



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 6 • FEBRUARY 15, 2013



Texas legislators tour JBSA-Camp Bullis

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COMMENTARY

HAPPY LIVING

Finding right work-life balance

By Command Chief Master Sgt. Brian Hornback
Air Force Global Strike Command

BARKSDALE AIR FORCE BASE, La. – As we progress in our Air Force careers we take on more responsibilities, which often times equates to longer hours and increased demands of our time. We begin to face more challenges in our work-life balance that can affect our families and our duty performance.

As a command chief, I always use the importance of balance in one's life as a talking point when addressing our Airmen, but in truth, I have found my own work-life balance to be out of balance. With the professional demands placed on my time as Air Force Global Strike Command's senior enlisted leader – to include numerous temporary duty assignments in support of the command, our Air Force and our joint partners – I found I had very little time left over for my family. That fact was beginning to take a toll on my relationship with my youngest daughter – so much for following my own advice!

As a father of three girls, I always had a challenge in making that connection. Compounding the problem was my ever-increasing rank and responsibility, not to mention numerous deployments. I've missed many birthdays, school events and holidays over the years but I kept pressing forward. The youngest of my three daughters is the only one left at home, and all of a sudden she is now a teenager. My wife has mentioned to me several times that I need to take up a hobby, other than fitness, in order to reduce stress with the hope that it would be something both my daughter and I could do together.

A while back, I bought a Jeep and thought about lifting it to go 4-wheeling with my daughter, which was promptly met with a resounding, "No." I then began to follow my wife around and ask questions like, "So what do you want to do?" Overall, this strategy was not going well, and I finally understood what my wife was asking of me and what I needed to do.

About a year ago, we got our daughter into archery, which I had



Courtesy photo

Air Force Global Strike Command Chief Master Sgt. Brian Hornback and his daughter practice archery together. The father-daughter team began archery as a way to spend more time with each other.

also done as a young man in New Mexico. She took to it almost immediately, started shooting in tournaments and really enjoyed it. It provided me a decision point, so I bit the bullet and purchased a bow for myself knowing that it would require time to get the rust off and get back into shooting form. My daughter and I began this journey together, and it has truly been beneficial for us. Archery is a wonderful sport as it pits you against yourself, requiring focus and practice to be competitive in tournaments.

Since the decision to purchase my bow, I found something wonderful. I discovered a connection with my teenage daughter that I was missing. We spend hours shooting and talking while challenging one-another to get better through friendly competition. My professional travel schedule has not changed and neither have the demands on my time. What has changed is how I choose to manage my off time, and more importantly, the quality of it.

I found during this journey that I have a wonderful daughter who is turning into an incredible young lady, who is filled with dreams of someday shooting competitively at the professional level. I found that my wife and I communicate more effectively and that there is real peace in the Hornback family. What I really discovered was the benefits of balance, and in doing so I noticed that I have more energy and commitment than ever before in both my work and my life.

Now, if you are thinking this is all about the benefits of taking up archery, you're wrong. This is about finding the required balance in your life and making a commitment to it. As I said, nothing has changed as far as the demands placed on my time. What has changed is what I choose to do with the time I have when I am off duty. The most important part of all this is the memories that are being forged with my family, and it was as simple as taking responsibility to make a positive change.

ON THE COVER

Texas Sen. Donna Campbell shakes hands with Air Force Master Sgt. Pearl Alvarezswartz, while in back, Texas Rep. Lyle Larson, shakes hands with Air Force Tech. Sgt. Jeremy Oulette after the HMMWV Egress Assistance Trainer demonstration. Texas Legislative Day was hosted by the 502nd Air Base Wing and held at Joint Base San Antonio-Camp Bullis Feb. 8. See page 4.

