



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 14 • APRIL 12, 2013



Chiefs sponsor speed mentoring



INSIDE ... FREEDOM FLYER REUNION TODAY, P3 ... SEXUAL ASSAULT AWARENESS MONTH, P4 ...

COMMENTARY

PROTECTING THE FUTURE

Youth programs combat negative influences

By Kimberly Gilman
Air Force Personnel Center Public Affairs

If you have children, especially teenagers, you already know the harrowing statistics that illustrate the dangers they face in the world today. Daily, we see news about kids left to their own devices after school who end up taking the wrong path in life.

Air Force youth programs help combat potentially negative influences in our kids' lives by providing healthy, interesting, educational and fun activities where they can channel their creative energy.

Air Force wide, more than 63,000 kids between 6 and 18 participate in Air Force youth programs, to include sports, fitness, arts and technology, leadership opportunities and outdoor adventures. Those kids are thriving in an environment focused on enabling them to reach their potential and achieve their personal dreams. Our adult staff members work to help participants grow and develop into confident young adults, artists, athletes and leaders.

Past participants have used what they learned as Air Force youth program participants to seize their dreams. From a full scholarship to Marquette University to participation in the Miss USA Pageant, our kids are excelling in their chosen fields. More than a dozen Teen Aviation Camp participants have been accepted into

“In an increasingly perilous world, Air Force youth programs offer a healthy alternative to the detrimental, self-destructive activities we so often hear about in the news. Under the loving guidance of our staff, your children will make connections with others of similar and varying experiences, and have opportunities to stretch their wings, learn about themselves, pursue their gifts and grow into tomorrow's leaders.”

the Air Force Academy.

Others, as participants in the Youth Employment Skills program, have learned career skills, supported their communities as volunteers and earned cash toward their post-high school academic or training pursuits. While they earned money for their own educational needs, their participation in YES also earned money for their home base youth programs, enabling them to benefit personally and pay it forward as well. Many YES alumni today are serving in military leadership roles, pursuing graduate degrees and mentoring others in communities around the country.

This summer, more than 250 installation teens attended an all-expenses-paid trip to participate in Close Up Washington, D.C., a nonprofit program established in 1971 that

educates and inspires young people to become informed and engaged citizens. It was a once-in-a-lifetime opportunity for the teens who attended, and typical of the developmental programs for Air Force youth.

In an increasingly perilous world, Air Force youth programs offer a healthy alternative to the detrimental, self-destructive activities we so often hear about in the news. Under the loving guidance of our staff, your children will make connections with others of similar and varying experiences, and have opportunities to stretch their wings, learn about themselves, pursue their gifts and grow into tomorrow's leaders.

For more information about Air Force youth programs and other quality of life programs, visit www.usafservices.com or www.myairforcelife.com.

ON THE COVER

Chief Master Sgt. Terry Best-Rennahan, Air Force Personnel Center, speaks with Tech. Sgt. Melanie Wester, Air Education and Training Command, during speed mentoring at Joint Base San Antonio-Randolph. Speed mentoring was hosted by the Randolph chief master sergeants for staff and technical sergeants at the Airman and Family Readiness Center Tuesday.

Photo by Don Lindsey

WINGSPREAD

Joint Base San Antonio-Randolph
Editorial Staff

Brig. Gen. Theresa C. Carter

JBSA/502nd Air Base Wing Commander

Todd G. White

JBSA/502nd ABW Public Affairs Director

Marilyn C. Holliday

JBSA-Randolph Public Affairs Chief

Airman 1st Class Lincoln Korver

Editor

Robert Goetz

Alex Salinas

Staff Writers

Maggie Armstrong

Graphic Designer

Wingspread Office

1150 5th Street East

Randolph AFB, Texas 78150

Phone: (210) 652-4410

Wingspread email

randolphpublicaffairs@us.af.mil

Wingspread Advertisement Office

Prime Time Military Newspapers

2203 S. Hackberry

San Antonio, Texas 78210

(210) 534-8848

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

Lanes close with barrier upgrade plan

Harmon Drive is scheduled to be closed, two lanes at a time, Monday through May 24 to facilitate an upgrade of the final denial barriers at the main gate. The two inbound lanes will be closed for the first phase of the project and the two outbound lanes will be closed for the second. Please expect congestion and obey directions from security forces and traffic officials. To alleviate traffic, alternate gate hours during this upgrade are:

- Main gate: Open 6 a.m.-6 p.m. Monday – Friday, to outbound traffic only Monday through May 6, and to inbound traffic only May 6-24.
- West gate: Open 24/7 to inbound and outbound traffic.
- East gate: Open 6-8:30 a.m. to inbound traffic only and to both inbound and outbound traffic 8:30 a.m.-6:30 p.m. Monday-Friday.
- South gate: Open 6 a.m.-6 p.m. Monday-Friday, and from 6 a.m. to noon Saturday.

Flying squadron hosts annual Freedom Flyer Reunion today



By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

The 560th Flying Training Squadron's 40th annual Freedom Flyers' Reunion, which honors repatriated American prisoners of war, is Friday at Joint Base San Antonio-Randolph's base theater and Missing Man Monument.

The ceremony begins with a theater dedication to one of the Freedom Flyers, the late Brig. Gen. Kenneth Fleenor, at 9 a.m., followed by a symposium, which begins at 9:15 a.m., in the newly-named Fleenor Memorial Theater, and a POW/missing-in-action wreath-laying ceremony at 12:30 p.m. at the Missing Man Monument.

The symposium features presentations by several Freedom Flyers, who are former pilots that were shot down during the Vietnam War, held captive as POWs

and returned to the United States for repatriation.

"It becomes more challenging every year to gather them to speak, but their attitude is always excellent," Maj. James Miller, 560th FTS 40th Freedom Flyer Reunion project officer, said. "Having a reunion continue 40 years later is exceptionally significant."

In March 1973, when American troops were pulled from the Vietnam War, the 560th FTS was selected to retrain repatriated U.S. POWs for flying service by giving them their "freedom flight" to honor their return.

Randolph has since had a special relationship with the Freedom Flyers, housing pictures of 195 pilots after their freedom flight and a POW/MIA museum at Hangar 12, where members of the 560th FTS work.

See REUNION P4

Photo by Don Lindsey

A wreath-laying ceremony at the Missing Man Monument is an integral part of the Freedom Flyer Reunion hosted by the 560th Flying Training Squadron at Joint Base San Antonio-Randolph. For a list of this year's events and speakers, see page 4.



NEWS

SEXUAL ASSAULT AWARENESS MONTH

JBSA leaders sign proclamation

By Staff Sgt. Corey Baltos
Army North Public Affairs

"I am your sister. I am your mother. I am your friend and I am your shipmate. I am a survivor of sexual assault."

With these words Navy Petty Officer 2nd Class Alissa Ropicky told the story of the day in 2005 when she was raped by a fellow Sailor.

