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WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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JBSA vet clinics offer array of services

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U.S. Army Capt. William Baskerville (right), 959th Clinical Support Squadron veterinarian, assesses Rocco as Spc. Sarah Hicks, veterinary technician, holds him during an appointment Sept. 9 at the Joint Base San Antonio-Randolph veterinary clinic.

Photo by Sean Worrell

Photo by Staff Sgt. Jason Huddleston

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U.S. Air Force courtesy photo

AFPC officer wins AF marathon, page 14

COMMENTARY

SEPTEMBER IS SUICIDE PREVENTION MONTH

Be a Wingman: Say 'no' to suicide

By Senior Airman Chip Pons
Air Education and Training Command
Public Affairs

At this moment, there are more than seven billion people in this world; seven billion lives are separated by land and sea, cultural differences and socio-economic backgrounds, but fundamentally, our hearts beat the same, our eyes open each morning to the start of a new day and dreams of a life full of promise fill our minds.

Of those seven billion souls, 319,309 men and women are currently devoting their lives to the United States Air Force. That is roughly one percent of the American population volunteering their time and sacrificing their lives for their country. Those men and women are celebrated on Veterans Day, saluted and praised on the 4th of July and thanked for their dedication and commitment year-round.

But when the conversation of a member of the Armed Forces committing suicide comes up, there is typically only silence.

While the number of suicides within the Department of Defense has declined over the years, suicide is still a threat to military members and their families, as well as veterans. It is a conversation that needs to be heard, not swept under the rug.

Unfortunately, suicide and the dialogue surrounding it have become taboo.

In the military world, paying the ultimate sacrifice for your country is an honor, dying so others may live free. But when a service member takes their own life, the honor is gone. Their lives instantly become tarnished by a decision driven by internal struggles such as fear, self-hate or desperation.

How do we as a military community solve this problem? How do we as wingmen recognize the signs of one of our teammates heading down the path of self-harm?

According to the Department of Defense Annual Suicide Report, there were 290 active duty suicides in 2015. Whether personally or professionally, these men and women felt so insignificant and optionless that the only possibility for their suffering to end was to take their own life.

The Air Force is getting smaller as each year passes, but the strength of our force cannot afford to be whittled down because of suicide.

The Air Force is built upon fundamentals such as the wingman concept: having your teammates back and concern for their wellbeing.

Unfortunately, being a true wingman requires one to ask the tough questions and to not back away from teammates in their moments of darkness, but help lead them into the direction of healthy decisions.

Supervisors and other seasoned leaders have the opportunity to get involved with their Airmen's lives, to be a voice of mentorship and encouragement that is required in a high-stress work environment.

Regardless of rank, individual Airmen are what make the United States Air Force the supreme air and cyber space superpower it is. Each Airman plays a pivotal and irreplaceable role toward greater mission accomplishment. Each Airman brings a fresh and unique perspective to today's Air Force, strengthening it through diversity and individuality.

While suicide and mental illnesses are issues that are tailored specifically to the suffering individual, a helping hand during that moment of darkness can create a lifelong effect.

At this moment, there are over seven billion people in this world, and sometimes, all you need is one to make a lasting difference.

Be a wingman, ask the hard questions and start the conversation.

(Editor's note: September 2016 is also known as National Suicide Prevention Awareness Month which helps promote resources and awareness around the issues of suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm.)

Changes to processing Personally Procured Moves

Effective immediately and in accordance with Personal Property Activity Advisory, PPA-16-2013, all Air Force Personal Property Shipping Offices and Personal Property Processing Offices (PPSOs and PPOs) will no longer require members to submit their final receipts to Accounting and Finance for tax deductible items, when finalizing their personally procured move if the member's move does not exceed 95 percent of the Governments Constructive Cost (GCC).

However, if the member's expenses will exceed 95 percent of the GCC, the PPSOs and PPOs will request all of the member's receipts be submitted to Accounting and Finance. Members are required to submit the following documentation: DD 1351-2 (Travel Voucher), DD Form 2278 (Application for Do It Yourself Move and Counseling Checklist), Official Travel Orders and certified weight tickets to the PPSO/PPO.

For further assistance, call the local Personal Property Processing Office at the following locations: Joint Base San Antonio-Fort Sam Houston, 221-1605; JBSA-Lackland, 671-2821 or JBSA-Randolph, 652-1848.

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Joint Base San Antonio-Randolph
Editorial Staff
Brig. Gen. Heather L. Pringle
502nd Air Base Wing/JBSA Commander
Todd G. White
502nd ABW/JBSA Public Affairs Director
Dan Hawkins
JBSA-Randolph Public Affairs Chief
Senior Airman Stormy Archer
Photojournalist
Airman 1st Class Lauren Ely
Photojournalist
Robert Goetz, David DeKunder
Staff Writers
Maggie Armstrong
Graphic Designer

JBSA-Randolph Public Affairs Office
1150 5th Street East
JBSA-Randolph, Texas 78150
Phone: 210-652-4410
randolphpublicaffairs@us.af.mil
Wingspread Advertisement Office
EN Communities
P.O. Box 2171
San Antonio, Texas 78297
210-250-2052

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From scorn to worn: The curious history of seat belts

By Jerry Clineman
Air Education and Training Command Occupational Safety Office

According to the Traffic Safety Center at the University of California Berkeley, seat belts are "the single most effective motor vehicle occupant safety device yet developed for older children and adults."

Seat belts have existed in some form since the early days of automobiles, but they've changed dramatically over time from a single lap belt to the diagonal three-point system we use today. Along with the development of the seat belt came important legislation to ensure drivers and passengers buckled up.

