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

WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 23 • JUNE 10, 2016

New Air Force unit activated to better train elite combat Airmen

PAGES 8-9

Airmen assigned to the 38th Rescue Squadron, get hoisted to an HH-60 Pave Hawk helicopter during a training mission at Avon Park Air Force Range, Fla.

Photo by Staff Sgt. Jamal D. Sutter

Photo by Randy Martin

12th FTW leaders emphasize mission, page 5

Photo by Shannon Carabajal

Dangers of asthma, page 7

Photo by Joel Martinez

Dermatology services at JBSA-Randolph, page 12

COMMENTARY

INTEGRITY FIRST

My experience as an expert witness

By Tech. Sgt. Roxanne Rodriguez
340th Flying Training Group
NCO in charge of travel pay

"This member was on temporary duty outside the local area, lodged with relatives and claimed lodging expenses for reimbursement. Lodging receipts were created in Microsoft Word and the relative was paid via checks. The receipts met all the criteria of a valid lodging receipt. The claims were submitted to his pay office and he was reimbursed on numerous occasions, no questions were asked by him or the pay office until it was too late."

In April, I was appointed as an expert Reserve Travel System/Defense Travel System witness for the defense team in a court martial hearing regarding fraudulent travel claims. I reviewed vouchers, answered financial management-related defense attorney questions and observed the prosecution's expert witnesses for accuracy. I also remained on standby to testify in court as needed.

While some details can't be revealed, I can disclose it was an Air Force Reserve lieutenant colonel who was charged with "larceny of military property valued at more than $500" and "attempted larceny of military property valued at more than $500" over a joint travel regulations rule regarding "Lodging with Friends or Relatives" while on a temporary duty assignment.

Per the joint travel regulations, unless friends or relatives are in the business of renting out their home similar to the renting of a hotel or an apartment, lodging is not reimbursable whether or not a member pays the owner.

This member was on temporary duty outside the local area, lodged with relatives and claimed lodging expenses for reimbursement. Lodging receipts were created in Microsoft Word and the relative was paid via checks.

The receipts met all the criteria of a valid lodging receipt. The claims were submitted to his pay office, and he was reimbursed on numerous occasions, no questions were asked by him or the pay office until it was too late.

The results came several years later when the member was found guilty as charged on all offenses. He lost his career, his retirement and he spent a month in confinement.

A recent Pentagon investigation revealed $458 million in botched travel payments. A review of about 5,000 random military travel vouchers filed during the latter half of 2014 found all of the vouchers had at least one error, according to the report.

Andrew Tilghman, Military Times reporter, wrote the Pentagon is promising to expand its crackdown on improper travel payments after an internal investigation found widespread errors in the vouchers troops submitted for reimbursement, according to a new Pentagon report.

TheDepartment of Defense Inspector General released a report March 10 showing the percentage of inaccurate payments made under the Defense Department Travel Pay program grew from 5 percent in 2012 to 7 percent in 2014, when improper payments totaled more than $458 million. A majority were over payments, though in some cases troops were also short-changed.

It's unclear how much of this money the DOD ultimately recoups. In many cases, officials approved travel expenses for airfare, hotels and rental cars despite service members' failure to submit receipts, according to the report.

The uptick came despite the Pentagon's force-wide effort to reduce improper payments and comply with a 2010 federal law designed to reduce wasteful spending and over payments for official travel.

Financial management officials often ask numerous questions of the customer. They do not ask to offend or sound accusatory. They ask in an effort to protect the member, authorizing officials and certifying officials to ensure all is legal and correct and to help them gain a full understanding of the claim.

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Editorial content is edited, prepared and provided by the Public Affairs Office of JBSA-Randolph. All photos, unless otherwise indicated, are U.S. Air Force photos.

The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to randolphpublicaffairs@us.af.mil.

COUNTER ACTIVE SHOOTER TACTICS COURSE AVAILABLE TO JBSA COMMUNITY

Staff Sgt. Scott Mellott, 902nd Security Forces Squadron NCO in charge of plans, plays the role of an active shooter during a Counter Active Shooter Tactics class Dec. 8, 2015, at Joint Base San Antonio-Randolph.

Photo by Johnny Saldivar

A two-part Counter Active Shooter Tactics course offering knowledge and understanding on how to survive an active shooter event is available to members of the Joint Base San Antonio community who are 18 and older. The course is composed of both classroom and hands-on training. CAST training is free and available for all members of JBSA. For more information about CAST and how to enroll, call 652-5600.

