects to include 5th Street West and Golf Road. Paving efforts throughout JBSA are an ongoing priority in order to ensure safe and operational transportation networks.

Q. Is there a plan to start making progress on updating the main Fort Sam Houston Child Development Center, building 2530? The air conditioning is always out, the front door is broken and mosquitos were everywhere this summer. There are also leaks throughout the building. It's very old and needs a lot of work. What are your suggestions?

A. Our CE team attempted to be repair the broken door in-house, but ultimately determined a full replacement was needed. Since this is a non-standard door, the replacement had to be designed and fabricated by contract. The fabricated parts are due in later this month and the replacement is scheduled

to be complete by the end of January.

Additionally, CE identified a failing overhead water source heat pump as the source of the leaks and climate control issues. This heat pump was replaced in November, but its effective operation is impacted by the broken door. As soon as the door is replaced, the systems should operate as designed.

Q. For the past few months, the JBSA-Lackland Library has not had consistent Internet access. It's been out for days, even weeks, at a time. When asked, the staff says it's a problem with AT&T. Is anyone or any agency on JBSA-Lackland checking on it, pushing to restore it, or docking AT&T's payments?

A. Thank you for bringing this problem to our attention. Fortunately, Internet access has been restored! We currently have full internet service to the



COURTESY PHOTOS

The 2018 Joint Base San Antonio Chief Master Sergeant selects from JBSA-Randolph gather for a photo in front of building 100.



The 2018 Joint Base San Antonio Chief Master Sergeant selects from JBSA-Lackland gather for a photo.

AIR FORCE RELEASES CHIEF MASTER SERGEANT 18E9 PROMOTION CYCLE STATISTICS

The Air Force has selected 479 senior master sergeants for promotion to chief master sergeant out of 2,241 eligible for a selection rate of 21.37 percent in the 18E9 promotion cycle. The average overall score for those selected was 494.05. Selectees' average time in grade was 2.92 years and time in service was 20.91 years. The average decorations score was 24.19 and the average United States Air Force Supervisory Exam score was 74.11. The average board score was 395.75. The chief master sergeant promotion list is available on the Enlisted Promotions page of the Air Force's Personnel Center website, the Air Force Portal and myPers. Airmen can access their score notices on the virtual Military Personnel Flight via the AFPC secure applications page. Those selected will be promoted beginning in January 2019 according to their promotion sequence number. Prior to posting the list, AFPC provided commanders, senior raters and trusted agents with advanced knowledge of their Airmen's selection with the intention that selects be notified no earlier than one day before the public release

Know your retirement options

By Chief Master Sgt. of the Air Force Kaleth O. Wright
SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

The opt-in deadline for the Blended Retirement System is December 31, 2018.

Make your decision knowing only you can determine which system is best for you, and understand that if you opt into BRS, it is irrevocable. You only have one chance to make this choice, so it's imperative you and those involved in making financial decisions for your family fully understand the pros and cons of both retirement systems.

I encourage each of you to take all of the training available on ADLS and utilize the BRS comparison calculator on the Military Compensation website (<http://militarypay.defense.gov/Calculators/>) before making an appointment with your base financial counselor. The

calculator provides a comparison between the current retirement system and the BRS.

Doing your homework and preparing your questions ahead of time will help you get the most from your financial counseling appointment. I would like to see all eligible Airmen trained as soon as possible to give everyone time to really think about their options and be fully prepared before making this life-impacting decision.

If I had to pick just one thing I'm most passionate about as the chief master sergeant of the Air Force, without a doubt it would be taking care of our Airmen and their families professionally, physically, spiritually and financially.

I'm a firm believer that these four things go hand in hand. In order to be the best, most resilient Airman possible, you have to balance your professional, physical, spiritual

and financial wellness.

This is why I'm always looking to arm our Airmen with knowledge to help them grow and make the best decisions possible in their lives.

Part of arming our Airmen with knowledge means providing them the tools necessary to understand and smartly plan their long-range financial goals. But this planning isn't just for Airmen with families; it's vital for all Airmen.

Beginning Jan. 1, 2018, the Department of Defense will transition to the Blended Retirement System.

If you haven't heard about BRS, you need to get up to speed now and learn all you can. I need each of you to take an active interest in your financial planning by using every resource we've made available to learn about the BRS.

The BRS gives Airmen an opportunity to save their money

in a portable Thrift Savings Plan while receiving matching government funds at the same time.

This is the most basic layman's description of the program, which is why I need you to arm yourselves with all of the research and information available.

To help you, our Air Force leaders have put together a team of experts ready to provide extensive training. Certified personal financial counselors are available at your Airman and Family Readiness Center. These experts cannot decide for you, but they can help you evaluate which retirement plan is best for you. Every Airman's situation is different, financial goals are unique to each Airman and there is no "one size fits all" decision.

Airmen who enter the Air Force on or after Jan. 1, 2018, are automatically covered by the BRS. Active component Airmen serving now and those who enter the Air Force on or before Dec. 31, 2017, will be grandfathered under the current

retirement system.

Airmen with fewer than 12 years of active service on Dec. 31, 2017, or reserve component Airmen with fewer than 4,320 retirement points as of Dec. 31, 2017, have the choice to opt into the BRS. Reserve component members' "retirement points" and retirement eligibility for the defined benefit are the same under the BRS as under the current retirement systems.

There are pros and cons to every major decision we make, and this holds true for both retirement plans.

I can't tell you what to do. I can't tell you what's best for your family. All I can tell you is that you need to arm yourself with knowledge. Check out the training, talk to people who can provide you with objective advice, talk to those who will be most impacted by your decision and execute your plan knowing you made the best decision for you and your family.

For more information about the BRS, visit the BRS website at <http://militarypay.defense.gov/BlendedRetirement/>.



A file photo taken in 1944 of Navy pilot George H. W. Bush in the cockpit of his Grumman TBF Avenger torpedo bomber.

U.S. NAVY FILE PHOTO

BUSH LEGACY

From page 2

for his swift and decisive efforts following Saddam Hussein's invasion of Kuwait on Aug. 2, 1990. The Iraqi dictator claimed that Kuwait historically was his country's "19th province." His troops pushed into Kuwait and threatened to move into Saudi Arabia.

Bush drew "a line in the sand" and promised to protect Saudi Arabia and liberate Kuwait. He put together a 30-nation coalition that liberated Kuwait in February 1991. Operation Desert Storm showed Americans and the world the devastating power of the U.S. military.