In olden days, horse and cart drivers tried to figure how to keep passengers (and themselves, of course) from being thrown off and trampled by their horses. Most often they used ropes or leather straps to connect person and cart. Does anybody remember the Beverly Hillbillies using a piece of rope for a seat belt?

It was in 1885 that a New York City man named Edward J. Claghorn devised the first U.S.-patented vehicular seat belt. Looking much like a present-day climber's harness, it was designed to secure the passenger to a fixed object. As cars began appearing in America during the early 1900s, some drivers and passengers also used crude forms of seat belts, not as safety measures, but to keep themselves from falling out as they traversed bumpy terrain.

Due to the largely unpopular view of seat belt use, it was not until 1953 that the Colorado State Medical Society supported installing lap belts in all vehicles.

In 1954, the Sports Car Club of America (a precursor to NASCAR) required all competing racers to wear lap belts.

A year later, the Society of Automotive Engineers appointed their first Motor Vehicle Seat Belt Committee. It was in 1955, as well, California became the first state to require all new cars to come equipped with lap belts.

While the seat belts were an option, it was estimated only about 1 percent of American drivers used them. Dealers certainly didn't push them, and while safety experts claimed it would only cost 50 cents to install mounts so drivers could add the belts themselves, manufacturers just weren't interested. It wasn't until 1959 when Congress passed a law requiring all cars comply with certain standards of safety.

By 1965, all states had laws requiring seat belts be installed. Lap belts were still the belts of choice; despite medical evidence that in accident conditions lap belts had the potential to cause separation of the lumbar vertebrae.

When President Lyndon Johnson suggested it was time for federal regulations to control car safety performance, Congress unanimously passed the Highway Safety Act and the National Traffic and Motor Vehicle Safety Act of 1966, creating the National Highway Traffic Safety Administration. The federal government had been given authority to regulate car and highway standards, including a demand that the Department of Transportation move quickly to force car manufacturers to install seat belts in new cars.

"Currently, about 88 percent of Americans wear seat belts and manufacturers tout their automotive safety features to prospective customers. If a car accident results in a lawsuit, one of the questions asked of the plaintiff is whether or not they were wearing a seat belt."

Courtesy graphic

A year later, backseat belts were added and, for the 1974 model year, three-point, continuous-loop seat belts were required.

Even with the increased federal regulation, seat belt usage was calculated at less than 15 percent of the driving public. A campaign was started in the 1960s to push for mandatory seat belt use. It was not until 1995 that every state, except New Hampshire, had mandatory seat belt-use laws.

Currently, about 88 percent of Americans wear seat belts and manufacturers tout their automotive safety features to prospective customers. If a car accident results in a lawsuit, one of the questions asked of the plaintiff is whether or not they were wearing a seat belt. If not, they may be found to have contributed in some degree to the sustained injuries. When liability adjusters make their offers of settlement, they may also reduce the offer if the driver was not wearing a seat belt. There are also ongoing experiments to improve the seat belts we use.

The seat belt saga continues as the exploration of new materials, systems and technology continue to be reached. Regardless of what actions we take, we know beyond any doubt seat belts save lives. They double our chance of surviving a crash and vastly improve our chance of walking away without serious injury.

Their history to date has been a checkered one balancing responsibilities among manufacturers, drivers and government officials. The bottom line whether you click it, latch it or snap it; it took all of these players working together to make your safety even more important than the latest styling changes.

(References: Road Safety Information, National Highway Traffic Safety Administration, NHTSA, UC Berkeley Traffic Safety Center)

Flu vaccines expected at JBSA clinics in coming weeks

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

With flu season quickly approaching, health care professionals throughout Joint Base San Antonio are awaiting the arrival of this year's vaccine supplies and encouraging beneficiaries to receive their flu shots once the vaccines are available.

Capt. (Dr.) Adam Faizi, 359th Medical Group director of immunizations, said this year's vaccine is similar to last year's.

"It will protect against the two types of influenza A – the H1N1 and H3N2 viruses – and two influenza B virus strains," he said. "Last year, according to the Centers for Disease Control and Prevention, there were fewer hospitalizations and deaths due to the flu compared to the previous year."

Only injectable flu shots are recommended by the CDC for use this flu season, Faizi said.

"The CDC has stated the nasal mist, a live attenuated influenza vaccine, is not recommended because of concerns about its effectiveness," he said.

The flu is spread throughout the year, but is most common during the fall and winter months, Faizi said. Influenza activity typically begins to increase in October and November, peaking during the winter months and continuing as late as May.

"Flu viruses circulate where there are a lot of people in close proximity such as schools, workplaces and day care centers," he said.

It is impossible to predict what each flu season will bring, Faizi said. Flu activity during the 2015-2016 season was lighter compared to the 2014-2015 season, which the CDC described as "moderately severe."

"Last year, we saw milder cases," he said.

The CDC describes the flu as a "contagious respiratory illness caused by influenza viruses."

"The flu is a virus like the common cold, but it's more severe, more virulent," Faizi said.

Symptoms range from sore throat, runny nose and cough to fever, muscle aches and more serious problems.

Most cases of the flu are mild, but serious outcomes include hospitalization or death. People most at risk for flu-related complications are the very young, the elderly, pregnant women and people with weakened immune systems and/or chronic diseases.

However, the flu can be prevented through vaccination, Faizi said.

"When you have the flu, your body will fight it off on its own by developing its own antibodies, but when you're vaccinated, you will already have the antibodies to fight it off," he said. "Everyone should receive the vaccine yearly starting at the age of 6 months. The first flu vaccination starts with a two-dose series a month apart with each dose half the normal dose."