Photo by Joel Martinez

WINGSPREAD

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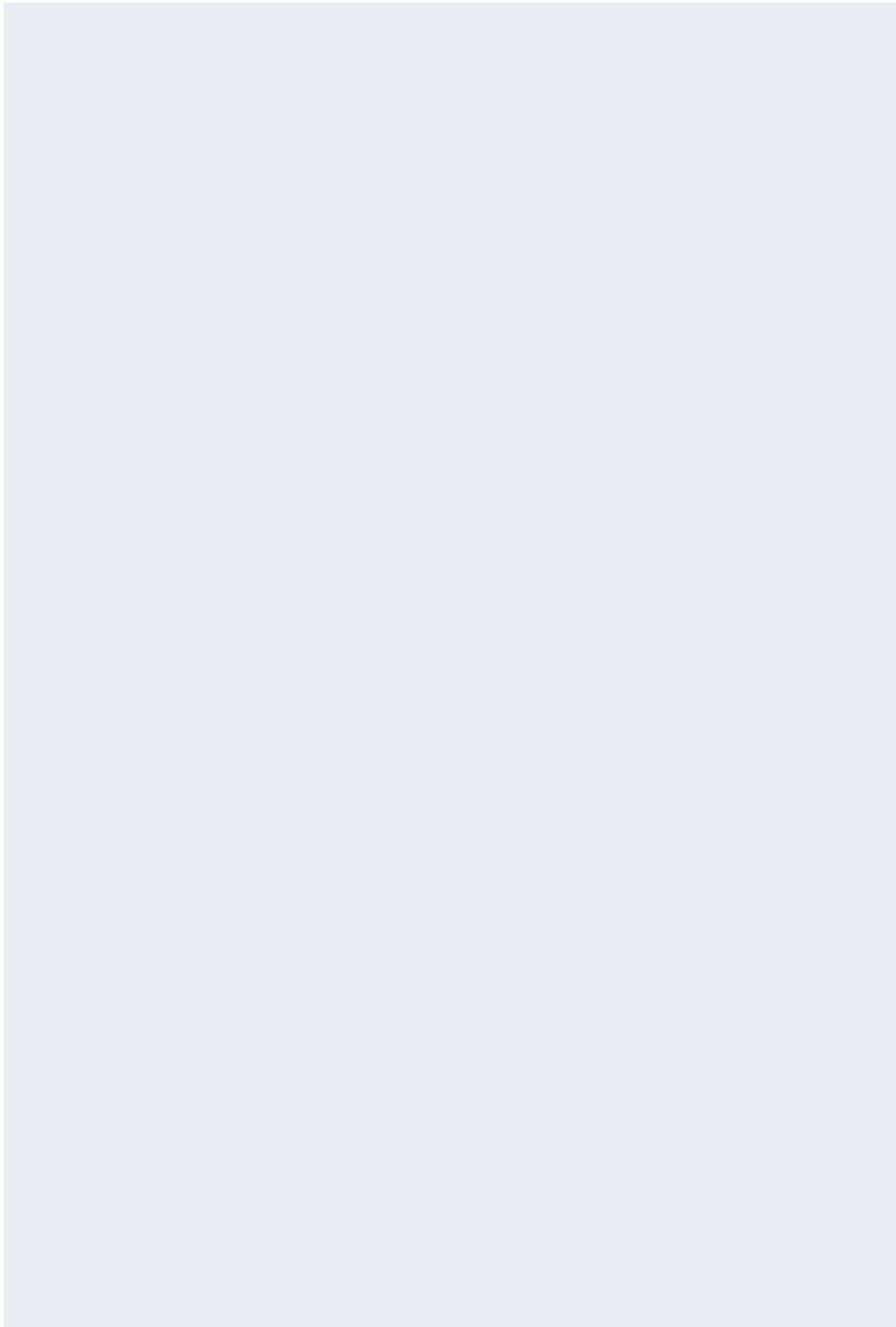
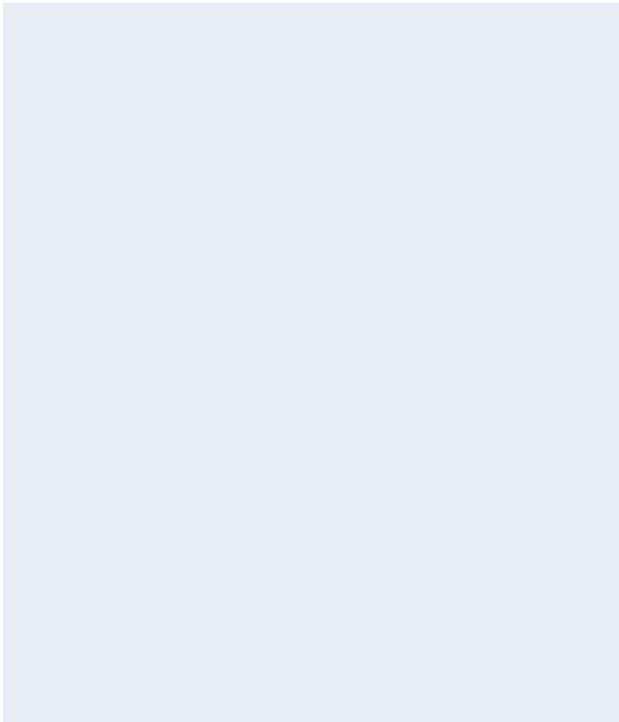
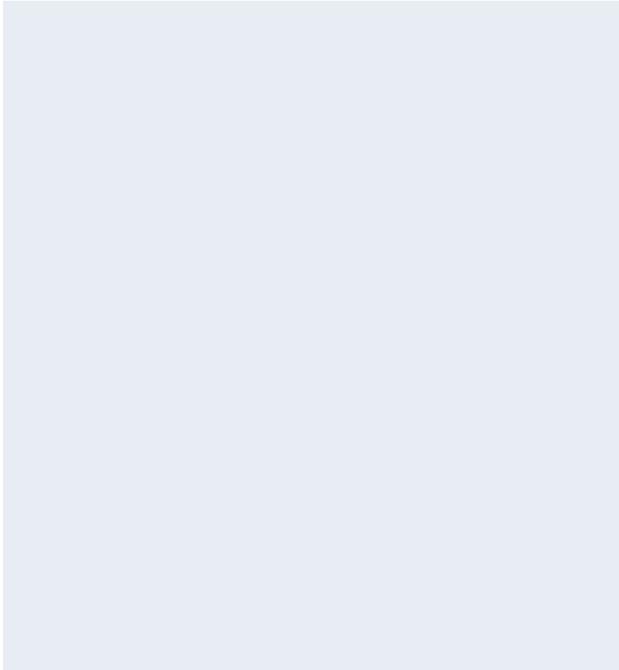
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Editorial content is edited, prepared and provided by the Public Affairs Office of JBSA-Randolph. All photos, unless otherwise indicated, are U.S. Air Force photos.

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



NEWS

Texas legislators tour JBSA-Camp Bullis

By Marilyn C. Holliday
Joint Base San Antonio-Randolph Public Affairs



Senior leaders from the 502nd Air Base Wing hosted the wing's first Texas Legislative Day Feb. 8 at Joint Base San Antonio-Camp Bullis.

The event included a day-long immersion tour that included a JBSA mission briefing, and briefings and demonstrations at Combined Arms Collective Training Facilities, Combat Casualty Care Course, reconfigurable Vehicle Tactical Trainer, HMMWV Egress Assistance Trainer and the Small Arms Ranges.

"This event is an opportunity for us to show the capability that's here at Joint Base San Antonio-Camp Bullis to the Texas legislators," Brig. Gen. Theresa Carter, Joint Base San Antonio and 502nd Air Base Wing commander, said. "This day allows us to feature the tremendous capability that's out here with respect to training, be it medical training, security forces training or the wide variety of training for personnel from all our military services. It is a phenomenal capability and it provides a critical training location for our military medics."

State senators and representatives attending were: Senators Leticia Van De Putte and Donna Campbell and Representatives Lyle Larson, Joe De-shotel, Nicole Collier, Ken King and Philip Cortez.