Ropicky told her story April 3 to military personnel from Warrior and Family Services at Joint Base San Antonio-Fort Sam Houston, where they gathered to witness the signing of the commanders' proclamation on Sexual Assault Awareness Month, which is in April.

SAAM is an annual campaign to educate members of the military community how to prevent sexual violence as well as letting service members, civilians and families know the difference between sexual assault and consensual sexual contact.

This year's SAAM theme is "We own it ... we'll solve it ... together."

"While Sexual Assault Awareness Month is a great start to awareness, every month is Sexual Assault Awareness Month," said Sgt. 1st Class Adam Mayo, equal opportunity advisor, U.S.



Photo by Staff Sgt. Corey Baltos



Photo by Mike O'Rear

Maj. Gen. Adolph McQueen Jr. (left), deputy commanding general for support, U.S. Army North (Fifth Army), and Brig. Gen. Theresa Carter, commander, Joint Base San Antonio and 502nd Air Base Wing, sign the commanders' proclamation on Sexual Assault Awareness Month April 3 during the installation's Sexual Assault Awareness Month observance at Warrior and Family Services.

Army North (Fifth Army).

"As parents, friends, leaders, and role models, we have an obligation to take care of each other," Mayo said. "Preventing sexual harassment and assault is everyone's business."

Commanders from the Army, Air Force, Navy and Marine Corps then signed the commanders' proclamation on Sexual Assault Awareness.

The proclamation stressed the importance of supporting victims as they heal, holding offenders accountable, and implementing successful sexual assault prevention strategies by instilling a military culture that stands against any and all acts of sexual violence, emphasizing a community built on respect, collaboration and unity.

"Those of us who wear the nation's

uniform need to treat each other with respect so we can focus on our mission, instead of fearing for our safety," Brig. Gen. Theresa Carter, Joint Base San Antonio and 502nd Air Base Wing commander, said.

According to the Department of Defense's fiscal year 2011 annual report on sexual assault in the military, more than

See SAAM P7

Today's Freedom Flyer Reunion Events

The 40th annual Freedom Flyer Reunion is today at the base theater. Washington Circle will be closed to traffic 9 a.m.-2 p.m.

The following events are open to the base populace:

- 9 a.m.: Theater dedication ceremony
- 9:15 a.m.-noon: Prisoner of War Symposium at base theater
- 12:30-1:15 p.m.: POW/MIA wreath laying ceremony at the Missing Man Monument

Today's Freedom Flyer Reunion Symposium speakers

- 9:30 a.m.: Retired Col. Smitty Harris – "Early Days - The Tap Code"
- 9:45 a.m.: Retired Col. Al Brunstrom – "The Hanoi March"
- 10 a.m.: Retired Lt. Col. Laurie Lengyel – "The Great Escape"
- 10:15 a.m.: Retired Col. Lee Ellis – "Prison Leadership Challenges"
- 11 a.m.: Retired Col. Ed Hubbard – "The Cuban Program" (video)
- 11:15 a.m.: Retired Lt. Col. John Yuill – "Linebacker II"
- 11:30 a.m.: Mrs. Louise Harris – "Wives in Waiting"
- 11:45 a.m.: Retired Col. Don Ellis – "The Other Side of the Table"