Faizi compared receiving the flu vaccine to prevent flu to wearing a seatbelt.

"You're more likely to die from being infected by the flu virus than by other viruses," he said. "Just as wearing a seatbelt helps prevent the possibility of injury or death in a vehicle accident, receiving the flu vaccine reduces the possibility of hospitalization or death."

Studies confirm the effectiveness of flu vaccines.

"A 2014 study covering the years 2010 to 2012 showed the flu vaccine reduced a child's risk of being admitted to a pediatric intensive care unit by 74 percent," Faizi said. "A study this year showed it reduced the risk for people 50 and older to be admitted to an ICU by 57 percent."

Although the vaccine is safe for most people, anyone who has had a severe allergic response or adverse reaction to the vaccine should consult with a provider before being immunized, he said.

Once flu vaccine supplies arrive, the 359th MDG will establish flu lines at active-duty units, followed by the Randolph schools, the JBSA-Randolph Exchange and the medical clinic during busy times.

Immunization clinic hours are 7:30 a.m. to 4:30 p.m. Monday-Wednesday, 7:30 a.m. to 5:30 p.m. Thursday and 7:30 a.m. to 3:30 p.m. Friday.

JBSA immunization clinic phone numbers are: JBSA-Fort Sam Houston, 916-3077 for pediatrics and 916-3011 for adults; JBSA-Lackland, 292-2345 and JBSA-Randolph, 652-3279.

JBSA members celebrate AF birthday

Photo by Staff Sgt. Marissa Garner

Retired Air Force Gen. Edward Rice (left) and Airman Basic Madison Jones cut the cake at the 2016 Joint Base San Antonio Air Force Ball Sept. 16 at the Hyatt Hill Country Resort and Spa in San Antonio. The cake-cutting ceremony is a tradition at military balls in which the youngest and oldest Airmen in attendance cut the cake together to symbolize the legacy and future of the Air Force. More than 500 members of the JBSA community gathered to celebrate the 69th birthday of the United States Air Force, which was established in 1947 after then president Harry S. Truman signed the National Security Act establishing the Air Force as an independent service.

Programs offer safe drug disposal

Medications play a critical role in health care. When those medications are no longer needed, it is important to properly dispose of them to reduce accidental exposure, intentional misuse or harm to the environment. Unused medications in homes create a public health and safety concern because they are highly susceptible to accidental ingestion, theft, misuse and abuse, according to the Drug Enforcement Administration, or DEA.

The Military Health System, or MHS, is helping the military community fight back against the dangers of unneeded, unused and expired drugs by offering Drug Take Back at military pharmacies in the U.S.

Facilities throughout the 59th Medical Wing at Joint Base San Antonio-Lackland and JBSA-Randolph and Brooke Army Medical Center at JBSA-Fort Sam Houston have blue steel bins, called MedSafe cabinets, to secure the unwanted medications. The MedSafe cabinets are accessible at each pharmacy during normal duty hours.

Thanks to a recent change in DEA regulations, patients can now drop off expired, unused, or unwanted medications at the following secure medication collection points: the JBSA-Lackland Satellite Pharmacy; the Reid Clinic Pharmacy; the Wilford Hall Ambulatory Surgical Center Pharmacy lobby area at JBSA-Lackland; the JBSA-Randolph Clinic Pharmacy; the San Antonio Military Medical Center Medical Mall and the Capt. Jennifer M. Moreno Primary Care Clinic at JBSA-Fort Sam Houston.

"Before this new regulation, no pharmacy could legally accept any dispensed prescriptions," said Lt. Col. Rodney Jorstad, 59th MDW pharmacy flight commander. "The MedSafe cabinet is much more convenient for our patients."

"We've added a blue drop-off box near the pharmacies in the BAMC Medical Mall and the Capt. Jennifer M. Moreno Primary Care Clinic," said Col. Kevin Roberts, BAMC pharmacy service chief. "These boxes look like a mailbox, but are labeled 'MEDSAFE.' Now our patients have a year-round option to dispose of unwanted medications that could lead to medication safety concerns."

See DISPOSAL P7

Photo by Staff Sgt. Jason Huddleston

Senior Airman Sierra Steen, 59th Medical Diagnostics and Therapeutics Squadron pharmacy tech, drops unused medications in the MedSafe cabinet April 21 at the Wilford Hall Ambulatory Surgical Center Pharmacy at Joint Base San Antonio-Lackland.

DISPOSAL from P6

In the past, patients who brought expired, unused or unwanted medications to dispose of to the pharmacy were turned away or had to wait for the bi-annual DEA-sponsored Drug Take Back Day.

Patients can deposit unused medication, without containers, in the MedSafe, using a plastic bag provided next to the cabinet. Liquid bottles must be 4 ounces or less and sealed in a plastic bag. The bins are not for sharps, syringes or inhalers.

"Proper disposal of unneeded, unused and expired drugs lowers the risk of misuse and environmental contamination," said Dr. George Jones, Defense Health Agency pharmacy operations chief. "The MHS Drug Take Back program accepts both prescription and over-the-counter drugs, so this is the time to clean out your medicine cabinet."

"Holding onto drugs past their useful life is a bad idea," Jones added. "It could be a child accidently ingesting an over-the-counter sleep aid, or an addict finding expired pain killers. Don't take the risk of having these drugs in your home once you don't need them anymore."

Once the MedSafe cabinets are full, the military pharmacies ship the contents to a company licensed by the DEA to handle and properly dispose of medications. The DEA's preferred method of disposal is incineration. Incineration prevents the medications from entering our water system.