Master Sgt. J.J. Larouche (left), Air Education and Training Command munitions program manager, talks with Daniel, an eighth-grade student April 1 at Dobie Junior High School in Cibolo, Texas, during a weekly mentoring session as part of the Communities in Schools of South Central Texas program.
Photo by Senior Airman Alexandria Slade

School liaison office seeking volunteers to mentor students

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

The Joint Base San Antonio-Randolph School Liaison Office is seeking active duty service members, retirees and Department of Defense civilians to help mentor local school children.

The school liaison office participates in a mentoring program for at-risk students, from elementary to high school, in the Schertz-Cibolo-Universal City Independent School District.

During the 2015-16 school year, 12 JBSA-Randolph members participated in the mentoring program that is part of Communities in Schools of South Central Texas. Communities in Schools of South Central Texas is a nonprofit organization which provides programs and support services for at-risk children in four school districts in Guadalupe and Comal counties, including SCUCISD.

Angela Green, 802nd Force Support Squadron school liaison officer at JBSA-Randolph, said there is a need for additional mentors at the school campuses.

"There is a high demand for mentors," Green said. "There are children who are experiencing problems in the schools who are in need of mentors. They will be helping a child who needs that support. That little time they give to that child will make a huge impact in that child's life."

Green said a mentor meets with a student once a week, from 30 minutes to an hour, to talk and listen to them on any subject, issue or problem they bring up, from their personal life to school. At-risk children participating in the mentoring program come from single parent families, have lost a family member, or are going through difficult circumstances.

The goal of the mentoring program is to encourage at-risk students to stay in school and become more productive citizens, Green said.

"We recruit adults who can be positive role models for at-risk children," Green said. "The program encourages kids and lets them know they have a strong support system because a lot of these children are going through certain things. They need an outlet to talk to other adults who they can confide in."

Sonya Chapa, Communities in Schools of South Central Texas mentor coordinator, said 205 at-risk students had mentors this past school year in the four school districts served by Communities in Schools.

Chapa said at-risk children who have a mentor to talk to are 25 percent less likely to drop out of school and show a greater interest in going to college, technical school or joining the military after high school graduation.

Mentors who are active-duty service members, retirees and DOD civilians are positive role models for students because of the values of discipline and respect they adhere to and pass on to the students, Chapa said.

Allen Canady, a retired Coast Guard warrant officer and Military and Family Life counselor, has mentored a high school student for two years. Canady said he has been a mentor at different duty locations.

"I have always liked the opportunity to work with young men and women," Canady said. "I was very blessed to have children who have been successful. I had mentors in my life and it made the difference in me being a better parent. Kids are our future. Who knows, the kid I mentor maybe the next doctor, lawyer or community leader."

Canady said the role of a mentor is to listen, give advice when asked and have the student's best interest at heart.

"Kids are looking for direction," Canady said. "When they engage and talk about their future they begin to figure things out."

For the last two years, Green helped mentor a junior high school student. Green said being a mentor was a positive experience for her and the student.

"It has been awesome and just to see the changes in her over these last two years has been amazing," Green said.

To become a mentor, JBSA-Randolph members must attend a training session held the second Thursday of the month at the JBSA-Randolph Military Family & Readiness Center, building 693, and submit to a background check. Trainees can sign up for the sessions at the M&FRC or call 652-5321.

The next mentor training session is July 14 from noon to 1:30 p.m.

For more information on the mentoring program, contact Green at 652-5321 or Chapa at 830-620-4247, extension 12.

Texas State Rep. Lujan visits JBSA-Randolph, learns about mission

By 2nd Lt. Avery Larkin
Joint Base San Antonio-Randolph Public Affairs

Texas State Representative John Lujan visited Joint Base San Antonio-Randolph May 31 to tour the 12th Flying Training Wing and learn about its mission.

The 12th FTW hosted Rep. Lujan during an afternoon visit, which included a mission brief, a tour of an air traffic control tower, T-6 and T-38 simulators, a T-38 static display and a flying squadron tour.

Lujan was greeted for the tour by Col. Michael Snell, 12th FTW vice commander, and Lt. Col. Emil Bliss, 12th FTW community initiatives director.

The tour started with a mission brief in building 100, 12th FTW headquarters. During the brief, 12th FTW leadership spoke to Lujan about how the wing orchestrates training for different airframes in units at three different geographic locations.