REUNION from P3

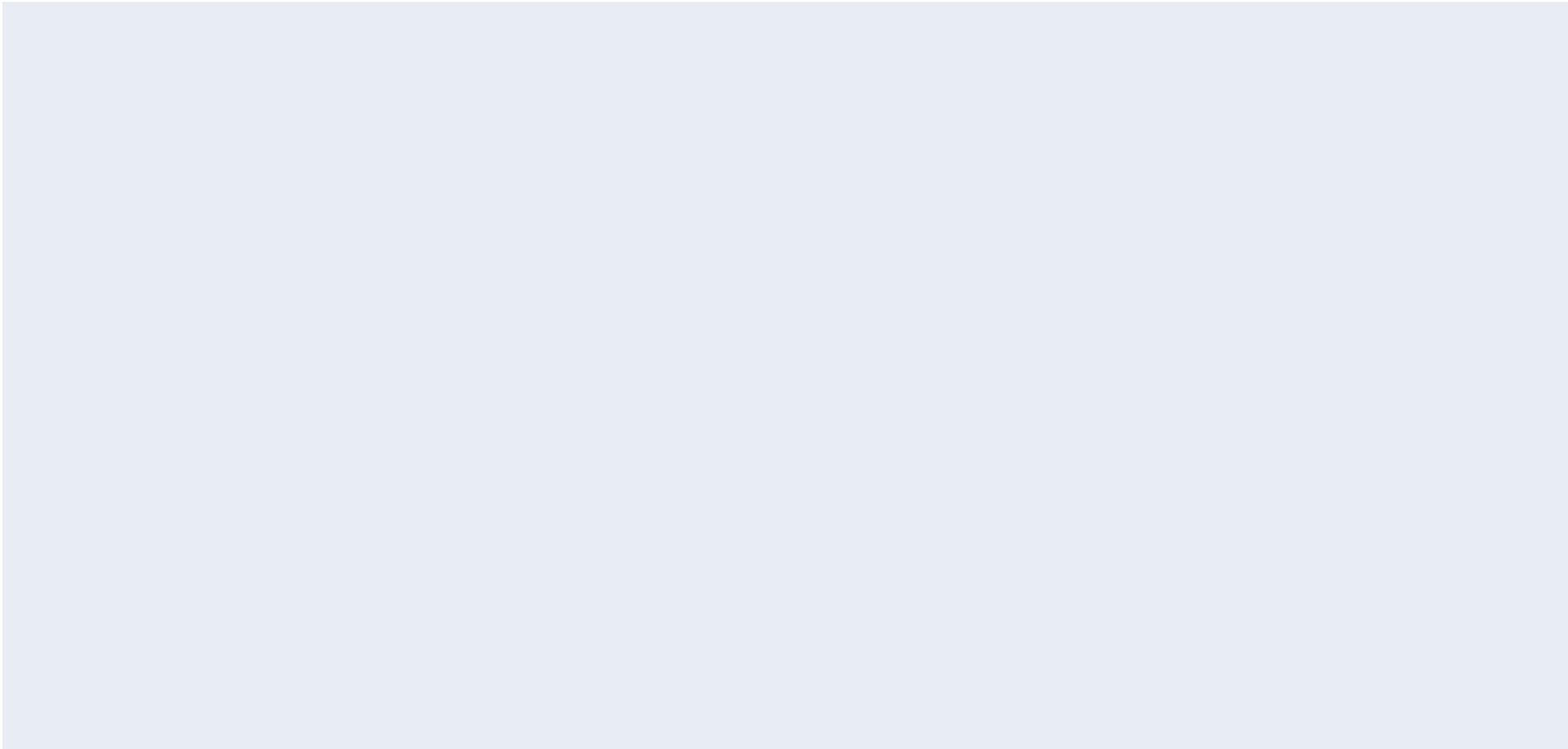
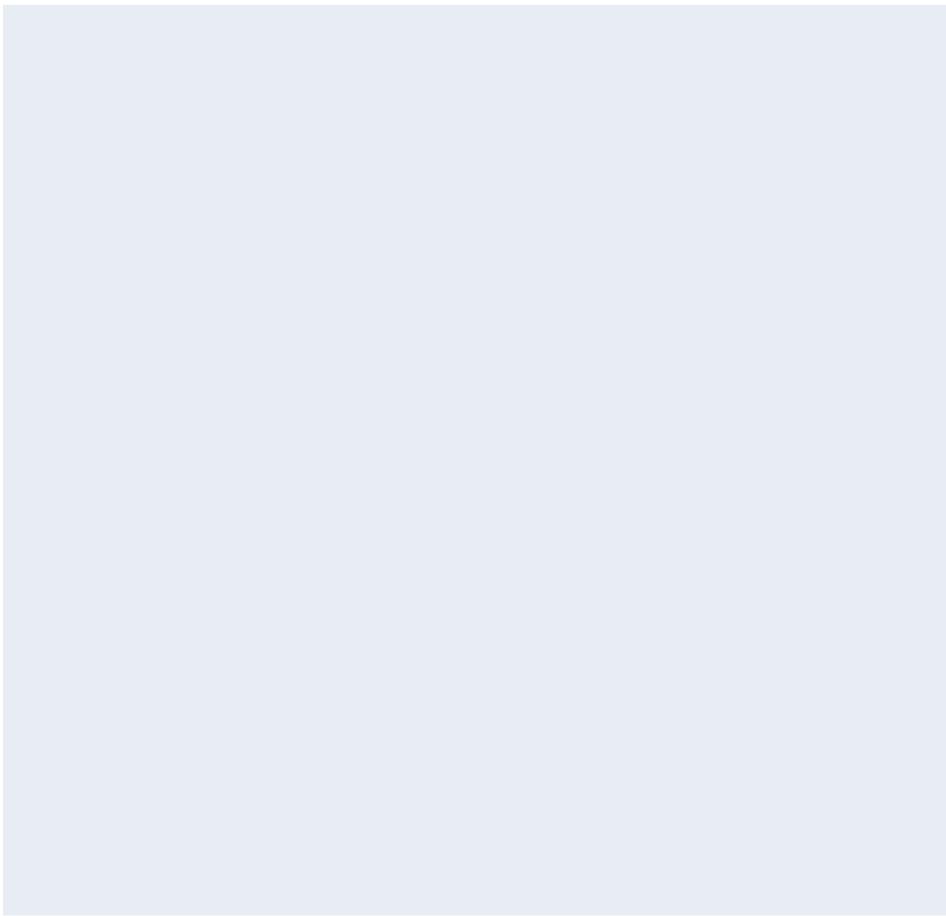
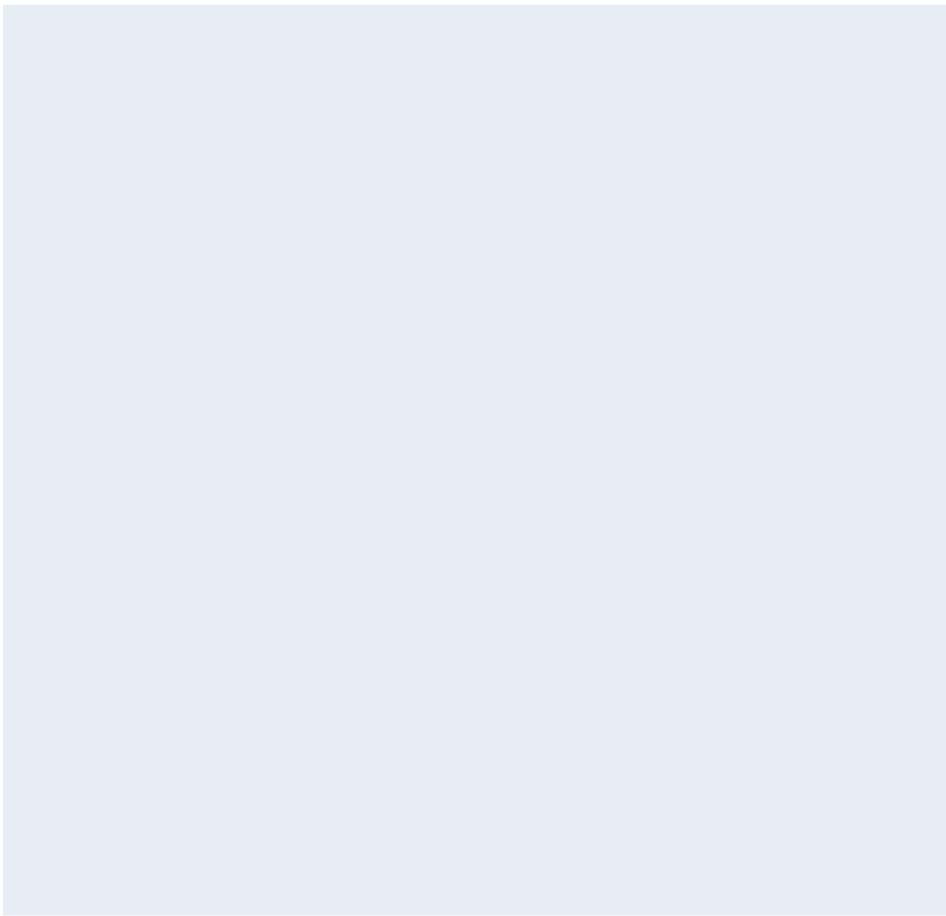
"I have learned that heroism is a matter of the heart," Lt. Col. Russell Driggers, 560th FTS commander, said. "Size, strength, stamina and smarts are certainly desirable traits, but it was selfless dedication to others and a rock-solid faith in their fellow Americans that enabled them to return with honor."

Driggers held that it doesn't take being a hero in war to be a hero in life.

"A hero is someone who does the right thing in the face of enormous pressure otherwise," he said. "We can look to these men and see that someone can literally be stripped of everything and subjected to extreme physical and emotional pressures and still return home with honor."

"We should walk away with knowledge that, in a smaller way, we too can return with honor from our own trials and tribulations."

To access the schedule of events and a complete list of speakers, visit <http://1.usa.gov/Yff1Li>.



JBSA-Randolph Exchange pharmacy sponsors drug take-back day

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Department of Defense cardholders who have unused or expired medications will have an opportunity to get rid of them safely this month.

Scheduled 10 a.m.-2 p.m. April 27 at the Joint Base San Antonio-Randolph Exchange satellite pharmacy, the semiannual Drug Enforcement Agency National Prescription Take-Back Day is a joint effort of the DEA, Randolph Clinic Pharmacy and 902nd Security Forces Squadron.