"I think it's very important that elected officials in city, county and state all come to Camp Bullis and see what exactly they're doing and how they're training America's heroes to go and fight for us and how much of the training actually starts here in Bexar County at Camp Bullis," Rep. Philip Cortez, said. "Ultimately they're protecting our country and we need to make sure that they have the proper training facilities and we're proud to have them here in Bexar County."

Camp Bullis is about 28,000 acres of land and was originally purchased and designated as Camp Bullis Sept. 17, 1917. Numerous units were organized and stationed at Camp Bullis in support of World War I.

"Camp Bullis is part of what makes Joint Base San Antonio a national asset," Army Col. John Lamoureux, 502nd Mission Support Group, said. "The training that we're demonstrating for our guests is the same training that provides realistic scenarios for our services' men and women to prepare them for deployment."



JBSA mobile application

The Joint Base San Antonio mobile application, "JBSA," available for download in the Apple App Store and Google Play Store, is due for an update. People are encouraged to download the application and submit any changes they think should be made regarding phone numbers and addresses, as well as unit information under the "My Job" tab. All correction requests should be sent to randolphpublicaffairs@us.af.mil by Feb. 25.

AETC program builds bridges between U.S., foreign allies



Photo by Joel Martinez

Capt. Don Rolleg, 559th Flying Training Squadron flight commander, instructs Lt. Ahmad Getso, Nigerian Air Force pilot, on aircraft maneuvering Jan. 17 at Joint Base San Antonio-Randolph.

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

One of the best examples of global cooperation can be found at Joint Base San Antonio-Randolph and other Air Force installations, where an Air Education and Training Command Squadron's mission is to "build and strengthen enduring international partnerships by building partner capability."

AETC's Air Force Security Assistance Training Squadron pursues this mission by providing technical, flight and other types of training for students representing the armed forces of more than 140 countries, including Saudi Arabia, Canada, Poland and India.

Dwyer Stringer, AETC International Training and Education Directorate executive officer, said the international students come to the United States at their countries' expense "because they're getting the best training possible."

It's also a mutually beneficial exchange.

"When these students learn at schools in the United States, they learn using our procedures and they work with our instructors," Stringer said. "We can join with them and work together because we've all learned in the same manner."