At the end of the war, Bush had historic approval ratings from the American people. But a recession — in part caused by Saddam's invasion — and having to backtrack on his pledge not to raise taxes cost him the election in 1992. With third-party candidate Ross

In our hearts we know what matters. We cannot hope only to leave our children a bigger car, a bigger bank account. We must hope to give them a sense of what it means to be a loyal friend, a loving parent, a citizen who leaves his home, his neighborhood and town better than he found it.

Former President George H.W. Bush

Perot pulling in 19 percent of the vote, Bill Clinton was elected president.

Bush lived to see his son — George W. Bush — elected president, and he worked with the man who defeated him in 2006 to raise money for millions of people affected by an Indian Ocean tsunami and for Hurricane Katrina relief.

In his inaugural address, the elder Bush spoke about America having a meaning "beyond what we see." The idea of America and what it stands for is important in the world, he said.

"We know what works: freedom works. We know what's right: Freedom is right. We know how to secure a more just and prosperous life for man on Earth: through free markets, free speech, free elections and the exercise of free will unhampered by the state," he said.

"We must act on what we know," he said later in the speech. "I take as my guide the hope of a saint: in crucial things, unity; in important things, diversity; in all things, generosity."

It was the mark of the man.

FORT SAM HOUSTON

AMEDDC&S social work student defends world championship bodybuilding title

By Jose Rodriguez

U.S. ARMY MEDICAL DEPARTMENT
CENTER & SCHOOL PUBLIC AFFAIRS

Three years ago, when Army Capt. Johnny Dotson was a first lieutenant, he was approached by someone at the Fort Leonard Wood (Missouri) main post gym and encouraged to look into becoming a competitive body builder. Though he had never thought of competing, Dotson took the stranger's suggestion and began the research that propelled him into the competition lifestyle.

Since then, Dotson has won 23 trophies and medals and successfully defended his 2017 world title in the men's athletic (physique) class at the 2018 Drug Free Athletic Coalition, or DFAC, World Championships in Miami, Fla., last month. The competition is considered the pinnacle of natural bodybuilding.

Dotson is a student at the Army Medical Department Center & School, Health Readiness Center of Excellence, in the Master of Social Work graduate program, where he serves as the assistant class leader.

He frequently scores 300 on the biannual Army physical fitness test and most recently scored a 316 on the extended scale. As his program director, Col. Nathan Keller, Army MSW program director, said, "Dotson's APFT scores are not surprising for someone who has won two back-to-back world titles."

Dotson has served in the Army for 10 years, previously

as a company executive officer and company commander before being accepted into the highly competitive MSW program. Dotson believes social work is a perfect fit for him because he understands that Soldiers come into the Army as a unique package.

"Soldiers have a human element. I get that," Dotson said. "I feel I am well equipped to execute the mission of the Social Work Corps."

For an Army captain, competing in the DFAC is a natural fit.

"I've been competing in the DFAC for less than three years," Dotson said. "I began preparing for this competition in June 2018. Preparation included dieting, high-intensity cardio and intense strength training five to six days a week."

Dotson received professional coaching from Ryan Sullivan, who specializes in training physique competitors. All this to spend an intense 20 minutes on stage is time well spent in his eyes. The professional men's athletic category included athletes from the United States, England, Canada and Cayman Islands.

Dotson competes in male physique competitions, which emphasizes an ascetic look and is different from traditional bodybuilding. Competitors in the men's athletic class, traditionally the physique category, are judged on three elements: muscularity, symmetry and presentation. Dotson's natural charisma connecting with the



JOSE E. RODRIGUEZ

Army Capt. Johnny Dotson displays his award from the 2018 Drug Free Athletic Coalition World Championships, along with other medals he has won in bodybuilding competitions.

audience and judges allowed him to excel in presentation round.

Run purely for the good of the natural athletes, the DFAC is not about making profit. Its

aim is the development of natural bodybuilding as a sport. Every athlete finalist is polygraphed, and all class winners are subjected to urinalysis. The DFAC adheres

to stringent drug testing and adheres to World Anti-Doping Agency, or WADA, regulations.

Dotson believes his training will also help him prepare for new Army Combat Fitness Test, or ACFT, that began fielding in October and will be fully implemented by October 2020.

"I feel that a lot of what I do for my competition career can translate to the new Army Combat Fitness Test," Dotson said. "For example, one of the ACFT exercises is similar to a dead lift, and that's something that I stick to."

He believes the cardio on the running event on the ACFT should not be an issue, since he does a lot of cardio training.

"A lot of things I do for power training in the off season, along with cutting and shredding during the competition season, I feel translates to the new ACFT," Dotson added.

Dotson will soon complete classroom studies and enter the clinical portion of his master's degree. He plans to continue competing, striking a balancing with his Army career. He also encourages others to try bodybuilding.

"My advice to others is the same exact thing I was told back at Fort Leonard Wood: 'You should try to compete,' " Dotson said. "It teaches discipline, commitment, and gives Soldiers something to focus on outside of the Army. You can add something else to your toolkit. Give it a shot."

JBSA programs provide resources for prevention of suicide, substance abuse

By David DeKunder

502D AIR BASE WING
PUBLIC AFFAIRS

Active-duty members who are experiencing feelings of depression, isolation and thoughts of suicide during the holiday season can get help from two Joint Base San Antonio programs focused on suicide and substance abuse prevention.

The Joint Base Substance Abuse Program, or ASAP, and the Suicide Prevention Program, both located at the Vogel Resiliency Center at JBSA-Fort Sam Houston, offer services and resources to servicemembers, military family members, retirees and Department of Defense civilians in relation to suicide and substance abuse prevention.

Darlene Taylor, Suicide Prevention Program manager, said problems related to finances and relationships are the most common stressful situations encountered by servicemembers and military families during the holiday season.

Taylor said other life-altering problems servicemembers could be dealing with, including a divorce, separation, or military career problems, can cause them to feel hopeless, depressed or isolated during the holiday season.

"When you combine those things together and the person feels hopeless, and they feel like there's no way out, no one to talk to and no solution to their problem, it may lead to suicide," Taylor



COURTESY GRAPHIC

said. "For us the key is to make sure we tell them that there are solutions."

Taylor said people who need someone to talk to about their problems and feelings can call the 24/7 Suicide Prevention Lifeline at 1-800-273-TALK (8255). The Lifeline consists of a national network of over 150 local crisis centers, providing free and confidential emotional support to people experiencing emotional distress or in a suicidal crisis.