For more information on the Military Health System's Drug Take Back efforts, visit the Drug Take Back Spotlight at http://health.mil/News/In-the-Spotlight/Drug-Take-Back.

(Sources: http://www.Health.mil, 59th Medical Wing Public Affairs, Brooke Army Medical Center Public Affairs)

Have you registered to vote absentee Nov. 8?

Absentee Voters Week is Monday through Oct. 4 and the Federal Voting Assistance Program, or FVAP, will emphasize a final push to get active-duty, civilians and voting-age family members to cast their absentee ballots. Those who didn't apply for an absentee ballot earlier this year can fill out a Federal Write-in Absentee Ballot, or FWAB, which allows voters to simultaneously register and vote in their state. The Voting Assistance Office will set up information booths at all Joint Base San Antonio Exchanges from 11 a.m. to 2 p.m. next week to help answer questions or fill out ballots. There will also be a booth in the Wilford Hall Ambulatory Surgical Center at JBSA-Lackland. To fill out an FWAB, a person needs their name, county, zip code, state of residence and know who they are voting for. The Voting Assistance Office will mail ballots to the correct state. Those who wish to fill out their ballots at home can mail them from the post office free of charge. For more information or to download a FWAB, visit http://www.fvap.gov. *(Source: Federal Voting Assistance Program)*

JBSA Proud Week helps keep up appearances

From 502nd Civil Engineer Squadron

In keeping with Joint Base San Antonio's culture of installation excellence, Brig. Gen. Heather Pringle, 502nd Air Base Wing and Joint Base San Antonio commander, has designated Oct. 3-7 as "Joint Base San Antonio Proud Week."

The JBSA clean-ups are scheduled from 7:30 a.m. to 4:30 p.m. each day.

JBSA mission partners at all locations are asked to join forces to improve and maintain the appearance of our installation by organizing a team of volunteers to pick up and properly dispose of trash, debris and clutter in their respective areas.

Items to look for are trash, old pallets, junk furniture, tree branches, old cones and other unsightly items. Items too large for organizations to safely transport can be picked up by the 502nd Civil Engineer Squadron, which will have curbside service available to remove large debris.

Teams are asked to place items at curbside to allow for easy access by civil engineers. Don't put items in the street.

In addition, civil engineers will designate "self-help" locations at JBSA-Lackland, JBSA-Fort Sam Houston, JBSA-Randolph and JBSA-Camp Bullis to provide clean-up and appearance improvement items for organizations to use in this effort. Rakes, brooms, trimmers, trash bags, wheel barrows, gloves and safety goggles will be provided on a first-come, first-served basis from the designated self-help locations.

Organizations are asked to augment the items provided to help ensure adequate safety and cleanup supplies are available for JBSA Proud Week. Once trash bags are filled, individuals can deposit them in one of the designated dumpsters in their area. Dumpsters will be available for green waste and regular trash.

If you have questions call the civil engineer customer service line at 671-5555, the civil engineer heavy repair line at 671-3015 or the civil engineer energy management control system desk 671-2288/2289.

To advertise in the Wingspread, call 250-2052.

JBSA veterinarians' goal: Keep animals healthy

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

Whether it's giving an examination or shot for the family pet or a military working dog, Joint Base San Antonio veterinary treatment facilities provide care to the pets of active-duty members and their families and animals who are vital to the mission of the military.

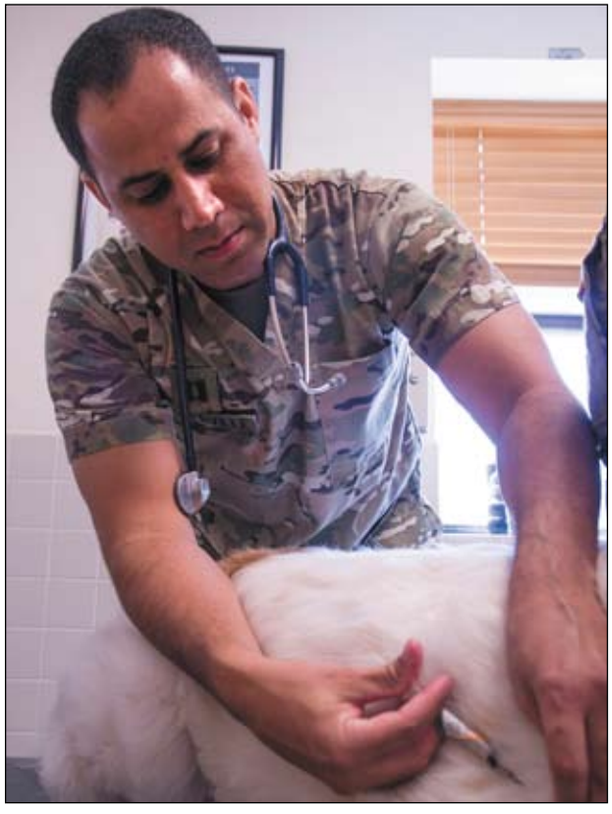
Veterinary treatment facilities at JBSA-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph provide services to keep animals healthy and to prevent or treat sickness and diseases early on, said Capt. (Dr.) William Baskerville, JBSA Veterinary Services section officer in charge.

"Our main goal is preventative medicine," Baskerville said. "When we do preventative medicine we are trying to catch the disease process early on. It helps the pets; they live longer, healthier lives."

Capt. (Dr.) Daniela Roberts, Army Public Health and Animal Medicine South Texas Branch Veterinary Services chief, said services at JBSA veterinary treatment facilities include wellness examinations, vaccinations, heartworm testing, feline leukemia/feline immunodeficiency virus testing, microchipping and fecal parasite examinations. Also, veterinarians can conduct diagnostic testing for ear infections, skin infections, allergies, fecal and blood work and health certificate examinations for international travel for pets.