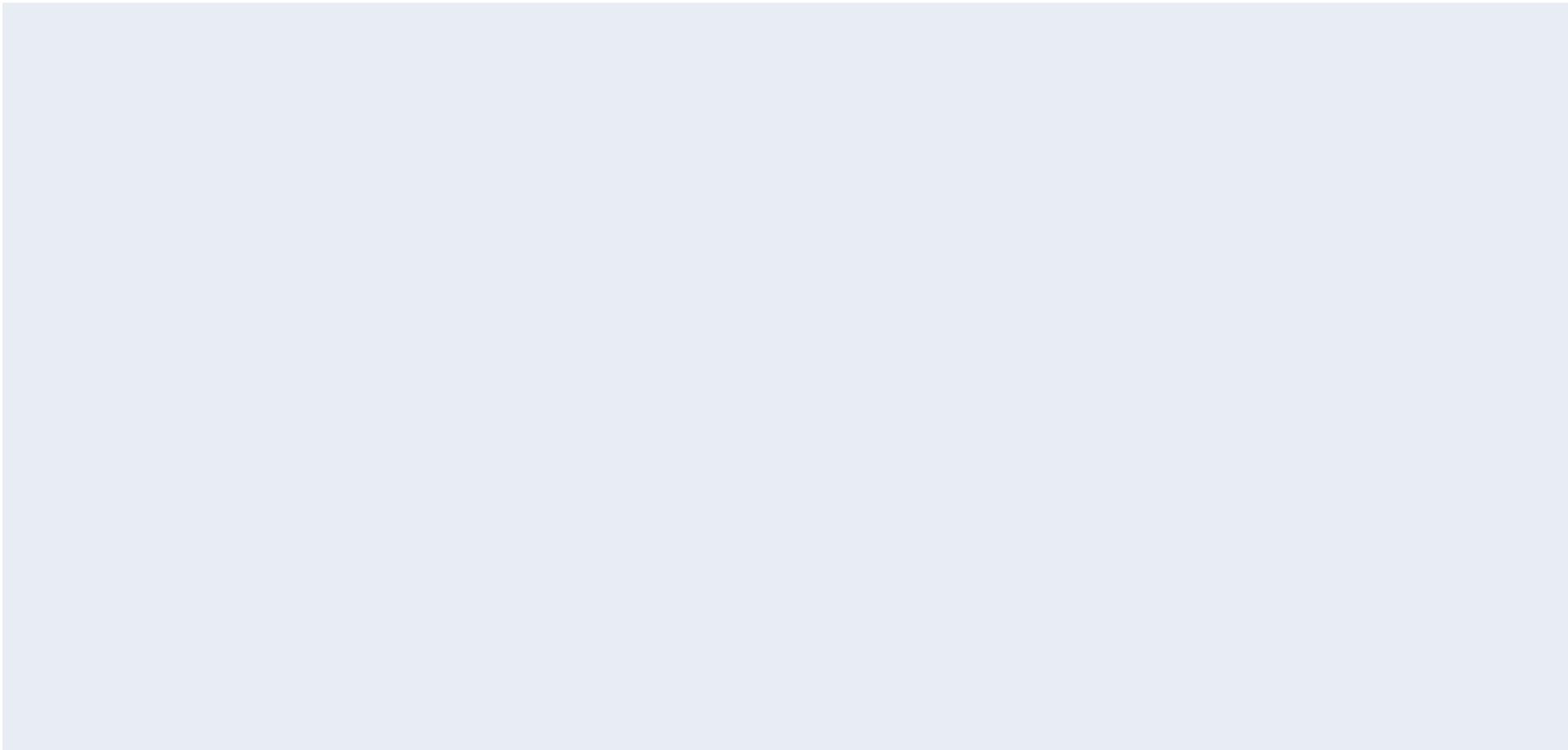
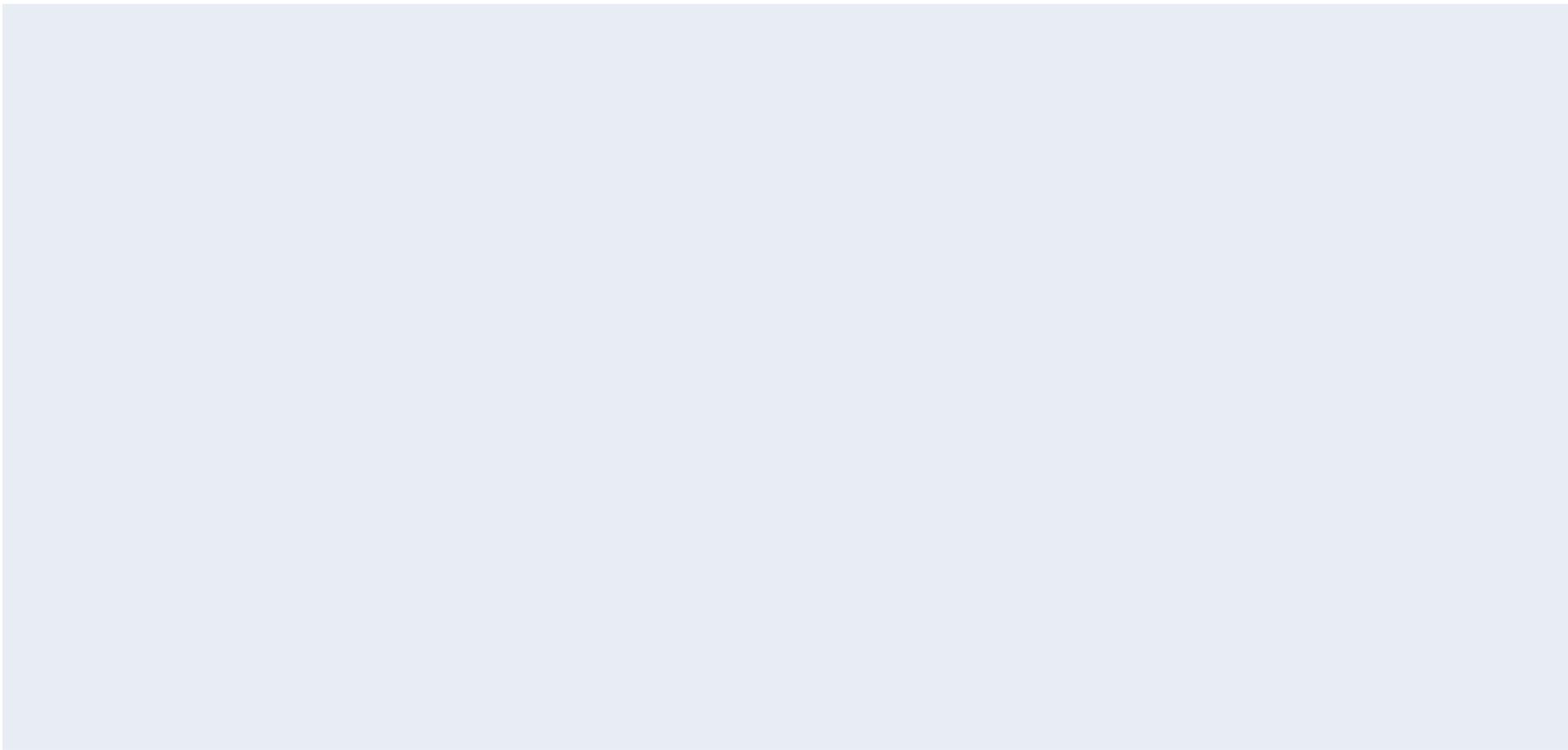
Air Force installations' point of contact for the students is the International Military Student Office, which strives to meet their needs and ensure their stay in the United States is a positive one.

"Our goal is to treat them like a family member," Roy Lozano, Randolph IMSO chief, said.

Examples of the assistance the office provides are helping the students with pay issues and medical care; making sure they receive the proper training; and attending to their spouses' needs, he said.

Although nearly 60 percent of foreign students come to Air Force installations for technical training, students





Library offers free digital magazine service

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs



The library at Joint Base San Antonio-Randolph secured a contract in September with Zinio – a company that offers digital magazines – allowing patrons to access more than 650 magazines online free of charge.

“We’ve had good feedback for the service. People are using it and want to use it,” Laura Bott, 902nd Force Support Squadron senior library technician, said. “We always want to provide as many resources as possible, so if there’s a demand for digital content, we’ll offer it.”

Anyone with a Department of Defense ID card can sign up for a Randolph library card by visiting Bldg. 598, which is needed to use the magazine service.

Once a library card is secured, patrons must visit <http://www.rafblibrary.org>, click on “Account Login” at the top of the page, enter their library card number to the left of the screen, click on the “Featured Services” tab and then

“Zinio” for registration procedures, which can be done outside of the library.

“The magazines can be read online or downloaded to your computer, tablet or smart phone,” Gail Trevino, 902nd FSS programming librarian, said. “Once the magazines are downloaded, you can read articles offline at your leisure.”

Free Zinio applications are available for Android and iOS-operated devices.

Multiple genres, from cooking to sports to fine arts, are included in the free service and can be accessed unlimitedly.

“There aren’t only obscure magazines; there’s a lot of big-name magazines to read as well,” Bott said, including *Cosmopolitan*, *ESPN The Magazine* and *Newsweek*.

While the library still offers print copies of certain publications, their contract with Zinio reflects an increasing demand for technology, Bott said.

“The patrons’ preferences are really divided,” Bott said. “We still have paper copies for those who like to hold what they’re reading, but a lot of people just like the digital content. It’s very convenient.”