"Drug take-back day is for any medications people have, whether they're prescription or over the counter," Capt. David Lang, 359th Medical Support Squadron

Clinic Pharmacy officer in charge, said. "However, no syringes or other injectable devices will be accepted."

Randolph's drug take-back day has been successful in the past, with the top ranking in Air Education and Training Command and a third-place finish in the DOD at the Sept. 29, 2012, event and a second-place ranking in the Air Force in April 2012.

"Our patient population seems to understand the importance of the event," Lang said.

Nationwide, the Sept. 29 drug take-back initiative resulted in the collection of 488,395 pounds, or 244 tons, of medications at more than 5,200 locations, the DEA reported. Since the take-back events were established in 2010, more than 2

million pounds of medications have been removed from circulation.

Participants in the upcoming drug take-back day should remove labels from their medication containers so that no personally identifiable information is visible, Lang said.

Pharmacists and pharmacy technicians will receive medications during the event and remove solid contents from their containers, he said. They will return empty containers to participants and dispose of containers with liquids.

Security will be provided by 902nd SFS members, and medications will be transported to an approved facility for incineration, the industry standard for safe disposal of unwanted medicines.



Unsafe disposal of unused or expired prescriptions or over-the-counter medications by pouring them down the sink or flushing them in the toilet can cause environmental harm, Lang said. Medications thrown in the trash can be retrieved and abused or illegally sold.

In addition, medications kept at home can fall into the wrong hands, according to the DEA. The majority of teenagers who abuse prescription drugs get them from family and friends or from the home medicine cabinet; children and pets may also have access to medications, leading to accidental poisoning.

For more information on prescription drug abuse, visit <http://www.dea.org>.



SAAM from P4

half of military sexual assaults are from fellow service members.

“We must support victims of sexual assault,” said Maj. Gen. Adolph McQueen Jr., deputy commanding general for support, Army North. “Those who commit sexual assault wound our teammates. Predators must be held accountable and prevention is everyone’s duty.”

Navy Capt. Gail Hathaway, commander, Navy Medicine, Education and Training Command, who gave the keynote speech, said sexual assault violates the military’s core values.

“As commanders, as leaders, as fellow Soldiers, Sailors, Airmen, Marines and Coastguardsmen, it is essential that we all live the core values of our profession of arms and treat each other with dignity and respect,” she said.

“Our victims and our fellow service members are depending on us. One of the key reasons we observe Sexual Assault Awareness Month is to show our support for victims of sexual assault,” Hathaway said.

In Ropicky’s case, the support received from her command was vital to her after the assault because it was a key factor to her surviving the attack and staying in the Navy.

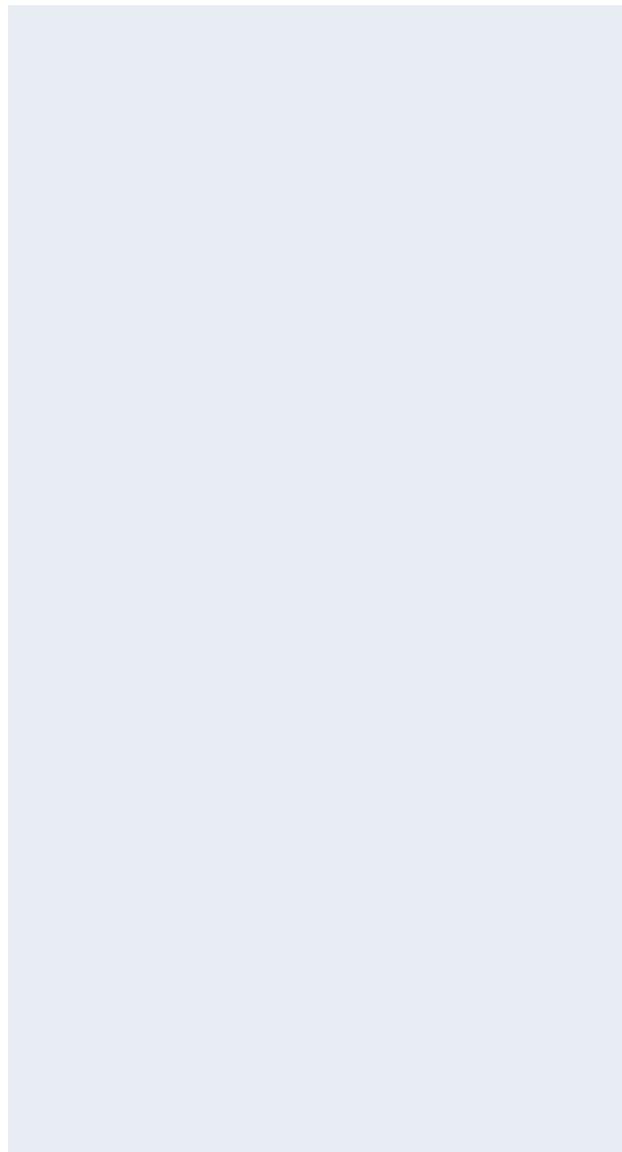
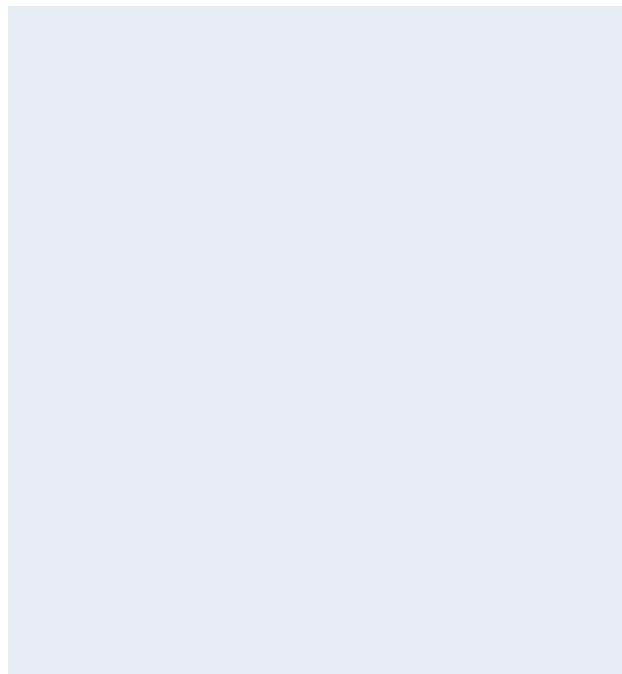
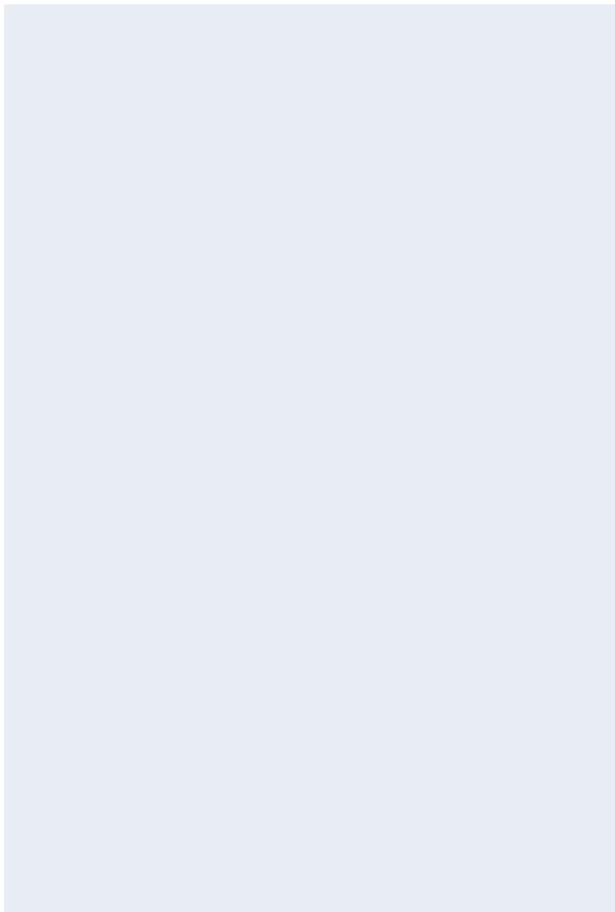
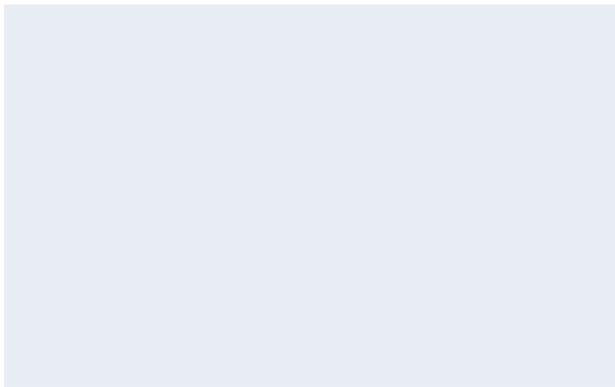
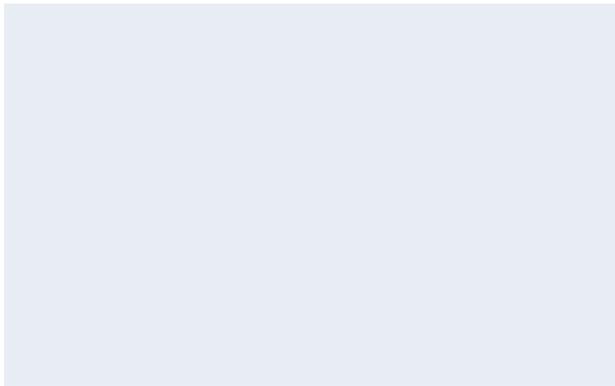
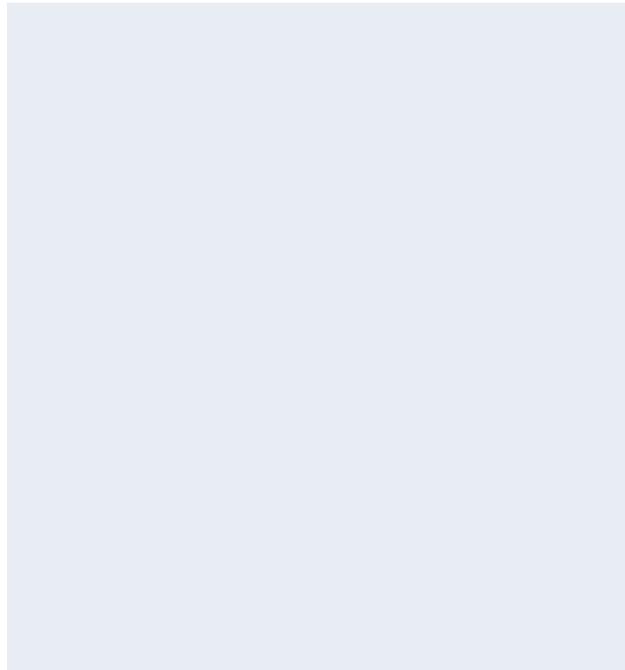
“The way your chain of command and first responders respond to a victim of sexual assault goes a long way in determining their success in overcoming their attack,” Ropicky said.