Photos by Sean Worrell

U.S. Army Specialist Sarah Hicks (left), 959th Clinical Support Squadron veterinary technician, asks Diana Mascilli questions about her dog, Rocco, during a routine appointment Sept. 9 at the veterinary clinic on Joint Base San Antonio-Randolph.



U.S. Army Capt. William Baskerville, 959th Clinical Support Squadron veterinarian, administers an injection Sept. 9 at the veterinary clinic on JBSA-Randolph.

The treatment facilities have heartworm, tick and flea medications pet owners can purchase for their pets.

Veterinarians and animal care specialists provide care for military working dogs – including semi-annual wellness exams, urgent and emergency care needs, dental cleanings and surgeries – stationed throughout South Texas at all three treatment facilities, as well as military working horses at the JBSA-Fort Sam Houston Veterinary Treatment Facility.

X-rays, in-house blood work, sedation for diagnostic procedures and reproductive surgeries for privately owned animals are conducted at the JBSA-Fort Sam Houston Veterinary Treatment Facility.

Roberts said veterinarians also take care of animals who live at the Quadrangle at JBSA-Fort Sam Houston, including deer, peacocks, geese and ducks. These animals receive wellness and routine care and urgent/emergent care.

"All of these animals receive full medical care within our clinic capability at the JBSA-Fort Sam Houston Veterinary Treatment Facility," she said.

There are 17 staff members at JBSA Veterinary Services, including military and civilians. There are three veterinarians, including Baskerville and Roberts, and six animal care specialists who rotate and work at all three veterinary clinics. There is one civilian staff member at the JBSA-Randolph clinic, three at JBSA-Lackland, including one civilian veterinarian, and five at JBSA-Fort Sam Houston.

Pet owners can schedule an appointments by calling the JBSA-Fort Sam Houston Veterinary Treatment Facility at 808-6101/6104, the JBSA-Lackland Veterinary Treatment Facility at 671-3631 or the JBSA-Randolph Veterinary Treatment Facility at 652-3190.

Hours of operation are 8 a.m. to 4 p.m. Monday-Friday at JBSA-Fort Sam Houston Veterinary Treatment Facility; 8 a.m. to 4 p.m. Monday-Wednesday at JBSA-Lackland Veterinary Treatment Facility; and 8 a.m. to 3:30 p.m. Monday-Friday at JBSA-Randolph Veterinary Treatment Facility.

Pet owners should bring the pet's medical records to their appointments, including vaccination history, medications and prescriptions and important medical history, so veterinarians can provide the best care to the pets, Roberts said.

Holly Middleton (right), yoga instructor, teaches vinyasa-style yoga Sept. 14 during a class at the Joint Base San Antonio-Randolph Fitness Center.

Photo by Melissa Peterson

Yoga provides stress release for service members

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

"There's no judgment, there's no competition and there's no expectations."

That's how Wendy Wilmunen, Joint Base San Antonio yoga instructor, begins every yoga class she instructs.

Wilmunen, who started yoga in 2001, said yoga allows people to "find that quiet" within themselves, which can be especially beneficial for service members performing in high-stress environments.

"That's what you're trying to get," Wilmunen said. "To find that quiet place to go, 'I can take this. I can breathe in. I can take this moment and I can breathe into the next moment.'"

Wilmunen said she tailors her yoga practice to the same style as her favorite instructor, Shiva Rea.

"Rea talks about vinyasa being a fluid movement," Wilmunen said. "It's movement with the breath, and there's a beginning, middle and an end. And it's yours."

Harold Cherry, JBSA yoga instructor, decided to pursue his instructor certification five years ago after attending one of Wilmunen's yoga classes. Cherry said he would introduce yoga as a part of the physical fitness curriculum at basic training.

"Trainees will do a lot better job after that morning class," Cherry, who retired after 22 years in the Air Force and 18 years in civil service, said. "Everything about you will feel good. You'll feel good about being around people, so the mission is going to come easier."

But there is added value to yoga beyond the mental benefits, Cherry continued.

"I'm in love with yoga because of what it does to my body and what it gives me," Cherry said. "Yoga is about taking it easy, no pain, breathing and relaxing."

Yoga can also help individuals who focus more on strength training, Cherry added.

"We're talking about stretching those ligaments out, stretching everything out and then you bulk it up," Cherry said. "Weightlifters are going to feel a lot better after they do a session of yoga."

Although class attendees follow the direction of the instructor, the experience of each person doesn't have to be the same. Each pose can be modified based upon age, experience or physical limits, Wilmunen and Cherry agreed.

"There's no restrictions, anyone can do it," Wilmunen said. "You just have to find the correct modification. Everyone can be in the same class and doing their own practice."

Wilmunen compared the journey of practicing yoga to a river, a metaphor she learned from Rea.

"The water in the river may be flowing the same way, but it's not going to hit the same spots," Wilmunen said. "It's always a fluid journey, so you're never going to have the same thing, but it's going to be kind of the same path."

Just as Wilmunen begins every class in the same way, she ends it the same way too: "Namaste."

"From everything that's good inside of me or my inner light, to all that's good inside of you or your inner light," Wilmunen said. "It's one last connection."

Classes are $3 to attend. Attendees are encouraged to bring their own yoga mats.

To view a monthly schedule of various fitness classes, including yoga, offered at each JBSA location, visit the 502nd Force Support Squadron website at http://www.myjbsa-fss-mwr.com/.

(Editor's note: As designated by the U.S. Department of Health and Human Services, September 2016 is known as National Yoga Month, which is designed to educate individuals about the benefits of yoga.)