In addition, information about resources and services on suicide prevention can be found at <http://www.suicidepreventionlifeline.org>.

Leslie Noel, ASAP prevention coordinator, said there are a number of reasons why servicemembers and individuals

start abusing substances, including alcohol, which can develop into a drinking problem.

"Why do people drink?" Noel said. "It could be a number of reasons. You have people who drink because they want to have a good time and then you have the same people who also drink because of something that happened in their life, which was devastating. It really just depends on the individual."

Noel said ASAP consists of information for active-duty and JBSA members on the consequences of abusing alcohol and drugs, making the right choices that can prevent the abuse of those substances and

JBSA continues on 22

Two USAISR nurses among Top 25 of South Central Texas

By Dr. Steven Galvan

U.S. ARMY INSTITUTE OF SURGICAL RESEARCH PUBLIC AFFAIRS

Two nurses from the U.S. Army Institute of Surgical Research Burn Center at Joint Base San Antonio-Fort Sam Houston were named among the best 25 nurses of South Central Texas.

Michael Mueller and Tanya Luckado were selected as honorees for the Inaugural Best 25 Nurses of South Central Texas, sponsored by the South Central Texas Organization of Nurse Executives.

The Best 25 Nurses of South Central Texas celebration raises the awareness of the contributions of nurses to patient care, research, leadership, education and community service of the nurses practicing in the South Central Texas area.

In addition, the celebration builds the image of nursing by exemplifying excellence. It is a special honor for a nurse to be nominated by family members, patients, peers, former teachers, physicians and administrators.

Mueller is a staff registered nurse at the USAISR Burn Center Intensive Care Unit who serves as a primer for the ECMO and the current Burn Flight Team chief flight nurse.

"It's hard to explain how I feel," Mueller said. "I can sincerely say that most of my peers I work with would also qualify for this honor, to include our leadership."

Mueller began his time at the burn center in 1991



STEVEN GALVAN

U.S. Army Institute of Surgical Research Burn Center nurses Tanya Luckado (left) and Michael Mueller were selected as honorees for the Inaugural Best 25 Nurses of South Central Texas.

when he was an active duty enlisted Soldier and a licensed vocational nurse. He stayed at the burn center until 1994 and returned in 2004 to the BICU as a civilian contractor licensed vocational nurse. In 2008, he earned his registered nurse license and transferred across town to work at the ICU at Wilford Hall Ambulatory Surgical Center at JBSA-Lackland.

"At that time, burn nursing leadership required all registered nurses to have at least one year ICU experience in the RN position," he said. "Thus, I was not allowed to stay here and make the

transition from LVN to RN."

A year later he received a call and asked if he was still interested in working at the BICU. Mueller accepted the offer and returned to the USAISR for the third time in 2009.

"I enjoy the unique challenges that BICU patients present," Mueller said. "Although it is rewarding working with various patient demographics, it is extremely gratifying to care for our military population. This was very pronounced during the height of the war with all the OIF/OEF [Operation Iraqi Freedom/Operation Enduring Freedom] casualties the burn center was entrusted with."

His nomination package for this honor was prepared by a team of nurses at the Burn Center. According to his write up: "This nominee possesses leadership qualities that surpass his colleagues. He is the epitome of competence, first establishing himself as an expert clinician upon whom other nurses, physicians and therapists can count for evidence-based care recommendations. His competencies extend beyond the standard skills in this highly specialized critical care unit, regularly providing extracorporeal life support to some of the sickest patients in South Texas."

Luckado's time at the Burn Center has a similar track. She was an active duty commissioned officer staff registered nurse from 2007-2010. She returned in 2016 as a contractor nurse to work in the clinical research area. In 2018, Luckado returned as Burn Program Manager.

ADVISOR system lifeline for operational forces

By Lori Newman

BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

The Advanced Virtual Support for Operational Forces system, or ADVISOR, coordinated through the Army Virtual Medical Center at Brooke Army Medical Center, provides 24/7/365 on-demand telephone consultations with on-call specialty providers during emergencies.

"ADVISOR is a toll-free phone number that can be called from anywhere in the world," said Michael Kile, Army Virtual MEDCEN operational readiness program manager. "The system is designed to support operational forces in caring for emergent or urgent casualties. It's a contingency piece."

Kile explained ADVISOR is not meant to be used as a primary means of medical support.

"It's a lifeline when other things are not available. You pick up the phone and you know someone is going to answer."

"Simplicity is what makes it beautiful," said Army Lt. Col. Sean Hipp, Army Virtual MEDCEN director. "The most complex thing is coordinating provider schedules."

Currently there are 42 Army, Air Force, Navy and civilian specialty providers from across the country in the program. Specialties include critical care, emergency department, burn care, orthopedics, general/trauma surgery, pediatrics, toxicology and infectious disease. Two providers from each area of expertise are on-call at any given time.

"Users select an option in a call tree to be connected to the correct specialty," Kile said. "If for some reason one of those providers are not able to answer the call, the call will go to an emergency department. At that point, an emergency medicine physician will try to assist, and if they cannot, they have the ability to page other on-call specialists within their location."

Over the past year, ADVISOR has assisted with 45 real-world calls and

implemented more than 190 training calls during events such as the Army Best Medic Competition and Fleet Week in San Diego, Calif.

"Using ADVISOR during training scenarios is an opportunity to provide training for providers as well," Kile said. "It's a very complex situation when you have a patient you can't see and you have someone on the other end of the line who is not necessarily medically trained."

These training scenarios benefit the medics as well.

"Anytime you have a medic talking to a doctor about taking care of a patient they are learning something. They are building their skillset," Kile said.

Training scenarios help providers and operational personnel learn to work with what resources they have available to create a plan to help care for the sick or injured casualty until they can be evacuated to a higher echelon of care.

"The scenarios are based on real world events," Kile explained. "Sometimes it's not a combat injury, it

may be a disease where someone becomes gravely ill, but because of the distance and the resources required, they may have to care for the patient at their location for a time."

Right now, it's a phone call, but they hope to add a video component in the future.

"It would start with a conversation over the phone," Kile said. "If the doctor needs to see what's happening, the person on the other end of the line could hit a button on their phone and it could turn into a video chat in a secure environment."

"The ADVISOR system is a truly tri-service capability that has the potential of shaping future operational healthcare delivery models across the Department of Defense," Hipp said.

"The cool part is knowing it's there if needed, even if you don't have to use it," Kile added.

Anyone who would like more information about the ADVISOR program can call 210-539-4042 or email Michael.t.kile.civ@mail.mil.