“My chain of command supported me throughout those horrible months as I went from legal appointments to doctor’s appointments to therapy, and finally to the trial where I saw my rapist found guilty of raping me and another Sailor,” she added.

“This could have broken me but, with support, it has made me a stronger sister, mother, friend and Sailor.”

To learn more about the resources available for victims of sexual assault, call; 877-995-5247 or visit <http://www.SafeHelpline.org>.

To advertise in the Wingspread,
call 210.534.8848.



Customs & courtesies, attention to detail carry over beyond basic training

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

Sitting at his tidy desk, which he called “messy,” Senior Master Sgt. Chip Coleman, 902nd Contracting Squadron superintendent, is surrounded by various plaques and awards on every wall in his office, gathered throughout a busy Air Force career. To Coleman, none bring back more memories than those he collected as a basic military training instructor.

After being a training instructor for a decade, which ended in 2010, Coleman said life after being a TI still takes getting used to.

Equipped with the “TI look” of a high-and-tight haircut and an intense stare, it’s the intangibles fine-tuned from molding countless trainees that are truly imbedded in Coleman’s character.

“I had high standards for myself and others when I was an instructor at technical school, before I was a TI,” he said, “but after the experience, I became a perfectionist.”

One example is folding clothes at home the same way he taught trainees in BMT, over and over again.

“Even my wife folds clothes the way I do,” Coleman said.

Another example is having the “TI eyes,” which means impeccable attention to detail, at work and in everyday life.

“My car’s details have to look a certain way, my closet has to look a certain way, my desk has to look a certain way,” Coleman said. “Fingerprints or dust on my cellphone screen, or on anything, bug me, so I wipe them constantly.”

At first, Coleman also brought home sharp discipline, but quickly learned this attribute needed to be separated from his personal life.

“I used to be the disciplinarian (with my son),” he said. “I passed that baton to my wife. I dealt with disciplinary issues at work all day and that needed to stay at work. That made me a stronger husband and father.”

The most prominent trait built into Coleman’s current professional and personal life is respecting customs and courtesies, which “isn’t a ‘TI’ thing to begin with,” he said.

“I’m keen on military customs, from getting up when senior-ranking members walk into a room to using ‘sir’ and ‘ma’am’ for every exchange,” he said. “This is something the Air Force and military expects from all of its members.”

To this day, Coleman politely, but directly, corrects Airmen if he spots something incorrect with their uniforms – much nicer than when he addressed trainees – and said this habit “won’t go away.”

Though, only one person can contain it.

“My wife won’t let me go to the Riverwalk on Saturdays anymore because I will correct Airmen in uniform,” he said.