Joint Base San Antonio-Randolph News Briefs

REAL ID Act in effect at JBSA

Joint Base San Antonio will no longer allow unescorted access of individuals with driver's licenses from American Samoa, Minnesota, Missouri and Washington as proof of identity. Visitors, vendors and contractors requiring access with IDs from the above listed states must be escorted by the organization or individual sponsor or must possess and present an alternate form of identification as required by Department of Homeland Security guidance.

Fall Festival

The Randolph Field Independent School District Parent Teacher Organization hosts a Fall Festival from 4-7 p.m. today at Randolph Elementary.

Rambler 120

The annual Rambler 120 Team Challenge takes place Oct. 1 from 6 a.m. to 1 p.m. Teams compete for the best overall time in a 22-mile bike ride, a 6-mile run and a 2-mile rafting course. This is a competitive event for hardcore triathletes, weekend recreationists, families and volunteers. Volunteers are needed to work various shifts at checkpoints, water stations, registration, traffic control, etc. Each volunteer receives a T-shirt and free BBQ lunch. To volunteer, call 652-6271.

FEGLI Open Season

The Office of Personnel Management holds a Federal Employees' Group Life Insurance, or FEGLI, open season through Sept. 30. During this time, eligible employees can elect or increase their FEGLI life insurance coverage. The effective date for changes to FEGLI coverage under an open season election will be delayed until Oct. 1, 2017. Coverage can be cancelled or reduced at any time and enrollees satisfied with their current FEGLI coverage do not need to make any elections during the open season. Department of the Army civilians must log into the Army Benefits Center-Civilian website at https://www.abc.army.mil and go into the Employee Benefits Information System. For assistance, call 877-276-9287 weekdays from 6 a.m. to 6 p.m. For additional information, visit https://www.opm.gov/healthcare-insurance/life-insurance/.

Board of Trustee members needed

Randolph Field Independent School District is soliciting resumes for upcoming openings on its board of trustees. Applicants must be living or employed at Joint Base San Antonio-Randolph, take an official oath of office and serve without compensation. For more information, call the school liaison office at 652-5321 by Wednesday.

Joint Base San Antonio military ambassadors present a valentine card to Rodrick Killebrew during the 2016 National Salute to Veteran Patients program Feb. 19 at Audie Murphy VA Hospital in San Antonio.
Photo by Melissa Peterson

AF military ambassador program accepting applications

Two articulate, self-confident Air Force, Air Force Reserve or Air National Guard members are needed to serve as military ambassadors at community events to represent Joint Base San Antonio in 2017.

One male and one female ambassador are chosen each year to represent the Air Force at many community events and promote the military's commitment and relationship with the local communities around South Texas.

All E-4 to E-7 Air Force members, 21 years old and older and assigned to JBSA are eligible to apply to be a military ambassador. Nomination packages will be distributed to public affairs offices across JBSA Monday.

Once nominated, candidates appear before a selection board of chief master sergeants and former Air Force ambassadors. The selection panel reviews applications, conducts interviews and selects the ambassadors.

The nomination deadline is Oct. 3. For more information, call 808-0002.

JBSA leaders take part in suicide prevention Run for Life 5K

From left: Chief Master Sgt. Brion Blais, 502nd Air Base Wing and Joint Base San Antonio command chief; his wife; Brig. Gen. Heather Pringle, 502nd ABW and JBSA commander; and Col. Mark Lee, 502nd ABW and JBSA vice commander, participate in the 5K Run for Life Sept. 11 at Joint Base San Antonio-Fort Sam Houston's MacArthur Parade Field to support Suicide Awareness and Prevention Month. The final leg of JBSA Suicide Awareness and Prevention 5K Run for Life events, organized by the 59th Medical Wing, takes place Saturday at JBSA-Randolph's Heritage Park. Check in for the event is 7:30 a.m. and the run begins at 8 a.m.

Photo by Olivia Mendoza

Internet safety class helps parents learn about children's online habits

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

A class scheduled Thursday at Joint Base San Antonio-Randolph's Human Performance Resource Center will provide parents with insight into their children's internet use and help them inform their children about using mobile apps and social media sites safely.

"Internet Safety" is planned for 11 a.m. to 1 p.m. at the HPRC, building 999, with instruction by Rebekah Sanchez, JBSA-Fort Sam Houston Military & Family Readiness Center Family Life Program educator.

"The purpose of the class is to give parents an awareness of some of the ways teenagers are using the internet currently, as well as a general knowledge of popular apps that could pose a safety risk for teenagers if they use them improperly," she said. "This class is basically the same class that was offered last year at JBSA-Randolph, but updated to reflect some of the apps that have become popular over the last year."

The class will address a variety of topics, including current statistics on teenage cellphone use, social media apps that can pose a risk to children, how to set safety settings and safety apps available for parents.

Regarding teenage cellphone use, Sanchez said the Pew Research Center's Internet and American Life Project indicates internet use by children 12 to 17 years old has increased by 10 to 13 percent since 2004.

Courtesy graphic

The center's Internet Teens and Privacy Management Survey shows one in four teens are "cell-mostly" internet users while only 15 percent of adults are cell-mostly internet users, she said. In addition, 50 percent of teen smartphone owners say they use the internet mostly via their cellphones.

Social media sites that are unregulated by age pose the most serious threat to teens and tweens because of exposure to cyberbullying and predators, Sanchez said.

"A lot of kids are on these sites and are not utilizing the safety features available, which means their personal information is easily accessible to the general public to include predators," she said. "Most children are not aware of the dangers of posting their school information, neighborhood or geotagging while using social media apps. On some apps when geo tagging is turned on, if a child posts from home, other users can see that child's location down to the exact house."