For registration assistance and more information, call the Randolph Library at 652-2617.



Joint Base San Antonio-Randolph NEWS BRIEFS

Learn to be financially prepared

The Randolph Airman and Family Readiness Center offers a financial readiness class 2-3:30 p.m. Tuesday. The class prepares today's Airmen for financial challenges through education and training. The class offers attendees ways to enhance their money management skills. For more information, call 652-5321.

Survivor benefit planning

The Randolph Airman and Family Readiness Center familiarizes service members and spouses with the options and advantages of a survivor benefit plan 8-9:30 a.m. or 1-2:30 p.m. Tuesday. To sign up, call 652-3633.

Spouses re-integration skills

The Randolph Airman and Family Readiness Center hosts Open Arms, a workshop for spouses of returning military members 1-2 p.m. Wednesday. The class provides resiliency skills and resources, and offers coping strategies for reuniting couples and families. To register, call 652-5321.

Healthcare Consumer's Advisory Council

The next Healthcare Consumer's Advisory Council will meet at 2 p.m. Feb. 22 in the dental conference room on the second floor of the Randolph Clinic. This meeting is intended to foster collaborative, two-way communication between the health clinic and the greater Randolph community. For more information, contact Master Sgt. Angela Butler at 652-0584.

Sexual assault, harassment hotline

Airmen, separated and still serving, who graduated from basic military training and technical training during the past 10 years, and who have any information about military training instructor sexual misconduct incidents, are urged to call the Air Education and Training Command's anonymous 24/7 sexual assault commercial phone line at 652-0008.

Brief submission

To submit a brief for publication in the Wingspread, email all information to randolphpublicaffairs@us.af.mil.

JBSA-Randolph Chapel Schedule

• CATHOLIC

Monday-Friday

11:30 a.m. - Chapel 1

Saturday

5:30 p.m. - Chapel 1

Sunday

8:30 a.m. - Bldg. 975

11:30 a.m. - Chapel 1

Confession

Saturday

4:30-5 p.m. - Chapel 1



• PROTESTANT

Traditional

Sunday Service

8:15 a.m. - Chapel 1

Contemporary

Sunday Service

11 a.m. - Bldg. 975

STUDENT from P4

who train at Randolph are here for flight training, taking courses such as introduction to fighter fundamentals, pilot instructor training and aerospace physiology alongside American pilots. Some of them first require English language instruction at the Defense Language Institute at JBSA-Lackland.

First Lt. Ahmad Getso, an officer in the Nigerian Air Force, said training at Randolph with different instructors and different platforms affords students an "exceptional experience."

"It is a very high standard in terms of knowledge and professionalism, and you can only find it in a few places in the world," he said.

Lozano said some foreign students come to the U.S. with negative preconceptions

but often leave with an entirely different attitude toward Americans.

"What's rewarding for me is when you hear students talk favorably about their experiences," he said.

Lozano recalled the changes in a foreign officer who came "with an attitude" but was soon overcome with emotion because he and his wife were treated like family members by instructors and classmates.

"Those are things that make it important," he said. "That's our goal - to bring us together."

Getso, who completed the T-6 PIT course at the 559th Flying Training Squadron, called his stay at Randolph "an experience of a lifetime."

"It's an unforgettable memory of the people at Randolph in terms of respect, courtesy and professionalism," he said.

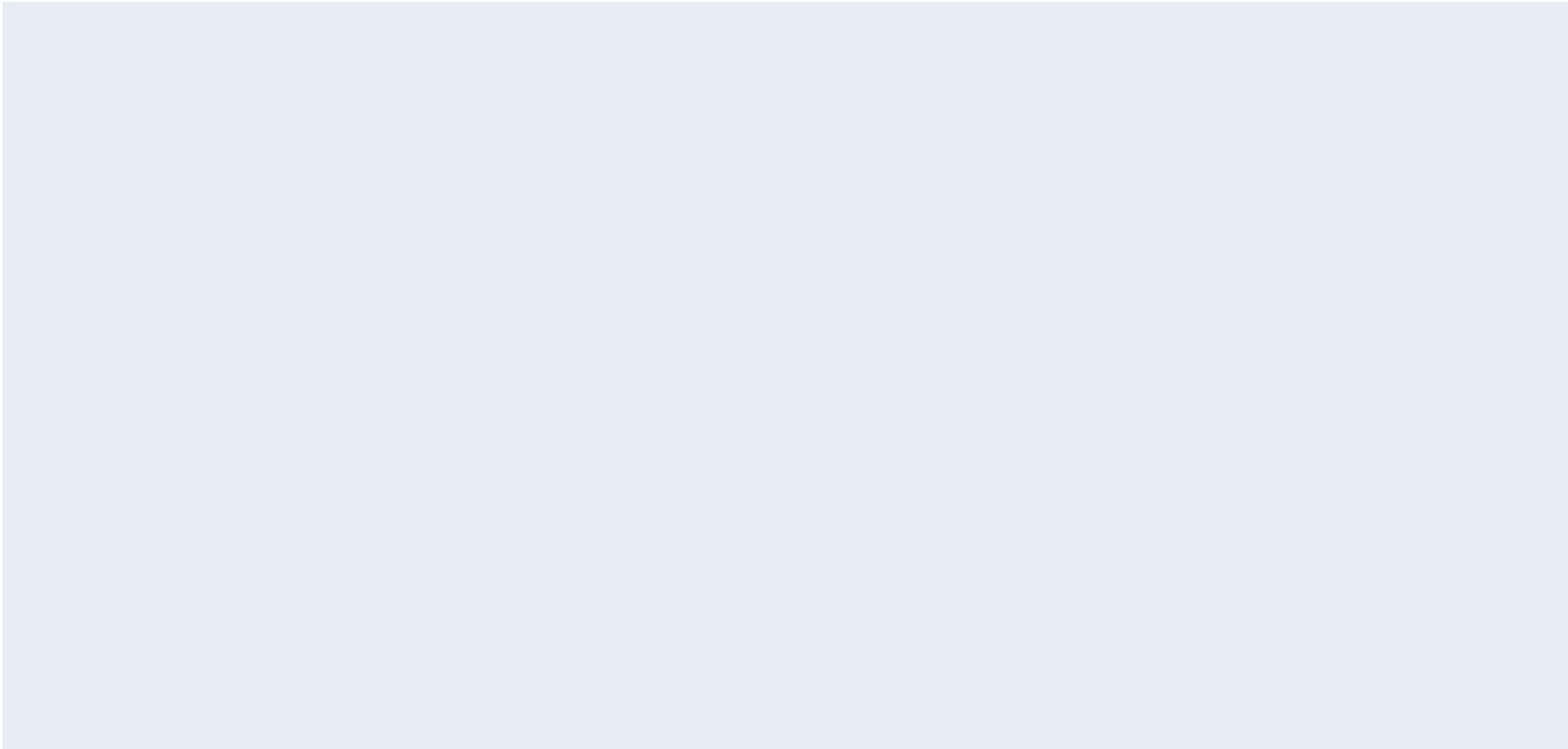
Getso said Lozano was particularly helpful as he made his way from Columbus, Miss., to San Antonio with the approach of Hurricane Isaac last summer.