Soldiers credits Basic Life Support course in saving nephew's life

By Dr. Steven Galvan

U.S. ARMY INSTITUTE OF SURGICAL
RESEARCH PUBLIC AFFAIRS

Have you ever wondered if it's worth your time or beneficial to take a Basic Life Support course? Ask Spc. Josue Garcia-Marcano and you will get a resounding "definitely" without hesitation.

Garcia-Marcano, a bioscience specialist at the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston, completed a BLS course in September and the next day used what he had learned to save his nephew's life.

Garcia-Marcano's wife, Candace, provides home daycare for their two nephews, as Gideon is a year old and Elliot is 2. That week, Elliot had been running a high fever and not feeling well. When Garcia-Marcano got home after work, his wife asked if he could keep an eye on the boys

while she took a quick shower. Shortly after, Elliot began to have a seizure.

"At first I thought he was choking because his face was turning blue," Garcia-Marcano said. "I picked him up and gave him a couple of slaps on the back and then checked his airway. He was unresponsive and his eyes were all over the place. That's when I realized he wasn't choking and was having a seizure."

Garcia-Marcano moved Elliot from the couch to the floor and removed his shirt and he could see that he was taking very shallow breaths, "like gasping for air," he said.

"A little while after initially freaking out and yelling for my wife, I noticed that he stopped gasping for air," Garcia-Marcano recalled. "I checked his pulse and couldn't find one, so I started chest compressions and mouth-to-mouth."

While he was performing

cardiopulmonary resuscitation, or CPR, Candice stepped out of the shower and noticed what was going on and immediately called 911.

"Soon after that, he started gasping for air again, but I continued CPR because I was panicked and he was still struggling to breathe."

Shortly after, Candace handed Garcia-Marcano the cell phone to talk to the 911 dispatcher. The dispatcher asked him to stop CPR and relay what Elliot was doing. He relayed to the dispatcher that his nephew was taking shallow breaths.

"After about four breaths, he instructed me to continue with the compressions," he said. "A few minutes later the paramedics arrived and took my nephew to the hospital."

Once Elliot was stabilized at the hospital, the medical staff ran a few tests on him and he was diagnosed with pneumonia.

"He seized for about 10 minutes which they [medical staff] said was abnormal," Garcia-Marcano said. "At first, I thought I did the wrong thing by giving him chest compressions since he was having a seizure, but the medical staff said I did the right thing because the dispatcher told me to continue."

"When we have successes like Spc. Garcia-Marcano saving a life, I feel honored that we are educating our team and improving our community," said Capt. Cassandra Bullock, a nurse educator at USAISR Burn Center Department of Clinical Education, who taught the course he attended. "He was not required to have BLS for his MOS (military occupation code or job specialty) or job duty, but he signed up for the course to expand his knowledge and thus improved not only his family, but

community."

Garcia-Marcano said he felt confident while he was performing CPR on his nephew, especially since he had taken the course the day before and knew that chest compressions on an infant are done with two fingers, which is different than performing CPR on an adult.

"The BLS Course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an automated external defibrillator," Bullock added.

Garcia-Marcano didn't know he would put what he learned to an actual real-life situation, but is extremely happy that he did because his training was a success.

"My nephew is doing great and is completely back to normal," he said.

FSH Caisson Section welcomes Beau, a gifted horse

By Chief Petty Officer Brian McNeal
JOINT PLANNING SUPPORT ELEMENT-
PUBLIC AFFAIRS

What began as a conversation during a meeting of the Uniformed Veterinarian Medicine Association, or UVMA, turned into a generous gift, as the Fort Sam Houston Caisson Section welcomed a new horse to the team during a ceremony at the Military Funeral Honors building Nov. 27.

Beau, a six-year-old quarter horse, has begun his training as a caparisoned, or riderless, horse and is expected to be part of a ceremonial team that renders honors to fallen service members. It is this long-standing tradition that was the catalyst for the UVMA to get involved.

"I want to keep tradition alive," said Mary Wieser, Beau's primary donor. "We seem to be losing tradition in all of our services and it's just important to honor our military."

"I just felt like I needed to do this. I grew up near Fort Hood and all the ranchers up there gave horses to the 1st Cavalry, so I know how important that is and I just felt like I needed to come forward and help the caisson here buy Beau," Wieser added.

The Fort Sam Houston Caisson Section is one of only two active duty, full-time caisson units in the Army and was established following the terrorist attacks of Sept. 11.

While the Caisson Section is a ceremonial unit first and foremost — dedicated to those Soldiers and Marines who have sacrificed their lives while serving their country or have dedicated their lives to protecting our country — it has matured into an organization that serves as a military ambassador to the local community.

John Poppe, a retired brigadier general who once served as a veterinarian at Joint Base San Antonio-Fort Sam Houston, said this donation is just the beginning of this partnership.

"We will buy an initial four horses, and after that it may be a horse every few years," Poppe said.

"One of our members came and asked the stable-master 'how can we help?' They were in need of replacement horses, so I talked to members of local clubs and organizations and with San Antonio being Military City USA, great Americans stepped up and were more



ARNORTH

Beau, a 6-year-old quarter horse, has begun his training as a caparisoned, or riderless, horse and is expected to be part of a ceremonial team that renders honors to fallen service members.

than willing to help out."

Although Beau has only been at the caisson for a short period of time, he has already left quite an impression with his even temperament and his interaction with people. In fact, it also led to a name change after he was purchased.

"His breeder originally named him Casanova," said stablemaster Aimee Sonnier. "And Mary Wieser didn't feel like the name fit his personality very well so she renamed him Beau, because a Beau is the kind of guy you would bring home to meet your family. He is a super sweet horse, he loves people, he loves other horses, he loves interaction — he is probably the most chill 6-year-old horse I have ever met."

These are key traits for a horse, because the demands on a caisson horse can be high.

Caissons date back to the time of field cannons in the 18th century. Historically, the caissons carried resupply weapons onto the battlefield and would return with wounded or

"One of our members came and asked the stable-master 'how can we help?' They were in need of replacement horses, so I talked to members of local clubs and organizations and with San Antonio being Military City USA, great Americans stepped up and were more than willing to help out."

John Poppe, retired brigadier general and former veterinarian at Joint Base San Antonio-Fort Sam Houston

deceased Soldiers. It is from this tradition that the caisson came into use for the transport of a single fallen soldier to his or her final resting place.

The caisson unit averages more than 130 ceremonies per year, but has had as many as 200 in previous years. The unit is on pace for approximately 80 in 2018.