"The 12th Flying Training Wing is unique in that it trains different types of Air Force aviators at various stages in their military careers," Snell said. "The 12th FTW could train an Air Force Academy cadet in basic gliding or parachuting prior to graduation and then train that same individual as a combat systems officer or remotely piloted aircraft pilot after graduation.

"Later in their careers, we may train them to be instructor pilots, readying them to teach at our pilot training locations. We are very proud to train Airmen in the fundamentals of airmanship, instruction and leadership in several locations across the country and at every point in a career, from cadets to wing commanders."

At the east air traffic control tower, Lt. Col. Robin Baldwin, 12th Operations Support Squadron commander, explained the complexity of air traffic control at JBSA-Randolph. Bliss then showed Lujan how terrain around the runways has developed in recent years, stating increased development near JBSA-Randolph may come with obstacles to flying mission success.

The visit also included a trip to the 12th Operations Support Squadron simulators, where 12th OSS personnel showed Lujan what pilots see when they fly at JBSA-Randolph. The simulators are used for flight training in both routine and emergency situations, including bird strikes.

Photo by Randy Martin

From left: Lt. Col. Emil Bliss, 12th Flying Training Wing community initiatives chief, and Col. Michael Snell, 12th FTW commander, meet with Texas State Representative John Lujan during an orientation tour May 31 at Joint Base San Antonio-Randolph.

The last tour stop allowed Lujan to see the 12th FTW mission up close with a T-38 static display and a tour of the 435th Fighter Training Squadron. T-38s are used to train fighter pilot candidates and instructor pilots at JBSA-Randolph.

"I am so proud to represent and work with JBSA-Randolph in House District 118. I was overwhelmed by the importance of their mission for our country. The Texas Legislature must do whatever we can to support JBSA-Randolph in their mission," Lujan said.

Staying sober, reducing alcohol use contribute to safe summer

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

One of the keys to a safe, enjoyable summer is sound decision making.

One of the soundest decisions people can make – whether they're swimming at the beach or lake, playing one of their favorite summertime sports or barbecuing in the backyard – is to stay sober or minimize their alcohol consumption.

The Air Force loses Airmen every year because of alcohol-related accidents – 26 in fiscal year 2015, including three from Air Education and Training Command – but it doesn't have to be that way, said Joint Base San Antonio safety and mental health professionals.

"Many people take advantage of the great weather summer provides," said Staff Sgt. Dominick Fugazzi, 502nd Air Base Wing safety technician. "Firing up the grill, having some ice cold beers and spending some quality time with your friends and family at the beach or on a boat is a common summer day. However, when alcohol is involved, have a plan."

Fugazzi said people should follow measures such as staying hydrated, pacing themselves, knowing their limits, designating a driver, staying aware and taking extra precautions.

See SUMMER P12

Allergist educates military community about asthma

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

Asthma is no disease to sneeze at.

According to the Asthma and Allergy Foundation of America, 24 million Americans are affected by asthma, a chronic disease which causes airways to become inflamed and make it hard to breathe, and 10 people die a day from it. In addition, 6.3 million of those affected are children under the age of 18.

May was National Asthma and Allergy Awareness Month. However, people still need education about asthma and allergies, since spring is a peak season for symptoms.

As part of that education, Lt. Col. Christopher Coop, 59th Medical Specialty Squadron allergist at the Wilford Hall Ambulatory Surgical Center Allergy Clinic, explains asthma, its triggers, symptoms and how to control them.

"Asthma is a chronic and obstructive inflammatory disease of the airwaves," he explained. "We say it's chronic because you have to have symptoms for six months to a year. Patients tend to have airway issues where they cannot get air in because their bronchioles restricts or swells up and develops mucus."

Symptoms include coughing, wheezing, shortness of breath and chest tightness. It can be triggered by allergies to dogs, cats, dust mites, trees, pollen, grass and weeds in addition to non-allergic triggers like perfume, odors and diesel exhaust.

"If you're driving and see a big truck spew black smoke then that could cause problems," Coop said. "If you're playing outside and you're surrounded by a load of air traffic then the bad air quality can help trigger it."

Photo by Shannon Carabajal

Lt. Col. Christopher Coop is an allergist at the Wilford Hall Ambulatory Surgical Center's Allergy Clinic, Joint Base San Antonio-Lackland. He is with the 59th Medical Specialty Squadron.

The most common allergy symptoms can simply make people uncomfortable, like a runny nose, sneezing or an itchy rash. However, more serious reactions, like swelling in the mouth or throat, can be life-threatening.