A former TI stationed at JBSA-Fort Sam Houston, who was mentored by Coleman agreed that honoring customs and courtesies typically doesn’t go away with former instructors.

“I’m a third-generation Airman and I’m from South Texas, so the ‘yes, sirs’ and ‘no, ma’ams’ have

always been there for me, but being a TI made me value why I do it,” Master Sgt. Rob Wick, San Antonio Military Medical Center NCO in charge of orthopedic services and Surgical Subspecialty Flight chief, said.

Wick, who was a TI from 2000 to 2005, said transitioning into the operational Air Force took time.

“I essentially played the role of TI and what it embodied, like an actor, and when I jumped ship into the world I’m in now, it was difficult,” he said. “My habits and mannerisms needed adjustment, but my attention to detail and knowledge of being an NCO greatly improved.”

Customs and courtesies or attention to detail is deeply ingrained in former TIs, but other changes can happen in the post-TI experience, Wick said.

Wick’s changes led to positive results.

“I do a lot more listening and problem solving now than I did 10 years ago,” he said. “I don’t yell anymore because I don’t have to.”

In Wick’s work environment, which is centered on patient care, basic military training habits like standing at attention are much less needed because “being too ‘military’ is intimidating for patients,” he said.

“I deal with stress much better now than I did before,” he added. “People remark on how calm I am. Handling things like stress is just easier now after being a TI.”

In many ways, post-TI life requires a little bit of give and take, Wick said.

He said he eats meals so quickly he “can’t remember what the food tastes like” and still takes speedy showers, but enjoys more time as a father, Wick said.

“Rob Wick and the TI were two different people,” he said. “I made it a point to drive and not step foot into the door of my house until I was right to walk in.

“I keep work life as far apart from my home life as possible, which makes my relationships stronger.”

The values from teaching Airmen to be fit to fight allow many former TIs to become “great mentors,” Coleman, who is also a first sergeant, said. “Many of them have successful military careers while continuing to mentor and mold future leaders in the military.”



Graphic by Joe Beach

Joint Base San Antonio-Randolph News Briefs

JBSA-Randolph Clinic closed for Wingman Day

The 359th Medical Group, to include the Randolph Clinic and BX pharmacy, will close at noon Thursday to train and focus on resilience for Airmen.

Annual SAPR training

As a part of Wingman Day, the Randolph Sexual Assault Prevention and Response office will offer 2013 Annual SAPR Training at 2 p.m. today at the base theater. This training is mandatory for all military and civilians that supervise military.

This training will also be offered the first and third

Wednesday of each month from 9-10 a.m. Wednesday through Sept. 18. in Classroom 126 in Hangar 71, 5th Street West at the Deployment Readiness Center. Contact Allen Blair at 652-4386 or allen.blair.2@us.af.mil.

Schedule Air Force Reserve separation briefing

If you are interested in Palace Chase, Palace Front or are due to separate from active-duty within the next six months, please contact Tech. Sgt. Christopher Moss at 652-7532 or christopher.moss.4@us.af.mil to schedule a Palace Chase briefing or an Air Force Reserve separation briefing.

Band of the West presents Fiesta in Blue

The Air Force Band of the West presents their free, annual “Fiesta in Blue” concert 7 p.m. April 24 at the Joint Base San Antonio-Lackland Bob Hope Theater. Tickets are available at the Lackland and Randolph ITT offices and the Fort Sam Houston MWR office. Gate access is required for the performance.

For more information, visit <http://www.bandofthewest.af.mil> or <http://www.facebook.com/bandofthewest>.

Brief submissions

To submit a brief, email randolphpublicaffairs@us.af.mil.



Volunteers' contributions vital to success of Randolph's missions

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Volunteers play a pivotal role at Joint Base San Antonio-Randolph, providing the equivalent of about \$3 million in services annually.

Volunteers can be found at the Airman and Family Readiness Center, the 359th Medical Group, the Randolph Chapel, Air Education and Training Command, flying training squadrons and many other locations, performing duties that are vital to the success of those missions.

The process begins at the A&FRC, where prospective volunteers are interviewed, Criselda Smith, 902nd Force Support Squadron community readiness consultant, said.

"We find out their interests and try to match them to organizations on base," she said. "Once they become volunteers, it's a good opportunity to present their skills and meet people in the community."

Volunteers at the A&FRC perform a variety of duties that keep the center's programs running smoothly, Smith said.

"We're really lucky we have people who take the time to take care of our Airmen and families," she said. "They make Randolph work on a day-to-day basis."

Examples of their duties are assisting with the relocation loan locker, creating packets for programs and classes, and helping with programs such as Operation Families Learning About Global Support, Hearts Apart, Heart Link and Key Spouse.

A large contingent of volunteers will be required for the A&FRC's upcoming Operations FLAGS, which will educate children at Randolph Elementary School about the deployment process, Smith said.

Organizations that also rely heavily on volunteers include the Randolph Chapel and the 359th MDG. Chapel volunteers serve as receptionists, religious education teachers, lectors and many other roles. Volunteers at the medical group work in the pharmacies and other areas of the clinic.

"The chapel had the most volunteer hours in 2012, with about 19,000 hours," Smith said.

Ana Bransford, Randolph Chapel volunteer coordinator, said the chapel requires volunteers to meet the majority of its needs.

"If we didn't have volunteers, the chapel wouldn't run," she said. "It's based on the work of volunteers. Ninety-five percent of the people who work here are volunteers."

Another important function of volunteers is to provide services during emergencies such as natural disasters, Smith said.

"We prepare them for emergency family assistance center operations," she said. "That's what the Airman and Family Readiness Center turns into during times of emergency. We can't do it without volunteers."

Volunteers are a diverse group, from teenagers and military spouses to retirees, Smith said. They're also always in demand because turnover is frequent; many are able to transfer their skills into full-time jobs.

This month, Randolph will honor its volunteers during the annual Volunteer Excellence Award ceremony set for 2 p.m. April 23 at the Kendrick Club. Col. Christine Erlewine, 902nd Mission Support Group commander, will present the awards.

"We'll honor the top four Randolph volunteers, and one of them will be named Volunteer of the Year," Smith said.

In addition, each organization will receive a certificate of appreciation.

"We have a lot of programs that support our families, and we need volunteers to work behind the scenes," Smith said.



Photo by Joshua Rodriguez

Retired U.S. Air Force Chief Master Sgt. George Miller from Schertz, Texas, prepares the main chapel for daily mass at Joint Base San Antonio-Randolph April 5. Miller volunteers at the base chapel in his spare time.

Hearts Apart program brings comfort to families of deployed Airmen

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs



The Air Force's Wingman concept originally applied to aircrew members' commitment to each other, but this time-honored tradition now permeates the service.

One example of the Wingman concept in action can be found in a program offered by Airman and Family Readiness Centers that supports spouses and children experiencing separation due to deployment, remote assignment or extended TDY.