As a riderless horse, Beau will walk behind the caisson with a boot mounted backwards in the stirrup, signaling a last command to the troops. This is an honor reserved for Soldiers and

Marines who attained the rank of colonel or above.

"He will start as a caparisoned horse until we are sure he is used to being in a cemetery," Sonnier said. "Beau is pretty much ready to go. He has every button. He has all the training we need him to have currently, but not all horses are like that. When our horses are in the cemetery I don't want them to do anything that will draw the family's attention from the reason they are there in the first place."

LACKLAND



PHOTOS BY AIRMAN 1ST CLASS DILLON PARKER

Air Force Gen. Charles Q. Brown Jr. right, Pacific Air Forces commander, passed on advice and expectations with the Air Force's newest airmen at Joint Base San Antonio-Lackland.

PACAF commander presides over BMT graduation

By Airman 1st Class Dillon Parker
502ND AIR BASE WING PUBLIC AFFAIRS

U.S. Air Force Gen. Charles Q. Brown Jr., Pacific Air Forces commander, served as the reviewing official for the Air Force Basic Military Training graduation at Joint Base San Antonio-Lackland Nov. 30.

Pacific Air Forces is responsible for Air Force activities spread over half the globe in a command that supports more than 46,000 Airmen serving principally in Japan, Korea, Hawaii, Alaska and Guam.

As the reviewing official, Brown had the opportunity to pass on advice and

expectations to the Air Force's newest Airmen, many of whom will be assigned to PACAF.

"I'm expecting you to come in and learn," Brown said. "You'll have strong (non-commissioned officers) and junior officers to lean on, but I'm also looking for your ideas, your fresh sets of eyes will help us become even more lethal."

The general led the oath of enlistment and provided words of encouragement to the graduates.

"Put your heart and soul into everything you do," he said. "The Air Force gives you an opportunity to be excellent and disciplined in so many different ways.



U.S. Air Force Gen. Charles Q. Brown Jr. (right), Pacific Air Forces commander, salutes during the playing of ruffles and flourishes at the Basic Military Training graduation parade Nov. 30 at Joint Base San Antonio-Lackland.

Alamo Wing reinforces resiliency

By Staff Sgt.
Lauren M. Snyder

433RD AIRLIFT WING PUBLIC AFFAIRS

For some, all types of fitness may take a backseat during the holiday season, but the Air Force Reserve wants to keep readiness in focus.

Reserve Citizen Airmen should consciously practice self-care, and one way to strengthen well-being and prepare for life's troubles is to ensure the four pillars of Comprehensive Airman Fitness are strong.

"Resiliency is the ability to know what to do and when to do it when you need something — mentally, socially, spiritually and physically," said Daniel Pickel, 433rd Airlift Wing director of psychological health.

Chaplain (Maj.) Randy J. Holloway, 433rd Airlift Wing at Joint Base San

Antonio-Lackland, explained the pillars in more detail: Physical fitness is taking care of the body. Mental health needs to be promoted and maintained. Spiritual fitness is knowing what people believe, whatever it is, helps make them who they are and can be used as a source of meaning and resiliency. Social fitness requires maintaining connections.

This time of year can be especially hard for some people as they are surrounded by apparent holiday cheer but feel alone, Holloway said.

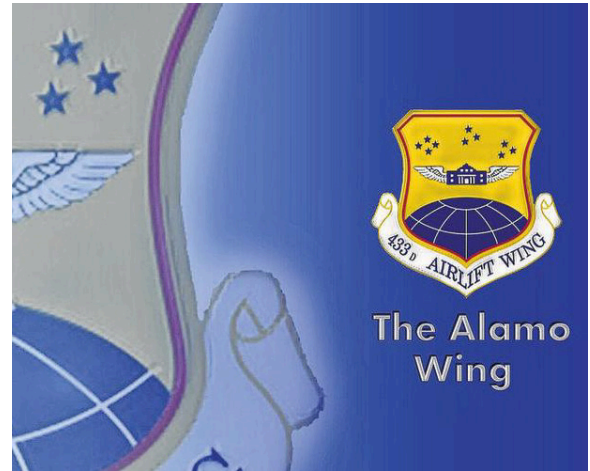
"One of the red flags we always look for as a chaplain is isolation," Holloway said about social fitness. "When we withdraw and feel alone and cut-off, we can really start to get discouraged and lonely, and that's when problems start to seem overwhelming with a downward spiral to

discouragement and depression."

It can be hard to reach out when those feelings overwhelm, but that's one of the important features of resiliency — knowing when to ask for help.

"We still have an atmosphere of fear sometimes to seek out help," Pickel said. "We want to keep the best of the best that we have, but we also know that nobody is perfect, and you're going to have bad days. We teach people resiliency for that — to give them the skills and tools for how to deal with things and to know they can reach out to somebody."

No one needs to have all the answers or be able to fix the problem if a friend or coworker does reach out, said Holloway. They just need to realize how important it can be to attentively and actively listen to what he or she is going



COURTESY GRAPHIC

through.

Fortunately, the Alamo Wing does a good job of maintaining their people with a culture that values wingmanship, Pickel said.

"Recognizing that the mission this reserve unit has is critical to what the Air Force

does, and having people understand they are by far our best asset. We've got a great unit and the resiliency they've built and continued to build within the airmen we have is fantastic. There's nobody here who isn't here to help you," Pickel added.

NORAD Tracks Santa program underway for 2018

From North American Aerospace Defense Command Public Affairs

The North American Aerospace Defense Command is celebrating its 63rd anniversary of defending the homeland along with its tradition of tracking Santa's journey around the globe Dec. 24.

"In addition to our day-to-day mission of defending North America, we are proud to carry on the tradition of tracking Santa as he travels along his yuletide flight," said Gen. Terrence O'Shaughnessy, commander NORAD and U.S. Northern Command. "The same radars, satellites and interceptors employed Dec. 24 are used year-round to protect Canada and the United States."

NORAD is a binational U.S. and Canadian Command charged with aerospace and maritime warning and aerospace control of North America as well as monitoring aerospace activity globally.

However, every year during the holidays, NORAD assumes the supplementary mission of tracking

Santa as he travels around the world.

It all started in 1955 when a local ad directed children to call Santa – only the number was misdialed. Instead of reaching Santa, the phone rang through to the crew commander on duty at the Continental Air Defense Command Operations Center, the predecessor to NORAD.