The same substances that trigger allergy symptoms – such as pollen, dust mites and pet dander – may also trigger or worsen asthma signs and symptoms. In some people, skin or food allergies can cause asthma symptoms, according to TRICARE.

Sinus infections and acid influx can also induce asthma, Coop added, because both can cause swelling of the airway and make breathing difficult.

For an asthma diagnosis, patients undergo a spirometry or methacholine challenge lung function test.

Coop generally prescribes patients with mild asthma a rescue inhaler and anti-cortisone steroids for severe asthma. In addition to medication, he also suggests allergy shots for asthma to desensitize the immune system so patients won't suffer allergies from mountain cedar, oak and ragweed pollen, he said.

A severe asthma attack can lead to death, Coop said, but it is not very common.

Both asthma and allergies are manageable conditions, so it is very important to learn about how to best manage and treat it, according to TRICARE.

"If they use their medication everyday, then their asthma is kept under control," he said.

To avoid asthma triggers, Coop recommends people who are allergic to pets should exclude them from their bedroom or remove them from their homes. Those who are allergic to dust mites should purchase dust mite covers and wash their sheets in hot water.

In addition to avoiding triggers, those with asthma should also create an Asthma Action Plan. The plan, available online at http://www.aafa.org/page/asthma-treatment-action-plan.aspx, gives information and instructions on how to manage asthma and what to if there is an asthma episode.

To advertise in the Wingspread, call 250-2052.

AF stands up new unit to streamline Battlefield Airmen training

Airmen from the 823rd Base Defense Squadron and 38th Rescue Squadron ground themselves as an HH-60G Pave Hawk from the 41st Rescue Squadron hovers above them during a medical evacuation at Avon Park Air Force Range, Fla.

Photo by Staff Sgt. Jamal D. Sutter

By Staff Sgt. Marissa Garner
Joint Base San Antonio-Lackland Public Affairs

For the first time in U.S. military history, the Air Force activated a unit solely dedicated to train the service's ground component June 2 at Joint Base San Antonio-Lackland.

This groundbreaking initiative addresses the growing need for fifth-generation warriors who integrate air and ground operations on the joint battlefield.

"Our mission at the Battlefield Airmen Training Group is to select, train and mentor Airmen for global combat operations," said Col. Ronald Stenger, BA TG inaugural commander and special tactics officer. "We will breed quiet professionals, infused with a warrior ethos and fueled by scholarship and innovation."

Members of the group will consolidate and streamline training for the Air Force's conventional and special operations ground forces. These ground forces include combat controllers, pararescuemen, special operations weathermen and tactical air control party Airmen.

BA TG leadership aims to improve processes and programs across five pillars – recruiting, manpower and leadership, equipment, infrastructure and curriculum. The effort starts with successful BA leadership forging and developing Airmen for the battlefield, according to Stenger.

"Much like when the Air Force separated from the Army in 1947 to have Airmen lead air power, this allows BATG leaders to lead Battlefield Airmen training across the entire enterprise," Stenger said.

The BATG, a subordinate unit of the 37th Training Wing, replaces the 342nd Training Squadron and will lead five new BA training squadrons activated later this summer.

The squadrons consolidate and organize already existing training courses under BA leadership.

The units include three pipeline squadrons dedicated to each career field; one instructor qualification and prep course squadron including advanced employment training such as military free fall; and a support squadron. Overall, the group is spread across eight geographically-separated squadrons and detachments in seven different states, including:

• 350th BA TS, initial entry course, JBSA-Lackland.
• 351st
Kirtland A
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At any given time, there are between 1,000 and 1,500 Airmen in BA training; on average, only 20 percent of those trainees will graduate as a Battlefield Airman.

"The Air Force is looking for special individuals to be part of our elite ground component
men and special operators,"
lario Jaramillo, a top recruit-
Airmen in San Antonio. "We
physically fit candidates who
the face of insurmountable
challenge."

en are the critical ground link
ts and ground forces, accord-
ey are trained to operate as a
t to solve ground problems with
embedding with conventional
tions forces. Battlefield Airmen
issions such as surveying a dry
as an airfield, rescuing military
ehind enemy lines or calling in
es on enemies.
is more than an unfurling of
Roy Collins, 37thTraining Wing
"It serves as a notice to all who would do us harm that America is prepared to respond with highly trained, skilled warriors, always ready to answer their nation's call."