"With a hurricane coming in, he had to do everything, including in-processing, over the phone," he said. "I will not forget how caring he was about my well-being. He checked on me frequently on my trip from Columbus to San Antonio."

Stringer said the international students' experience here gives them a "better understanding of America."

"They see how we are rather than how we are perceived," he said.

To advertise in the Wingspread, call 210.250.2024.



JBSA financial programs to highlight Military Saves Week

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

A national campaign that encourages military families to save money each month will be showcased Feb. 25-March 1 at Joint Base San Antonio locations.

Military Saves Week, part of the America Saves campaign coordinated by the nonprofit Consumer Federation of America, will feature events at JBSA-Randolph, JBSA-Lackland and JBSA-Fort Sam Houston. The campaign's theme is "Start Small. Think Big."

"Military Saves Week is such a great opportunity to encourage people to save money and show them ways to accomplish that," Felicia McCollum, 902nd Force Support Squadron community readiness consultant, said. "We want people to increase their savings and be aware of the Thrift Savings Plan, retirement investments, and education and counseling resources that are available."

The week's activities at Randolph will begin with information fairs sponsored by the Randolph Airman and Family

Readiness Center, Broadway Bank and Randolph-Brooks Federal Credit Union 11 a.m.-1 p.m. Feb. 25 and 2-4 p.m. Feb. 26 in the pavilion at the Randolph unaccompanied enlisted quarters, Bldg. 394.

"The information fairs are for everybody, but the focus is on younger Airmen," McCollum said. "We want to provide them with information and let them see what we have to offer."

Activities will continue with the program "Saving and Investing for Retirement" 12:30-1:30 p.m. Feb. 27, tentatively scheduled at the Randolph A&FRC. Dean Taylor, San Antonio Better Business Bureau education director, will lead the presentation.

Military Saves Week, which is part of a yearlong campaign, will conclude at Randolph with a credit management workshop 2-3 p.m. March 1 at the Randolph A&FRC. Representatives of Broadway Bank and Randolph-Brooks Federal Credit Union will conduct the workshop, and participants will receive free credit reports.

"Jobs and Money," an event that will offer employment opportunities as well as financial education and resources, is the

highlight of activities at Fort Sam Houston. It is scheduled 4-7 p.m. Feb. 28 at the Fort Sam Houston Warfighter and Family Readiness Center, Bldg. 2797.

"This event will be set up like a job fair," McCollum said. "Employers will be there, so participants should bring their resumes. In addition, there will be financial counselors providing information on saving, investing, credit management and other topics."

Topics that will be addressed at the Fort Sam Houston Warfighter and Family Readiness Center include first-termers' financial readiness training, 9 a.m.-3 p.m. Feb. 26; saving and investing, 9-11 a.m. Feb. 26; budgeting, 2-4 p.m. Feb. 26; and identity theft and social networking, presented by the San Antonio BBB, 2-3 p.m. March 1.

Two programs are planned at the Fort Sam Houston Teen Center – teen financial readiness, 4-5:30 p.m. Feb. 26; and middle school teen financial readiness, 4-5:30 p.m. Feb. 27.

Programs scheduled at the Lackland A&FRC, Bldg. 1249, include a personal readiness briefing, 9 a.m.-3 p.m. Feb. 26; free credit reports, 1-4 p.m. Feb. 26;

credit management, 10:30 a.m.-noon Feb. 27; and Thrift Savings Plan, 1:30-3:30 p.m. Feb. 28.

Other events at the Lackland A&FRC are presentations by Rex Somerville of the Financial Services Group and Dean Taylor of the San Antonio BBB 2-3:30 p.m. Feb. 27.

Also during the week, active-duty members and their dependents, retirees, Department of Defense civilians and contractors will have an opportunity to sign the campaign's Saver Pledge. By signing the document, they pledge to help themselves "by saving money, reducing debt and building wealth over time" and help their family and country "by encouraging other Americans to 'Start Small. Think Big.'" People may also sign the Saver Pledge at <http://www.militarysaves.org>.

The campaign addresses good financial habits people should adopt, McCollum said, including saving a portion of each paycheck, developing a personal financial plan, establishing good credit and enrolling in programs such as the TSP.



JBSA-Randolph tax center staff: Delayed tax season won't stop business

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs



Due to tax law changes made by Congress in late December, the Internal Revenue Service fell eight days behind when processing tax returns, not starting until Jan. 30. Despite the lag, Joint Base San Antonio-Randolph Tax Center staff advises people not to delay scheduling appointments.

The last day to file taxes is April 15, but the flow of business is picking up, so active duty, Reserve, National Guard, retirees and their dependents should make arrangements as soon as possible for free federal and state tax filings at the center, LaMarr Queen, Randolph Tax Center coordinator, said.