Now, the 63rd iteration of NORAD Tracks Santa kicks off Dec. 1, with a more mobile-friendly website, social media channels, "Santa Cam" streaming video and a call center that will be operating around the clock on Dec. 24. More than 1,400 volunteers are expected to join NORAD on Peterson Air Force Base in Colorado Springs, Colo., to help track Santa's journey.

NORAD Tracks Santa is truly a global experience, delighting generations of families everywhere. The NORAD Tracks Santa website can be found at <http://www.noradsanta.org>. On Dec. 24, users may call or text 1-877-HiNORAD for Santa's up-to-date location.

Featuring Santa's North Pole Village, the website includes a holiday countdown, games, activities,



COURTESY GRAPHIC

information regarding NORAD's mission of Homeland Defense, and more. The website is available in eight languages: English, French, Spanish, German, Italian, Japanese, Portuguese and Chinese. Tracking opportunities are also offered through social media on Facebook, Twitter, YouTube and Instagram.

The defense of Canada and the United

States is NORAD's top priority. NORAD is on alert around the clock, every day. For 60 years, NORAD aircraft have identified and intercepted aircraft in the execution of NORAD's North American air sovereignty and air defense missions. Because NORAD is a binational command, responses do not distinguish between the two nations and draw on forces from both countries.

Medics from 59th MDW train for real-world events

By Staff Sgt. Kevin Iinuma

59TH MEDICAL WING PUBLIC AFFAIRS

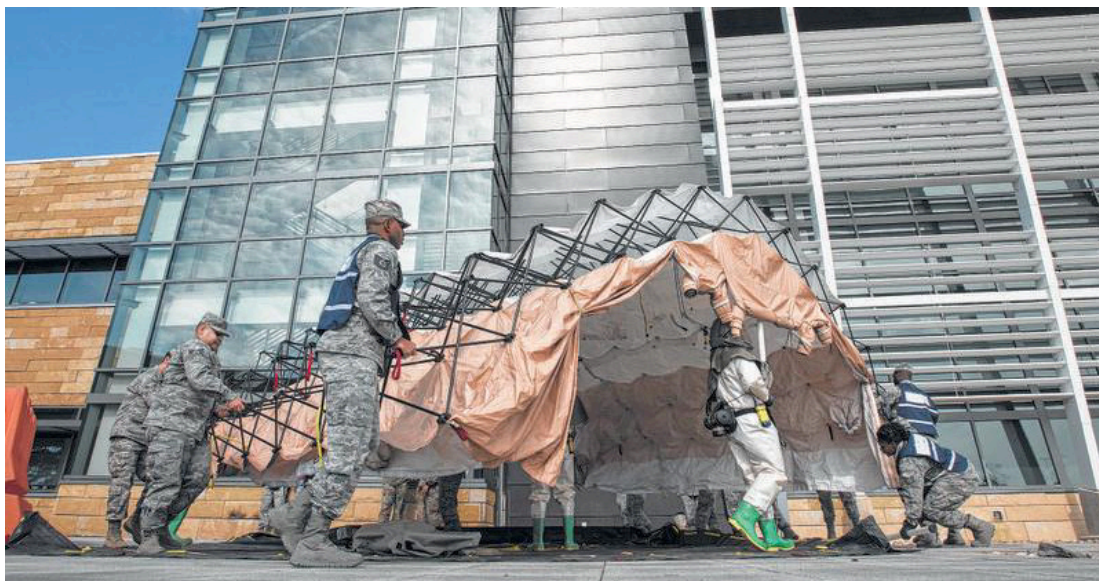
More than 125 airmen from the 59th Medical Wing at Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland took part in a mass casualty exercise Nov. 28.

Personnel in the readiness office announced a simulated code orange, a hazardous material incident near the hospital, advising all personnel to avoid the area. Once the announcement was made, airmen, who were put on nearly a dozen response teams, took immediate action.

"The exercise began as a mass casualty accident, where a bus was traveling with individuals in it, turned at a high speed and hit an insecticide tanker," said Manuel Mateo, 59th Medical Wing inspection general exercise planner.

The scenario involved wing personnel treating approximately 30 "patients" with a variety of simulated injuries.

"One of the objectives [of this exercise] was to make sure 'contaminated patients' who wandered over to the WHASC, could not gain access into the facility," Mateo said. "The second was to ensure the field response team established a medical treatment area for immediate



PHOTOS BY STAFF SGT. KEVIN IINUMA

Medics set up a decontamination tent during a mass casualty exercise. The exercise tested the clinical and field response teams' communication efficiency between wing personnel and the medical control center.

personnel at the scene."

Security teams went into action as the notice went out over the intercom system. They were in place to prevent

the "contaminated" role players from entering the facility and to help inform patients and staff of the "danger."

In the field, teams treated "crash victims" with their injuries assisting them to a decontamination station where additional personnel could prepare them for triage.

"We try to make these exercises as realistic as possible," Mateo said. "It tests our clinical and field response teams, as well as their communication efficiency between wing personnel and the medical control center."

The wing frequently conducts training exercises on the last Wednesday of every month, ensuring airmen are ready to respond to a variety of scenarios.

"When we look at the continuous process improvement, the reason we do exercises is not to go out and say you did badly. There are always good things that come out of exercises," Mateo said. "We do these so we can improve on the processes we have and to ensure we are getting better every time we do it. That's the overall goal."



A bioenvironmental engineer from the 59th Medical Wing prepares a chemical sample for transfer during a mass casualty exercise at Joint Base San Antonio-Lackland.

RANDOLPH

M&FRC provides holiday cheer for deployed service members and their families

By 2nd Lt. Austen Jarboe

502ND AIR BASE WING PUBLIC AFFAIRS

There's no place like home for the holidays, no matter how far away you roam. For many military families, that classic line takes on greater importance as their service member deploys during the holiday season.

These can be stressful times for the entire family, with increased financial and spiritual burdens being shared across many thousands of miles. However, a team of specialists at the Military & Family Readiness Center at Joint Base San Antonio-Randolph is ready to assist every step of the way.

"During the holidays, we're often tempted to spend a lot because we want to provide gifts to our friends, family and even ourselves," said Bob Williams, M&FRC community readiness consultant. "Sometimes we get ourselves in trouble, because we spend more than we really have available."

Financial counselors are available for mentorship on a variety of topics, including sustainable holiday spending, creating emergency savings accounts and reducing debt.

"Our goal is to help our servicemembers and their families to understand the importance of the financial resources that come to them," Williams said.