(1st Lt. Katrina Cheesman, 24th Special Operations Wing, contributed to this story)

Photo by Staff Sgt. Marissa Garner

Photo by Senior Airman Krystal Wright

Above: Col. Roy Collins (left), 37th Training Wing commander, passes the Battlefield Airman Training Group guidon to Col. Ronald Stenger, the inaugural commander of the BA TG, during the BA TG activation ceremony June 2 at Joint Base San Antonio-Lackland.
Left: Chief Master Sgt. Ronald Thompson (right), BATG chief enlisted advisor, unfurls the BA TG guidon for Col. Ronald Stenger (second from left), incoming commander of the BA TG, and Col. Roy Collins, 37th Training Wing commander, during the group's activation ceremony June 2 at JBSA-Lackland.

JBSA Sexual Assault Prevention, Response

To report a sexual assault, call the 24/7 Joint Base San Antonio Sexual Assault Prevention and Response Hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.

Blue Cross, Blue Shield site visit

A Blue Cross, Blue Shield representative will conduct a health benefits site visit from 10 a.m. to 3 p.m. June 21 in room 222 of building 399 at Joint Base San Antonio-Randolph. The representative will be available to discuss health benefits, claims and other health benefit concerns with civilian employees.

Joint Base San Antonio-Randolph News Briefs

Case lot sale

The Joint Base San Antonio-Randolph Commissary is hosting a Customer Appreciation Case Lot Sale 9 a.m. to 5 p.m. June 17-19.

JBSA SAPR advocate training

Joint Base San Antonio Sexual Assault Prevention and Response training Victim Advocates and Community Advocates training takes place 8 a.m. to 4:30 p.m. June 20-24 at each JBSA location. Applicants must have leadership approval, a background check and interview by a SAPR representative. The 40-hour training class must be completed to serve. Call 652-4386 for details.

JBSA-Randolph Technology Expo

The 502nd Communications Squadron hosts a technology expo June 21 from 10 a.m. to 2 p.m. at the Parr O'Club. All military, civilian and contractor personnel are invited to attend this free event. To pre-register, visit http://www.FederalEvents.com, click on the "JBSA-Randolph Tech Expo" link and select the pre-register button. For more information, call 443-561-2418.

AAFES service station operational status

The following is an overview of the projected timeline to return the JBSA-Randolph AAFES Service Station to full operational status:

- Regular unleaded is available at pumps 1-4; super unleaded is available at pumps 5-8; midgrade is not yet available.
- 502nd Civil Engineer Squadron repair of the asphalt surface around the service station takes place in two phases:

Phase 1 – The area behind pumps 4 and 5 should be nearing completion and all pumps are accessible.

Phase 2 – Projected date: through June 25. The area behind the service station. This will impact traffic flow, but all pumps will still be accessible.

JBSA-Randolph Library

The Joint Base San Antonio-Randolph Library offers a host of resources to JBSA-Randolph members. Library hours are Monday-Thursday: 9 a.m. to 7 p.m.; Friday: 11 a.m. to 6 p.m.; Saturday-Sunday: closed; Story Time: Wednesday at 10 a.m. For more information, call 652-5578.

Enlisted commissioning briefing

A briefing to provide an overview of the currently available enlisted commissioning programs for all ranks is scheduled from 10:30 a.m. to 12:30 p.m. June 21 at Wilford Hall Ambulatory Surgical Center Auditorium. There will be individuals available to answer questions about specific programs. There are 200 available slots for the briefing. Interested individuals can register at: https://cs3.eis.af.mil/sites/OO-ED-AE-25/Pathways/Registration/Registration.aspx. Select Wilford Hall - Enlisted Commissioning Briefing. Click view, then register.

Dining facility to re-open

The Joint Base San Antonio-Randolph Dining Facility renovation is near completion. A grand opening is scheduled for Aug. 11.

Courtesy graphic

Air Force Men's Health Month promotes better health, care

By Prerana Korpe
Air Force Surgeon General Public Affairs

According to the National Institutes of Health, compared to women, men are more likely to smoke, drink, make unhealthy choices and delay regular checkups and medical care. While mental health issues are more common in women, men are much less likely to seek care.

Many of the major health risks faced by men can be prevented or treated with early diagnosis, according to National Institutes of Health. Lt. Col. (Dr.) Lori Diseati, Air Force Medical Operations Agency chief of health promotions, encourages men to adhere to recommended screenings and routine check-ups, including mental health care, which can lead to fuller, healthier lives.

In the U.S., the top causes of death among adult men include heart disease, stroke, cancer and chronic lower respiratory disease, according to the Centers for Disease Control and Prevention.