Other anonymous chatting sites can also be a threat, Sanchez said.

"Because of the anonymity, children never know the actual age of the person they are talking to," she said. "According to http://www.nobullying.com, a U.S. Department of Justice survey found 1 in 25 youths has received an online sexual solicitation where the predator attempted to contact the child offline."

It is important for parents to talk to their children about the dangers of posting personal information online, Sanchez said. They can learn more by coming to the internet safety class and by going online to research what apps children are using and what possible threats are associated with those apps.

"Parents will benefit from becoming educated on the apps and social media sites their children are using and having an open dialogue with their children about how they are using them," she said. "If necessary, parents should monitor their children's internet use."

Sanchez said it is her hope that the class "gives parents a general knowledge of what to be aware of in regard to their children's Internet use as well as how to start a conversation with their children about internet safety."

To reserve a seat in the class or for more information, call 221-0349 or 221-2418.

POW/MIA Recognition Week honored at Joint Base San Antonio

Col. Jupe A. Etheridge, 12th Operations Group commander, speaks during the Prisoners of War and Missing in Action retreat ceremony Sept. 15 at Joint Base San Antonio-Randolph. Each year, these ceremonies are hosted at the Missing Man Monument and on this day, Americans across the country pause to remember the sacrifices and service of those who were prisoners of war, as well as those who are missing in action.
Photo by Melissa Peterson

Home fire safety for the hearing impaired

By Ricardo Campos
Joint Base San Antonio Public Fire and Life Safety Educator

Smoke alarms can save lives. But a regular alarm cannot be depended upon for the deaf or hard of hearing to alert them to a fire.

In this case, an alarm with a strobe or flashing lights for the deaf or hard of hearing should be used. In addition, the alarm should be tested by an independent testing laboratory. The alarms for sleeping areas with strobes are required to be of a special high intensity that can wake a sleeping person.

Safety tips include:

• Smoke alarms are available for people who are deaf and those with profound hearing loss. These alarms use strobe lights to wake the person. Vibration notification appliances, such as pillow or bed shakers, are required and are currently activated by the sound of a smoke alarm.

• As people age, their ability to hear high-pitched sounds decreases. Research from the National Fire Protection Association's research foundation showed older adults are unlikely to respond to alarms with strobe lights.

• Older adults or other people who are hard of hearing (those with mild to severe hearing loss) can use a device which emits a mixed, low-pitched sound. In its current form, this device is activated by the sound of a traditional smoke alarm.

• Make sure everyone in your home understands and reacts to the signal (light, vibration, or sound) used in their situation.

• All smoke alarms should be tested at least monthly. Replace smoke alarms and equipment for people who are deaf or hard of hearing according to manufacturer's recommendations.

Search home improvement stores websites or use a general search engine to look for strobe light smoke alarms and accessories, such as pillow shakers, transmitters and receivers. Choose devices that have the label of a recognized testing laboratory.

To learn more about smoke alarms for the hearing impaired visit the National Fire Protection Association's website at http://www.nfpa.org/education or contact the Joint Base San Antonio Fire Prevention offices at JBSA-Fort Sam Houston, 221-1804; JBSA-Lackland, 671-2921; or JBSA-Randolph, 652-6915.

To advertise in the Wingspread, call 250-2052.

AFPC officer wins 20th annual Air Force Marathon

By Stacey Geiger
88th Air Base Wing Public Affairs

First Lt. Zebulon Hanley, assigned to the Air Force Personnel Center at Joint Base San Antonio-Randolph crossed the finish line with a winning time of 2:47:04 Sept. 17 at the 20th annual U.S. Air Force Marathon at the National Museum of the U.S. Air Force at Wright-Patterson Air Force Base.

"This was the first Air Force Marathon I ran in so I was just trying to hit my paces and keep up with the leaders and the cards just fell right," Hanley said. "Some of the leaders slowed down toward the end and I felt good enough to keep going and it worked out."

After a 30-minute weather delay, more than 15,000 runners, walkers and spectators from all 50 states and many foreign countries gathered Sept. 17 to take part in the event.

Due to the weather, Hanley said he was not able to make his goal time but winning the marathon has given him a great sense of accomplishment.

"I am also very grateful for the volunteers. They spent a lot of time to get ready for the marathon and then again on race day," Hanley said.

Col. Bradley McDonald, 88th Air Base Wing and installation commander, said he was impressed by all the people responsible for organizing the marathon.

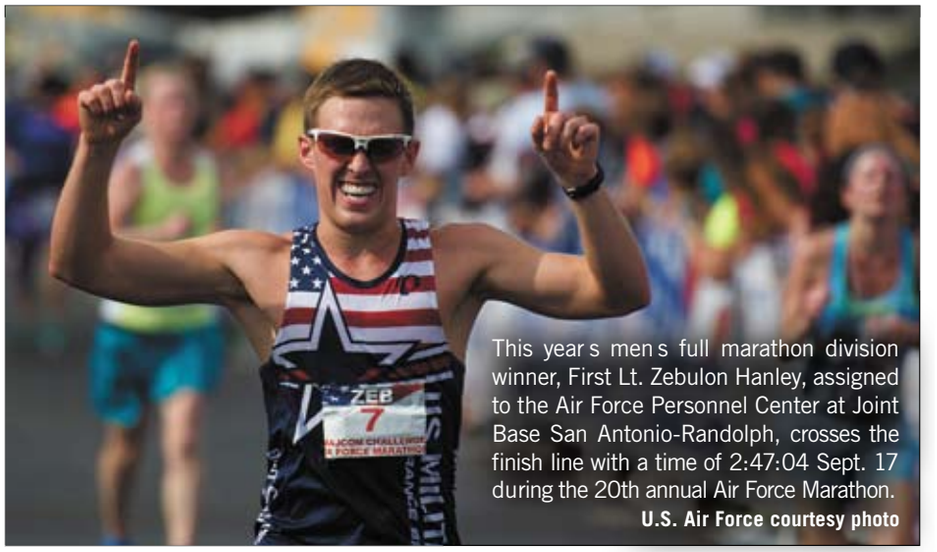
"In my first year here, I have been amazed by the outstanding Airmen of team Wright-Patterson and the great support we've received from the Miami Valley who helped make this such a phenomenal event," McDonald said. "It takes an enormous amount of planning, hard work and more than 2,400 volunteers to make this a world class event and I sincerely thank each and every one of them for a job well done."