Concerns about money back home can weigh while deployed across the world.

"Financial readiness is a part of mission readiness. If you are worried about your finances, it is hard to focus on your mission," Williams added.

It has been said that there are some things money can't buy and having your loved ones close for Thanksgiving, Christmas and New Year's certainly fits that description.

Hearts Apart is a program provided by the M&FRC for service members



SENIOR AIRMAN AMBER E. N. JACOBS

Hearts Apart is a program provided by Military & Family Readiness Centers for service members and their families to stay connected and access resources to help them navigate the challenges of deployment.

and their families to stay connected and access resources to help them navigate the challenges of deployment. At the core of the program are monthly events for spouses, allowing them the opportunity to network with other deployed families and ask questions of M&FRC specialists.

"For December, we're putting on a holiday party for our deployed families," said Master Sgt. Dannella Smith, Hearts Apart director at JBSA-Randolph. "We'll have dinner, Santa Claus is going to be there, we'll do some arts and crafts, really an opportunity to show our appreciation and provide support."

There are a wide range of services available to deployed families, but sometimes making a real connection with other spouses can make all the difference.

"I really encourage the families to

network and to make those connections," Smith said. "There are programs out there to help with child care, auto maintenance and other services, but they don't always meet a family's needs."

"Sometimes the best way to meet your needs is to connect with another family in a similar situation," she said.

Building a strong network of peer support alongside the conventional resources of the Department of Defense can give the maximum benefit to those who need it most.

The Hearts Apart program provides great service to the JBSA-Randolph community with limited resources.

"Hearts Apart does not receive any funding from the Air Force," Smith said. "Whether it's people donating time, resources or money, it's 100 percent donations to keep the program running."

"For December, we're putting on a holiday party for our deployed families. We'll have dinner, Santa Claus is going to be there, we'll do some arts and crafts, really an opportunity to show our appreciation and provide support."

Master Sgt. Dannella Smith, Hearts Apart director at Joint Base San Antonio-Randolph

For military members, often the hardest step is admitting they need help with issues that come up in their personal and professional lives. The specialists at the Military & Family Readiness Center come to work every day to provide resources and counseling to help them through life's speed bumps.

"Everyone at MFRC is either military, prior military, married to the military," Smith said. "We get it, we've been there, we're still there for some of us, and we're here to help."

For those who have endured their fair share of stress, both home and overseas, perhaps the holiday season is the perfect time to consider giving back. Hearts Apart and programs like it rely on the support of the community to provide the most effective services to those who need it the most.

For more information on the Hearts Apart program at JBSA-Randolph, call 210-652-5321.

TREES FOR TROOPS PROVIDES TREES FOR MILITARY FAMILIES

Maj. Lane Garman, 99th Flying Training Squadron director of staff, assists fellow volunteers Robert Butler, Air Force Personnel Center, Human Resources, and Capt. Jeremy McElwaney, 99th Flying Training Squadron executive officer, as they tie a tree down to a car during the Trees for Troops event Dec. 7 at Joint Base San Antonio-Randolph. Since 2005, Trees for Troops has collected and donated more than 176,000 trees for military families. This year, 165 trees were given out at JBSA-Randolph. FedEx has logged more than 653,400 miles for the charity in the United States alone. They deliver the Christmas trees to 65 military bases, either in the U.S. or overseas.



TECH. SGT. AVE I. YOUNG

Bimonthly workshops planned for EFMP families

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

Families at Joint Base San Antonio enrolled in a Department of Defense program that supports military families with special medical and educational needs will have opportunities in 2019 to learn about an array of topics from Medicaid to individualized education programs.

Six topics will be addressed during a series of bimonthly Exceptional Family Member Program parent support group workshops from 11 a.m. to 12:30 p.m. Jan. 24, March 28, May 23, July 11, Sept. 5 and Nov. 14 at the JBSA-Randolph Military & Family Readiness Center, building 693.

"I reached out to families in the program and asked them what classes they would like to see," said Mike Bell, JBSA-Randolph M&FR EFMP coordinator/family support. "The sessions we chose were for the most requested topics. Each workshop will be presented by a subject-matter expert."

The Exceptional Family Member Program defines family members with special needs as a spouse, child or dependent adult who, regardless of age, "requires medical services for a chronic condition such as asthma, attention deficit disorder, diabetes, multiple sclerosis, etc.; receives ongoing services from a medical specialist; or has

significant behavioral health concerns."

The program also addresses the needs of children through the age of 21 who are eligible for special education services through an individualized education program or early intervention services through an individualized family service plan.

The 2019 schedule will begin Jan. 24 with a workshop on Medicaid that will discuss how to qualify for the program and how it works with TRICARE.

Other workshops planned are:

- Special Needs Focused Financial Planning March 28, an informational session that will cover unique financial planning needs and strategies for providing a lifetime of care for the special-needs family member.
- Special Needs Legal Information Briefing May 23, which will address the legal aspects of special-needs trusts; Achieving a Better Life Experience, or ABLE, accounts; guardianship and alternatives; and Social Security Disability.
- Social Security Retirement, Disability, Survivors and Medicare July 11.
- Special Education and Individualized Education Programs Sept. 5.
- Secondary Dependency Determination Nov. 14.

Col. John Blackwell, Air Force Installation and Military Support Center Det. 7 commander, said his family has benefited from EFMP

services because it provides "one-stop shopping for local support, activities and education/training opportunities."

Blackwell said applied behavior analysis, occupational therapy and speech therapy have been essential to his son's educational, physical and social development.

"When my son was first diagnosed, the EFMP was our gateway to those services," he said.

Blackwell, whose family has been part of EFMP for 10 years, said the workshops are an example of the support provided by EFMP.

"The presenters lined up for each class are most impressive," he said. "I'm signed up for the Special Needs Focused Financial Planning workshop and the Special Needs Legal Information Briefing. I recommend that any Airman with a child just starting school sign up for the Special Education and Individualized Education Program workshop."

Bell, who has served as JBSA-Randolph EFMP coordinator/family support since June, said the workshops will provide participants with in-depth information.

"Sometimes it's tough for EFMP families to get the answers they need," he said. "These workshops will help alleviate that."

In addition to the workshops, the EFMP at JBSA-Randolph will conduct



orientation sessions for the program next year, Bell said.

"The orientation sessions will be done in conjunction with newcomers' briefings," he said. "The three EFMP components – family support, medical and assignments – will present an overview of the program and let people know what we do. It will also benefit families already enrolled in the program because there's a lot to know about the program."