Diseati said 70 percent of diseases that kill are preventable. Lifestyle changes can significantly lower the risk of the greatest health threats.

"In terms of health behavior and a healthy lifestyle, there is a strong movement towards mindfulness – the state of active, open attention to the present," Diseati said. "When we observe our actions, we can make better decisions if we step back and think about why we are making the decisions we make. It is important to be more deliberate in our actions. This is the foundation for making desired health changes."

Diseati provided these men's health tips and guidance for better health and better care:

- Of the active duty force, over 48 percent are overweight and over 15 percent are obese, per body mass index standards. Significant health benefits can be realized by losing as little as 10 percent of your body weight.
- Stress and poor sleep contribute to heart attacks and stroke. Regular physical activity can help to reduce stress and is associated with lower rates of dementia, better libido and better mental health. Exercising as little as 10 minutes a day can lead to an increased lifespan. The recommended target for each week is 150 minutes of exercise. It is recommended that adults get at least six to seven hours of restorative sleep each night. If you do not feel refreshed after a night's rest on two or more nights per week, seek help from a primary care provider to learn how to get better sleep.
- Men over the age of 20 are at an increased risk for heart disease. Factors which can increase this risk include a strong family history of heart disease, smoking, high blood pressure and leading a sedentary lifestyle.
- Men age 35 and older should be screened for cholesterol disorder. Health care providers can administer a blood test for screening.
- For men over 50, regular screening is critical to preventing colorectal cancer. Men with a family history of cancer or who have other diseases should get screened more frequently and see a specialist about this recommendation. Prostate cancer is no longer heavily screened. However starting at age 40, men should have a discussion with their primary care manager to discuss if screening is necessary.
- Men who have been regular smokers should have a screening for aortic aneurysm. An ultrasound of the aorta is recommended for men between the ages of 65 and 70.

For tips on dietary supplement safety and information on improving sleep, check out "Taking dietary supplements? Think safety first" at http://www.airforcemedicine.af.mil/News/Article/694732/taking-dietary-supplements-think-safety-first and "Sleep is serious: Catch your Zzzs" at http://www.airforcemedicine.af.mil/News/Article/688911/sleep-is-serious-catch-your-zzzs.

For more information on approaching your lifestyle in a mindful way, contact your local military treatment facility or health promotion coordinator.

Dermatology services added to JBSA-Randolph Medical Clinic

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

The 59th Medical Wing at Joint Base San Antonio-Lackland has expanded dermatology services to the JBSA-Randolph Medical Clinic.

Maj. (Dr.) Thomas Beachkofsky, 59th Medical Specialty Squadron dermatologist, started seeing patients May 17 at the 359th Medical Group facility on Third Street West.

"It's a full-spectrum medical dermatology clinic," he said. "We focus on skin cancer, acne, eczema, rosacea, rashes and psoriasis."

Located in the family health clinic, the dermatology clinic is open from 8 a.m. to noon Tuesday and Thursday.

Eight patients ranging in ages from nine to 60 came to the dermatology clinic on the first day of operation seeking a variety of services, including a skin cancer screening and consultations for eczema and pre-cancerous lesions, Beachkofsky said.

"Everybody was very happy with the services we're providing," he said. "They were surprised that this clinic was created and are glad to have close access."

The clinic does not offer cosmetic dermatology services, but that may change in the future if there's enough interest, Beachkofsky said.

"For now, those services are available at the Wilford Hall Ambulatory Surgical Center Dermatology Clinic on a space-available basis," he said.

Biopsies are performed by Beachkofsky, but sent to San Antonio Military Medical Center at JBSA-Fort Sam Houston for analysis.

"Results are available within 10 days," he said.

The clinic comprises two examination rooms and one procedures room. Support comes from family health technicians.

Beachkofsky, who also serves as 59th MDW Operational Medicine Department Pilot Unit Research chief, said the dermatology clinic meets a need for beneficiaries who are patients at the JBSA-Randolph Medical Clinic since they normally have to travel to Wilford Hall for dermatology services.

"At Wilford Hall Ambulatory Surgical Center, we have 13 staff dermatologists and 22 residents, but we cover the entire San Antonio area, so there's a lot of need," he said. "This clinic will help locally and give people more access to the system."

Patients will require a referral from their primary care manager to see Beachkofsky.

"Patients at JBSA-Randolph will have the first opportunity for booking here," he said.

As for the clinic's future, Beachkofsky said much will depend on demand for services.