The staff – who helped file nearly 1,800 returns in 2012 – is booked for February, so appointments scheduled now may be serviced sometime in March, Chris Irwin, Randolph Tax Center volunteer, said.

The most noteworthy change this tax season is the IRS not accepting certain credit forms from 1040 filers until a later date, Queen said.

The forms, which include education credits (Form 8863), depreciation and amortization (Form 4562), residential energy credits (Form 5695), the energy efficient home credit (Form 8908) and qualified



adoption expenses (Form 8839), will be accepted in late February or into March.

However, Department of Defense members can still schedule appointments at the center even if

credit forms apply; these returns will be held and e-filed upon the IRS confirming a date.

For a complete listing of forms to be accepted in the near future, visit <http://www.irs.gov/uac/Newsroom/List-of-IRS-forms-that-1040-filers-can-begin-filing-in-late-February-or-into-March-2013>.

Queen said a frequently asked question is how people should determine dollar amounts when claiming charitable donations, for which he has an answer – a rule of thumb.

"Keep all of your charitable donation receipts, of course, but never claim retail value," he said. "Credit the items as you would in a yard sale; if you give them 'yard sale value,' you should be safe."

The golden rule when filing taxes is to "always be honest," Queen added.

"When it comes to audits, people tend to get scared when they see the letter," he said. "But really, if you're honest, everything will line up and there's nothing to worry about."

People can schedule appointments for questions and advice at the Randolph Tax Center if they receive an audit letter, even if they didn't file taxes there.

For more information or to make an appointment, visit or call the tax center, Bldg. 202, at 652-1040.



Photo by Joshua Rodriguez

Airman 1st Class Jordan Pickell-Geers, 359th Medical Operations Squadron physical therapy technician, performs a shoulder passive range of motion procedure Feb. 4 at Joint Base San Antonio-Randolph.

Showplace Showcase

Airman 1st Class Jordan Pickell-Geers 359th Medical Operations Squadron

Duty title

Physical therapy technician

Hometown

Horton, Mich.

Hobbies

Building puzzles, being with my family, playing sports, reading and playing with animals.

Greatest Accomplishment

Knowing my family is proud of me every day.

Personal Inspiration

Staff Sgt. Marin Soto. She's so driven and level-headed. She knows exactly what she wants and goes for it 100 percent, while always ensuring everyone around her is taken care of and striving for the same thing, both personally and professionally.

Pet Peeve

Spelling and grammatical errors

Personal Motto

When something bad happens, you have three choices. You can either let it define you, let it destroy you or let it strengthen you.

Goals

Complete masters degree, commission into the Medical Service Corps

Commander's Comments

"Airman 1st Class Pickell-Geers has been nothing less than outstanding since her arrival this past September. She truly lives the Air Force core values of: integrity first, service before self and excellence in all she does. Pickell-Geers is one of my many stars in the 359th Medical Operations Squadron."

Lt. Col. Kevin Tiller

359th Medical Operations Squadron commander

Medical staff encourage beneficiaries to address 'silent killer'

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs



High blood pressure is one of the most common medical conditions in the United States, affecting 60 to 65 million adults – or about one in three adults.

It is the most prevalent diagnosis at the Joint Base San Antonio-Randolph Medical Clinic, impacting the lives of patients from young Airmen to retirees.

High blood pressure was a primary or contributing cause of death for an estimated 348,000 Americans in 2008, according to the Centers for Disease Control and Prevention.

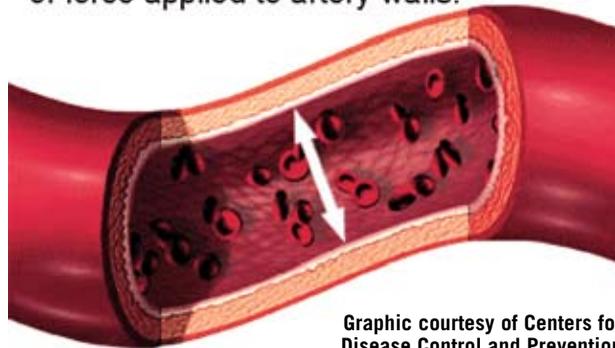
However, many adults are not seeking treatment for the condition, also known as hypertension, which can lead to coronary heart disease, heart failure, stroke, kidney failure and other health problems.

"Estimates are that roughly half the U.S. adult population affected by high blood pressure are not being treated for the condition," Capt. Timothy Weigle, 359th Medical Support Squadron Clinic Pharmacy officer in charge, said. "But it's important to treat it because it affects all the major organ systems."

Hypertension is often called the "silent killer" because it usually has no symptoms, Weigle said. There are two types of hypertension – primary, which has no identifiable cause, and secondary, which is identified with kidney disease, thyroid problems, sleep apnea and other conditions.

"Some of the factors associated with primary hyper-

Blood pressure is the measurement of force applied to artery walls.



Graphic courtesy of Centers for Disease Control and Prevention

tension are genetics, excessive sodium intake, excessive alcohol consumption, obesity, weight gain and a sedentary lifestyle," he said.

Secondary causes of hypertension are relatively rare, Maj. Darrell Stutts, 359th Medical Group physician assistant, said. However, younger patients with hypertension are more likely to have secondary causes than older patients. Secondary causes include glandular problems and/or anatomic abnormalities.

Blood pressure is the force of blood against the walls of arteries; blood pressure numbers, measured in millimeters of mercury, include systolic and diastolic pressures. Systolic pressure, the first number in the measurement, is the pressure when the heart beats

while pumping blood; diastolic pressure is the pressure when the heart is at rest between beats.

Normal blood pressure numbers are less than 120/80, while prehypertension numbers range from 120-139/80-89, Weigle said.

"For most people, the target is less than 140/90," he said. "For diabetics, it's 130/80 because of the risk of kidney damage."