The more support EFMP families receive, the easier it is for the service member to focus on the mission, Bell said.

"When they know their family members are getting the services they need, they're better able to do their job," he said. "It's also easier for them to deploy because they know things are squared away."

For more information, call 210-652-3100.

JBSA

From page 10

options and resources for people who have substance abuse problems.

Those options include a plan for drinking alcohol in moderation which individuals follow to avoid the overuse and abuse of alcohol.

She said the ASAP program can connect military members, their families and government civilians who are seeking help to resources at the Vogel Resiliency Center and within the JBSA and local communities.

Noel and Taylor visit military units throughout JBSA during the year to raise awareness about their programs and services offered to active-duty members in the units. They do this at the request of unit commanders, who are required by

guidelines to have a representative from both the Suicide Prevention Program and ASAP give a presentation to their unit annually.

Taylor said she and Noel refer clients in their programs to additional resources and services offered at the Vogel Resiliency Center, including a personal finance advisor, who can advise them on how to budget and manage money wisely; the Army Wellness Center, which has courses on nutrition, weight management, fitness and stress management; the Military and Family Life Counselor Program, providing counseling services to active-duty members and military families; and the Family Life Program, which includes educational and enrichment workshops focusing on the needs of individuals and families.

"We promote the other pro-

"Connectedness is one of the keys to helping prevent suicide, is keeping people connected, letting them know that you care and reaching out to people so that they know who they can come to when they have a problem."

Darlene Taylor, Suicide Prevention Program manager

grams because the truth of the matter is suicide is a last resort," Taylor said. "What you really want to do is you want to get to where you're addressing the problems people have early on. We just don't focus on our areas, we focus on a holistic approach to helping people."

For active-duty members

and military family members going back home, Taylor said she educates them on how they can get help and what resources they can turn to during the time they are on leave.

Taylor said the most important thing for servicemembers and military family members struggling with depression, isolation or loneliness is to talk

to someone, whether it's through the programs and resources offered at JBSA, someone in the chain of command in their unit, a chaplain, their primary care provider, a friend or a servicemember they trust.

"One of the things we look at is connectedness," she said. "Connectedness is one of the keys to helping prevent suicide, is keeping people connected, letting them know that you care and reaching out to people so that they know who they can come to when they have a problem."

Contact information for the Suicide Prevention Program is at 210-221-2093 and for the ASAP program, call 210-221-0326.

For information on the other programs and services at the Vogel Resiliency Center, call 210-539-1281/1282.

FEEDBACK

From page 3

JBSA-Lackland Library for customer use. Unfortunately, we did experience intermittent difficulties with our internet. However, thanks to team work with our local 502nd Communication Squadron, we were able to remedy the error to ensure we restore full Internet service for our library patrons.

Miscellaneous

Q. In the past month it's become virtually impossible to send any email that has any number in it without a pop up identifying it as a potential SSN. It's very time consuming to send emails because of the sensitivity of the system — very frustrating. If you receive the email you have to type in a password just to read which vacancy is available because the announcement has a number attached — no PII.

A. Thanks for asking the question; it allows me to give everyone a little background on why we do some of the things we do with the network. We are constantly working towards finding the right balance

between freedom of movement and protecting sensitive info.

Everyone is responsible for safeguarding, managing, and handling Personally Identifiable Information, or PII, to avoid an inadvertent disclosure or accidental data breach. Last year, the Air Force saw a large spike in mishandling PII, which drove the cyber community to tighten the rules on the Digital Signature Enforcement Tool, or DSET. DSET is an enterprise solution put in place to help reduce PII risk and unauthorized disclosure by flagging potential PII.

Additionally, the Cyberspace Defense Analysis, or CDA, is a network defense weapon system designed to monitor, collect, analyze and report information transmitted via unsecure telecommunications systems to determine whether sensitive or classified information is being transmitted and conduct information damage assessment.

Current CDA sensors analyze mail traffic for emails containing groups of nine digit numbers and common names. These emails are automatically blocked from being sent out of

the Air Force network. If an email is blocked but does not contain PII, please submit a Remedy ticket through your unit's Cyber Liaison, Client Service Technician, or through the 502d Communications Squadron's Comm Focal Point at 210-925-2666. Tickets will be routed to the 26 Network Operations Squadron's Domain Name System Team to resolve the false block.

Q. Is it possible to open base clubs, primarily the Gateway Club on JBSA-Lackland, every other Saturday from 5:30 to 11 p.m. for the community? For most soldiers, veterans and their families, they are too tired after a long work week to utilize our entertainment facilities on most Fridays. Opening the club every other Saturday will give our community a safe and enjoyable place for military family members to go on dates, listen to music and bands, eat, etc.

A. Thanks for your suggestion to open the Gateway Club on Saturday nights. I appreciate your patronage and encourage all of our JBSA teammates to use our clubs and community center at JBSA-Lackland,

JBSA-Randolph and JBSA-Fort Sam Houston for their dining and recreational needs.

Unfortunately, the Air Force recently changed its club membership program which reduced the amount of revenue generated by JBSA-Lackland Club by approximately \$250,000 annually. In response to this dramatic reduction in the club operating budget, the manager was forced to make difficult decisions about which programs to offer and which to eliminate.

When we reviewed past customer counts and sales figures from Saturday lounge operations, we determined we could no longer afford to open on Saturdays. Just to give you a glimpse of what we considered: Saturday operating costs included a DJ, bartender, bar back and duty manager and those costs/salaries routinely exceeded the sales generated on any given Saturday. That said, if you have a large group of people who wish to use the club on a Saturday, please contact the Gateway Club manager, Cindy Cosner, who will work with you to satisfy your needs.

Thanks again for your

question and for allowing me to highlight the financial challenges our clubs face in light of the Air Force-wide drop in membership.

Q. Is there a reason our building receives so many JBSA Legacy newspapers every week? I work in building 399, and we have two bundles of papers waiting for us at the door every Friday; however, half a bundle would suffice for our building. It seems like such a waste for so many to be printed, especially when they are offered online.

A. Thank you for the great question! The 502d Air Base Wing Public Affairs Office works diligently to bring the most current and useful news to readers across Joint Base San Antonio each week.

If your facility is receiving too many or too few newspapers, please give a call to Mr. Steve Elliott, the JBSA Legacy managing editor, at 210-221-1031, and he will alert the publisher's circulation department to reduce or increase the amount you get to meet your workplace's unique newspaper needs. The JBSA Legacy can also be accessed online at JBSA.mil.