Called Hearts Apart, the program provides these families with social activities that allow them to come together, build friendships and ease the strain of separation from their loved ones.

"Hearts Apart gives families the opportunity to meet other spouses and find different avenues to cope with deployments while their loved ones are gone," Master Sgt. Joe Ugarte, 902nd Force Support Squadron Airman and Family Readiness NCO in charge, said. "Spouses are able to join support groups like the Yellow Ribbon Spouses. They can also get information about activities on Joint Base San Antonio-Randolph and in the local community."

Since Ugarte became the Randolph Airman and Family Readiness NCO in charge last August, Hearts Apart events have become a monthly happening for families of deployed members.

Events have included a pool party; a fashion show and dinner; a spa night that allowed spouses to get free massages, facials and makeovers; a presentation by a Fiesta San Antonio Commission official; and a pumpkin-carving activity.

The next Hearts Apart event, scheduled for 1-3 p.m. April 20 at the Randolph Airman and Family Readiness Center, will have special significance for families because it will feature a book reading and presentation by a spouse who knows first-hand about the stresses of deployment, Ugarte said.

Kristin Ayyar, whose husband, Brig. Gen. Balan Ayyar, formerly served as Air Force Recruiting Service commander, will read from her book "Countdown 'Til Daddy Comes Home," which helps children deal with separation from parents who are temporarily away from home. She will also provide tools to help spouses and children cope with their loved one's deployment and present each family with an autographed copy of the book, he said.

Volunteers play a key role in Hearts Apart events, including Randolph's Yellow Ribbon Spouses, who offer

social events in support of active-duty members' spouses, and Airmen who want to lend a hand, Ugarte said. Randolph's Chaplain Office also supports the program, sponsoring several events per year.

Some of the Hearts Apart events are geared to spouses and some to children, but even those that are focused on spouses have activities that children enjoy thanks to volunteers and the Randolph Youth Center's Give Parents a Break program, he noted.

Ugarte said the program has received positive marks from spouses.

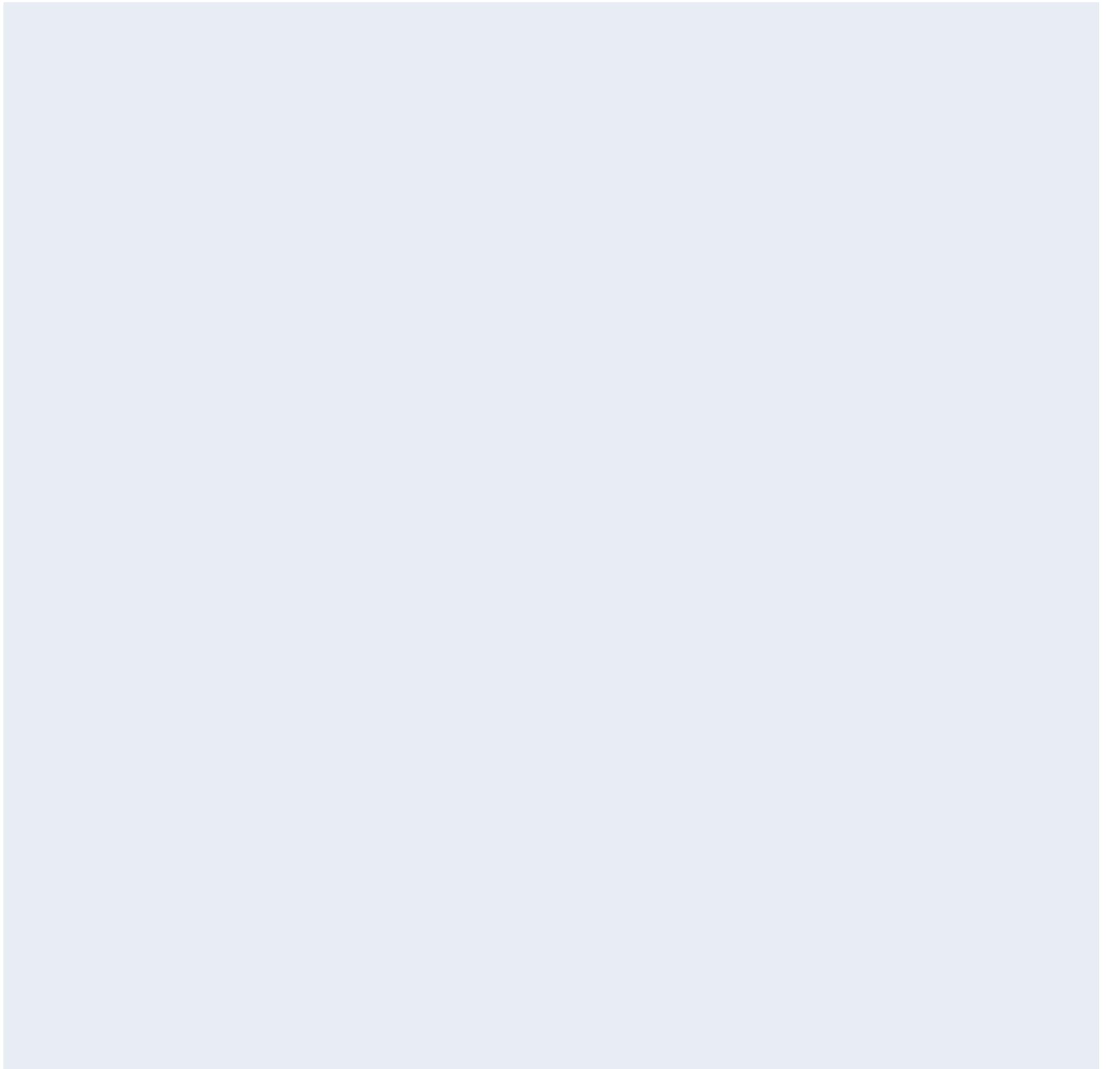
"Spouses really enjoy the events," he said. "It's like a networking opportunity for them to meet others in the same situation."

One of those spouses, Colleen Brust, called Hearts Apart and the Yellow Ribbon Spouses "a great support system" that can result in lifelong friendships.

"It's a great opportunity to meet other spouses who are dealing with the same deployment issues," she said. "I've met so many new people."

Spouses' participation in Hearts Apart and the Yellow Ribbon Spouses doesn't always end with deployment's conclusion, Brust said.

"Spouses still come back to support the group," she said. "It's your network."



Reductions won't affect most TRICARE Prime beneficiaries

From Military Health System

Despite upcoming service area reductions, TRICARE Prime will remain a health care option for 97 percent of the more than 5 million beneficiaries eligible for the health care plan, Military Health System officials said April 5.

The 3 percent difference, which comprises about 171,000 beneficiaries who mostly reside more than 40 miles from a military clinic or hospital, automatically will revert to the TRICARE Standard health care option Oct. 1, officials said.

Those beneficiaries recently received a letter explaining their options, and they will receive a reminder letter in June or July.