"We'll see how things go," he said. "If we're busy and demand increases, we'll accommodate growth as much as possible."

Photo by Joel Martinez

Maj. (Dr.) Thomas Beachkofsky, 59th Medical Specialty Squadron dermatologist, checks a patient for abnormal skin growths Tuesday at the Joint Base San Antonio-Randolph Medical Clinic.

SUMMER from P6

"Staying hydrated is the foundation of safe summer drinking," he said. "Alcohol prevents the reabsorption of water into the bloodstream by inhibiting the antidiuretic hormone. The dehydrating effects of alcohol combined with sweating in the sun can create a serious lack of water in your body."

Fugazzi said alcohol consumption is especially risky when a person engages in physical activities such as swimming.

"Drinking alcohol can bring out the risk-taker in you while simultaneously inhibiting balance, coordination and judgment," he said. "You should be particularly wary of swimming during or after drinking. All swimmers should wear a life vest on open water, but the risk of drowning increases with alcohol. Impaired swimmers are more likely to misjudge distance, the strength of the current, the temperature of the water and their own strength as a swimmer."

When it comes to driving, a good decision is to stay sober or have a designated driver.

If a designated driver is not available, Armed Forces Against Drunk Driving is a great option, said Capt. Erik Ringdahl, 359th Medical Operations Squadron clinical psychologist.

AFADD is a nonprofit volunteer program that provides free and safe rides home to military members.

Fugazzi said boat operators must also be sober.

"It should go without saying that there should always be a sober designated driver whenever traveling by car," he said. "The same goes for boating. One in five reported boating fatalities involve alcohol, and a sober presence will not only keep the boat operating smoothly, but ensure any drinkers stay safe."

Ringdahl said a person is intoxicated when he or she is over the legal limit of alcohol, defined by most states as a blood alcohol content at or above 0.08. However, even one alcoholic drink can be too much.

"One drink being too much is contingent upon many factors, such as the size of the beverage and the alcoholic content of the drink, as well as the individual's drinking habits and ability to metabolize alcohol," he said.

According to the American Psychological Association, Ringdahl said, the consequences of intoxication include, but are not limited to, problematic behavior or psychological changes such as inappropriate sexual or aggressive behavior, mood swings and impaired judgment. Other changes may include slurred speech, lack of coordination, unsteady gait, problems with vision, impairment in attention or memory, coma and even death.

The physiological effects of alcohol on the body are also numerous, he said.

"Alcohol can impact the brain, heart, liver, pancreas, mouth and immune system," Ringdahl said. "Drinking over a long period of time has been associated with cardiovascular conditions, stroke, cancer and high blood pressure.

"Cirrhosis of the liver is common among overuse of alcohol," he said. "Fatty liver disease and alcoholic hepatitis can also develop over time with excessive alcohol consumption, so consulting with a physician is extremely important."

Ringdahl said active-duty members should be especially mindful of alcohol consumption.

"Such behavior can reflect negatively on our military and our ability to reliably answer our nation's call," he said.

Ringdahl urged Airmen to be responsible.

"Have a safe plan and stick to it," he said. "There should always be a sober wingman in the group when drinking, and the right time to make a plan is before you take your first drink."

Fugazzi said the Air Force's 0-0-1-3 policy is sound advice – zero drinks for those under 21 years of age, zero DUIs, a maximum of one drink per hour and a maximum of three drinks per night.

In addition, the Air Force offers the Alcohol Drug Abuse Prevention and Treatment Program, or ADAPT, which promotes readiness, health and wellness through four tiers of activities, he said.

To contact AFADD at JBSA, call 710-7171.

Forced distribution driving more promotions for top performers

From Secretary of the Air Force Public Affairs

Results of the first promotion board using the forced distribution process were released May 25, highlighting a close connection between commander recommendations and those selected for promotion.

"These results are achieving the intended purpose of the new evaluation and promotion systems we previewed to our enlisted force during last year's roadshows," said Lt. Gen. Gina Grosso, deputy chief of staff for manpower, personnel and services. "Performance assessment, along with input from supervisors at all levels, is helping identify and promote our top performers."

The 5,019 technical sergeants selected for promotion, out of 21,504 eligible, represent an increase in the overall selection rate of 23.3 percent compared to last year's rate of 22.4 percent. The selection rate to technical sergeant continues to move closer to the historical average of 24.2 percent selection rate following the reduced rates associated with the force management drawdown in 2014.

Promotion recommendations had a significant impact on promotion selection. Ninety percent of Airmen who received a "promote now" and 75 percent of the Airmen who received a "must promote" were promoted to master sergeant.