The three-day event kicked off Sept. 15 with a free sports and fitness expo. Along with participant's bib pick up, the expo offered more than 100 exhibitors featuring the latest in sports, fitness, health and nutrition.

Pre-race activities included the Breakfast of Champions Sept. 16, featuring guest speaker and four-time Olympian Meb Keflezighi at the Fairborn followed by dinner at the Air Force museum.

"We are always excited about the Air Force Marathon," said Rob Aguiar, Air Force Marathon race director. "But this year is super special because we're celebrating our 20th anniversary and we've added a lot of new pieces we think people will enjoy."

New to the marathon this year was the introduction of the official Air Force Marathon mascot, Tailwind. Also new was the Air Force Marathon mobile race app where participants and spectators could stay abreast of the latest marathon information including tracking runner location.



This year's men's full marathon division winner, First Lt. Zebulon Hanley, assigned to the Air Force Personnel Center at Joint Base San Antonio-Randolph, crosses the finish line with a time of 2:47:04 Sept. 17 during the 20th annual Air Force Marathon.
U.S. Air Force courtesy photo

Runners had the option of competing in the full marathon, a half-marathon, and 10K, as well as a wheeled division. The Air Force Marathon is sanctioned by the USA Track & Field Association and is a qualifier for the Boston Marathon.

In conjunction with the marathon, in its eighth year, the U.S. Air Force sanctioned deployed location races oversees. These races offer deployed military members the opportunity to share the marathon experience while deployed.

This year's women's full marathon winner was Rachel Harley, of Birmingham, Alabama, with a time of 2:58.34.

"I feel awesome, this was my first marathon so I didn't know how I would do," Harley said. "My dad and grandfather were both in the Air Force so this marathon was very special for me and I am thankful for everyone who serves their country.

"This event was excellent right off the bat; it was well organized and everyone did an amazing job," Harley said. "I am glad to have experienced this marathon and will definitely be back for sure next year."

American Indian dance set for Sept. 30

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

Active-duty members and military veterans will commemorate the State of Texas American Indian Heritage Day Sept. 30 by participating in a gourd dance at Joint Base San Antonio-Randolph, beginning at 7:30 a.m. in front of the Taj Mahal, building 100.

The dance is being hosted by the JBSA-Randolph Native American Heritage Committee and will consist of 17 dancers, including active-duty members, veterans and civilians throughout Texas, and the Traditional American Indian Society Honor Guard. The TAIS honor guard consists of active-duty, former and retired service members of American Indian descent who promote and educate the public on the contributions of the American Indian.

The dance is open to all JBSA members.

A gourd dance is a traditional American Indian ceremony in which the ground the dance will be held on is blessed, said Ed Blauvelt, JBSA-Randolph Native American Heritage Committee chairman, dance participant and TAIS vice chairman.

"It's designed to bless everybody, scare away bad spirits and make sure everything is healthy for the event and welcoming families," he said. "At any Native American event, the first event to kick off anything is a gourd dance."

The dance will honor fallen American Indian service members and veterans in the dance group, Blauvelt said.

The gourd dance gets its name from the special rattles used by the dancers, which were originally made of gourd, a hard-shelled fruit found in various plants, or rawhide. Rattles used by the dancers today are usually made from small aluminum cans or salt shakers.

"The dance is a slow, methodical dance," Blauvelt said. During the dance, one of the participants will howl. According to Kiowa Indian legend, a young, dehydrated man separated from the rest of his tribe for many days approached a hill. He heard singing coming from the other side of the hill, where he saw a red wolf singing and dancing on its hind legs. The young man listened to the songs throughout the day. Afterwards, the wolf spoke to him and told him to take the dance and song back to his people.

The howling sound signifies and honors the red wolf, the inspiration for the Kiowas' dance, Blauvelt said.

The gourd dance will be performed with a four-song set and be led by an elder member of the American Indian community, Orvie Longhorn. Longhorn is of Kiowa descent and is the great-grandson of the last traditional Kiowa chief in Texas, Chief Ahpeahtone, and a Vietnam War veteran.

The regalia worn by the dancers include a gourd blanket draped over the shoulders or a gourd vest; an eagle, hawk or macaw feather fan; a velvet sash with channette fringe-end decoration; and a mescal bead bandoleer. The gourd blanket or vest has two colors – red and blue – with the red being worn over the left shoulder to symbolize the heart and the blue worn over the right shoulder, signifying the earth. Veterans or service members who wear the gourd blanket or vest can pin their military ribbons or medals on it.

Blauvelt said gourd dance will be the first American Indian Heritage event held Sept. 30 in Texas, with other events being held at cities throughout the state, including Austin and Houston. TAIS will also participate in an event at the Bob Bullock State History Museum in Austin later that day.