"The first thing TRICARE beneficiaries should know about the reduction in the number of Prime service areas is that it doesn't mean they're losing their TRICARE benefit," Dr. Jonathan Woodson, assistant secretary of defense for health affairs, said.

"Next, it's important to remember this change does not affect most of the more than 5 million people using TRICARE Prime, and [it affects] none of our active duty members and their families."

As a follow-up to the initial notification, he noted, a second letter will be mailed in early summer to make sure all affected beneficiaries have the time and information to make important decisions about their future health care options.

The TRICARE website has the most current details at <http://www.tricare.mil/PSA> and gives beneficiaries the option to sign up for email updates. A ZIP code tool is available on the site to help beneficiaries determine if they live in an affected Prime service area.

As always, officials said, TRICARE beneficiaries still are covered by TRICARE Standard. For those living within 100 miles of a remaining Prime service area, they added, re-enrolling in Prime may be an option, depending on availability. To do this, beneficiaries must waive their drive-time standards and possibly would need to travel long distances for primary and specialty care.

"I urge all impacted beneficiaries to carefully consider their health care options – they should talk them over with family members and their current health care provider," Woodson said.

"Many beneficiaries may be able to continue with their current provider using the Standard benefit. Being close to your health care team usually offers the best

and safest access to care."

In TRICARE Prime, those enrolled are assigned a primary care provider who manages their health care. Retirees pay an annual enrollment fee and have low out-of-pocket costs under this plan.

TRICARE Standard is an open-choice option with no monthly premiums and no need for referrals, but there are cost shares and an annual deductible.

Defense Department officials first planned to reduce the number of Prime service areas in 2007, when it requested bids for the third generation of regional health care support contracts.

The areas being eliminated are not close to existing military treatment facilities or sites affected by base realignments and closures. Prolonged protests resulted in a staggered transition, officials said, and the decision was made to keep all Prime service areas in place until all three contracts were in place. The West region completed its transition April 1.

Eliminating select Prime service areas allows TRICARE and the Defense Department to better control costs while continuing to deliver a high-quality health care benefit to all 9.6 million TRICARE beneficiaries, officials said.

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Flexibility drills improve overall body performance

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

(Editor's note: This is the sixth in a series of articles about circuit training workouts published in the Wingspread.)

The Health and Wellness Center at Joint Base San Antonio-Randolph introduced flexibility exercises to maximize the body's overall physical performance, which are often overlooked.

"Flexibility is the fitness world's elephant in the room," Keith Prince, HAWC Health Promotions Flight chief, said. "With flexibility routines, you

don't see large muscle growth and you don't see weight loss or change in body composition.

"However, you get instant results in loosening up muscles that are tight or sore, allowing better muscle development and better strength development. These are hidden benefits."

The recommended flexibility exercises are gluteus foam rolls, iliotibial band foam rolls, quadriceps foam rolls, thoracic mobility foam rolls and tennis ball rolls for the feet, which are all self-myofascial release techniques.

Using foam rollers to stretch out soft

tissues, similar to deep-muscle massages, people can strengthen the fascia throughout their bodies, which are the "web-like sheaths that envelop every muscle, tendon, ligament, nerve, vein and artery," Prince said.

"Healthy fascia allow us to be more flexible and engaged with overall body strength and performance," he added.

People unfamiliar with using a foam roller may experience discomfort, but this is OK.

"Press through the level of discomfort until it becomes more comfortable," Prince said. "Start (rolling) slow

and smooth and then pick up the pace once your body adjusts."

Prince suggested spending 10-20 seconds on each exercise.

The flexibility exercises are a form of stretching and can be performed multiple times a day, especially before and after a workout, Prince said.

High-risk areas like the hips, hamstrings and back are targeted in the listed routines.

Foam rollers are available at the HAWC and Rambler Fitness Center, building 999.

For more information, call the HAWC at 652-2300.



Glutes Foam Roll



Sit on a foam roller with it positioned on the right glute. Cross the right leg over the front of the left thigh and put hands on the floor for support. Roll the body forward and backward in small movements from the lower glute to the upper glute. Repeat with the roller under the left glute.

IT-Band Foam Roll



Lie on the body's right side, place the right hip on a foam roller and put hands on the floor for support. Cross the left leg over the right leg and place the left foot flat on the floor. Roll the body forward and backward in small movements until the roller reaches just above the knee. Repeat on other side.

Quads Foam Roll



Lie face down on the floor with a foam roller positioned just above the knees. Slowly roll the body over the roller until it reaches the top of the thighs. Roll back and forth.

Thoracic Foam Roll



Lie face up with a foam roller under the upper back, at the top of the shoulder blades. Cross the arms over the chest or clasp behind the head with elbows back. The knees should be bent, with the feet flat on the floor. Raise the hips so they're slightly elevated off the floor. Roll back and forth over the shoulder blades, middle back and upper back.

Tennis Ball Rolls



Stand without shoes on. Roll a tennis ball from the heel of the foot to the ball of the foot. Move slowly.

Photo subject: Staff Sgt. Jarvis Sheppard
Photos by Melissa Peterson

Registration deadline for summer camp at JBSA-Randolph is today

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

Today is the deadline for parents to register their school-age children for Joint Base San Antonio-Randolph's Youth Programs summer camp June 10-Aug. 23.

Children ages 5-12, with 5-year-olds having completed kindergarten, will be treated to a range of in-house camp activities and goings-on in San Antonio and beyond.

The camp will host clubs for cooking, gardening, Legos robotics and nail salon-related activities to name a few, which teach kids "life skills," Chris Kiser,

Randolph Youth Programs School Age coordinator, said.

"Kids will meet new faces, especially not from the area, which can broaden their general awareness," he said. "We want to teach them how to think outside the box and be ready for the future."

The 200-child camp will take learning outdoors with "fun, but educational field trips," Delia Gonzalez, Randolph Child Youth Programs lead assistant, said.

"They not only get to see the local area, but also locations in Austin, Johnson City and Medina County" to visit a petting zoo, museums and an

apple orchard, she said.

Local destinations that camp attendees will visit include the Witte Museum, Nelson Wolff Stadium for a San Antonio Missions baseball game, Splashtown and the AT&T Center for a San Antonio Silver Stars basketball game.

Camp officials have also scheduled visits from professionals in the art and animal care industries for the camp.

Most importantly, "kids get to be kids" with video game consoles, arts and craft rooms and sporting equipment at the camp's facilities, Kiser said.

Registration packets are available at Youth Programs, building 584, or online

by visiting <http://www.randolphfss.com>, clicking on "Youth Programs" and then clicking on "School Age Summer Camp Forms" at the bottom of the page. Packets must be submitted in person.

The camp's cost is based on total family income, so prices may vary.

Youth Programs staff will work with parents' schedules in case children cannot attend the camp every day, Kiser said.

Randolph's school-age summer camp hours are 6:30 a.m.-5:45 p.m. Monday-Friday.

Call Youth Programs at 652-2088 for more information.