Additionally, and as intended, more than 2,000 Airmen receiving a "promote" recommendation were also selected for promotion – nearly 41 percent of the 5,019 selected for promotion.

"We built the system to ensure Airmen who received the highest promotion recommendations from their commanders would have a significant advantage, while also ensuring Airmen who received a promote recommendation would remain competitive," said Chief Master Sgt. of the Air Force James A. Cody. "These results show us we're moving in the right direction, and should help alleviate concerns Airmen may have had about not being promotable without one of the top recommendations."

Earlier this year, the Air Force conducted and released the results of the senior master sergeant and chief master sergeant promotion boards, which were the first to use restricted stratification. Restricted stratification limited the number of stratifications senior raters could give to their master sergeant and senior master sergeant promotion eligible populations to the top 10 and 20 percent, respectively.

In March, 1,467 Airmen were selected for promotion to senior master sergeant at a 12.3 percent selection rate – a significant increase from last year's rate of 8.75 percent. About 57 percent of those with a stratification were selected, while 5 percent of those without one were selected. Overall, 32 percent of all selects, about 470, did not receive a stratification.

In November, 525 Airmen were selected for promotion to chief master sergeant at a 20.8 percent overall selection rate – also an increase from last year's rate of 18.9 percent. About 54 percent of those with a stratification were selected, while about 7 percent of those without one were selected. Overall, 23 percent of all selects, about 120, did not receive a stratification.

"The results clearly highlight the positive effects forced distribution and restricted stratification have on our enlisted evaluation and promotion systems," Cody said. "Job performance remains the most important factor when considering Airmen for promotion and our top performers now have the advantage toward promotion they deserve."

To view the 2016 promotion selection lists, visit the myPers enlisted promotion page. For more information about Air Force personnel programs visit https://myPers.af.mil. Individuals who do not have a myPers account can request one by following the instructions on the Air Force Retirees Services website.

AFPC beats 25th Air Force to win JBSA volleyball crown

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

The Air Force Personnel Center won the Joint Base San Antonio intramural volleyball title by defeating the 25th Air Force in the championship match May 26 at the JBSA-Fort Sam Houston Medical Education and Training Campus fitness center.

AFPC beat the 25th AF from JBSA-Lackland in three sets, 2-1, to win its first ever JBSA volleyball title.

David Nowinsky, AFPC team captain and medical career field team chief, said AFPC had to fight hard to earn the title. On May 24, AFPC defeated the 359th Medical Group to win the JBSA-Randolph tournament title in two sets to earn a berth in the JBSA championship tournament.

Against the 359th MDG, AFPC won the first set, 25-16, but had to rally in the second set to win, 26-24, to clinch the JBSA-Randolph crown.

"We were down 24-21 (in the second set) and they needed one point to win (the set)," Nowinsky said. "We were so confident that we held our composure to come back and win."

Nowinsky said winning the JBSA championship was the team's goal from the beginning of the season.

Courtesy photo

The Air Force Personnel Center won the Joint Base San Antonio intramural volleyball title May 26.

AFPC won the JBSA title with a roster of nine players, several of whom had not played together on a team before the season started. Only two of the team's players, Nowinsky and Capt. Miguel Vallejo, team co-captain, had played together before.

"We had the skills from the start. We just needed to develop the team chemistry," Nowinsky said. "We developed our chemistry pretty quickly and early on because we had highly skilled and experienced players."

The team chemistry, which quickly developed, helped AFPC roll to a 12-2 regular season record, which earned them a number-one seed in the JBSA-Randolph intramural tournament. At both the JBSA-Randolph and JBSA championship tournaments, AFPC did not lose a single match, going a combined 5-0.

AFPC's best players were Vallejo and setter Cisco Ramos.

Nowinsky said Vallejo has the skill for hitting the ball by finding the hole in the opponent's defense for a kill. The team's offense evolved around the play of Ramos, who Nowinsky said was AFPC's "floor quarterback."

"Those were our two key players that kept us in the game many times," Nowinsky said.

The rest of the AFPC squad included Maj. Carlos Colon, Capt. Alexander Leong, Merilee Aquino, Katherine Morton, Jason Tabor and Alfonso Vega.

Winning the JBSA title over the 25th AF was an amazing feat, Nowinsky said.

"It was amazing because we were a newly established team that had never played together before as a team, and to win over the 25th AF, who were the defending champions, was sweet," Nowinsky said.