Lifestyle changes are one way to control high blood pressure, Weigle said. Diet and exercise, weight loss and reduced sodium and alcohol intake can lower blood pressure.

"A lot of times, that is enough, but not always," he said. "Some people may need medication."

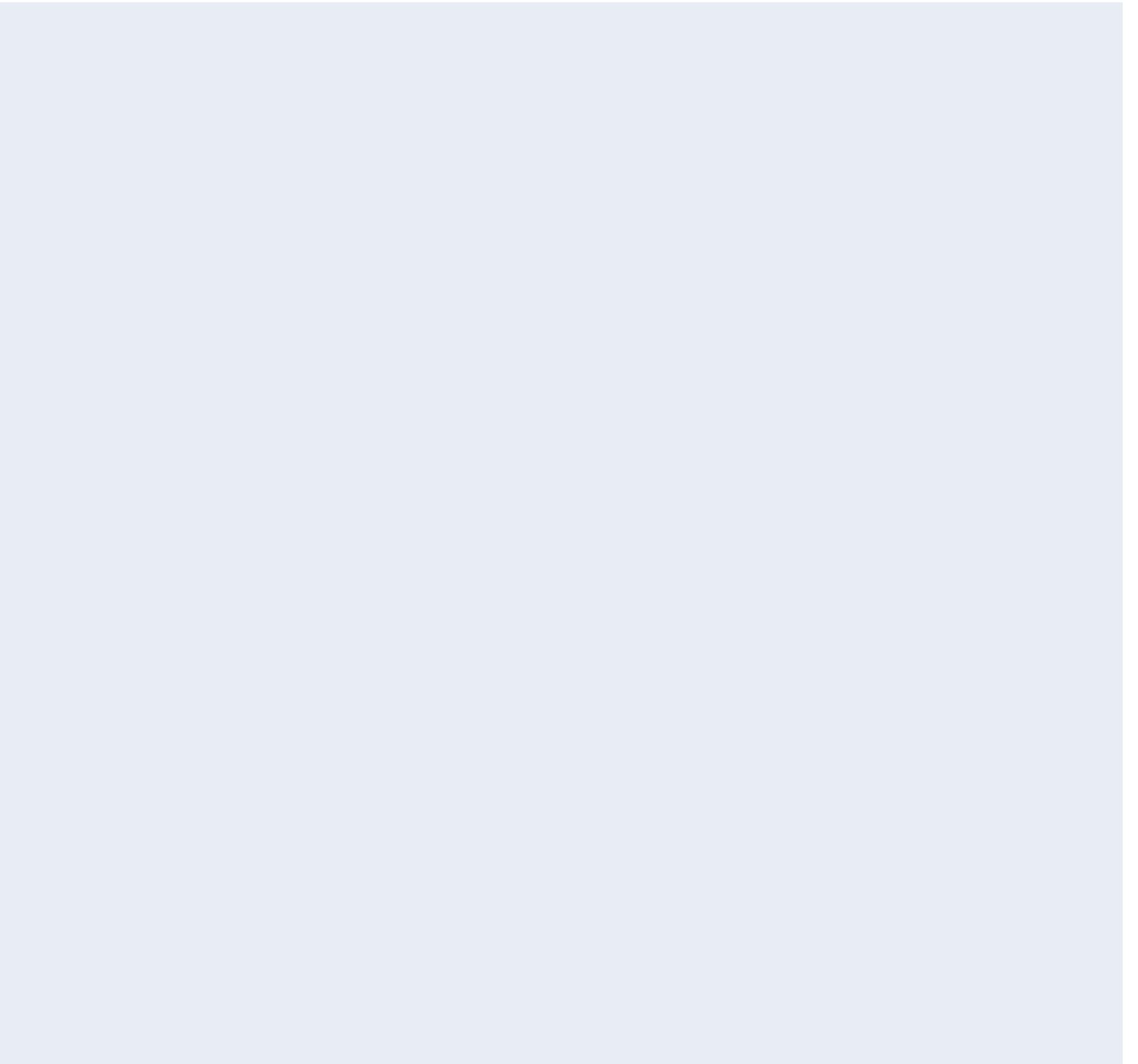
Pharmacologic therapy "can play a crucial role in managing blood pressure and can reduce the risk of heart attack, stroke and kidney disease," Stutts said.

"It is reasonable to give lifestyle changes a try," he said. "However, most people diagnosed with hypertension will ultimately need some degree of pharmacologic therapy for optimal control."

A variety of classes and products can be used to treat high blood pressure, Weigle said.

Ultimately, it's up to the patient to address the problem, he said.

"We encourage people with high blood pressure to see a provider and do the right thing," Weigle said. "It's a treatable condition, but it's up to the patient to take ownership of it. It may not seem like a big deal, but over time it degrades the body."





DOD promotes participation of local small businesses

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

As the nation rebounds from the worst economic downturn since the Great Depression, small businesses play a key role in contributing to the recovery.

At Joint Base San Antonio-Randolph and throughout the Department of Defense, helping small businesses is an everyday priority. Small business specialists strive to meet the goals of the DOD's Office of Small Business Programs, promoting the participation of small businesses in the military's mission.

"Appointed by the wing commander, the small business specialist is responsible for maximizing small business participation, tracking small business goals progress for the wing commander, counseling contractors, managing the outreach program, and training and educating the acquisition workforce, which includes program managers and customers, on small business program requirements and changes," Jose Farias, 902nd Contracting Squadron small business specialist, said.

Farias, who manages the small business program for the 902nd CONS and the numerous units at JBSA-Randolph supported by the squadron, said more than 280 small businesses, most of them from the San Antonio area, supported JBSA-Randolph's mission during fiscal 2012. The 902nd CONS awarded 863 of an eligible 1,275 contract actions to small businesses during that period.

"Whether it's providing shelters or protective wing covers for aircraft, renovating the Child Development Center, installing chilled-water lines, providing medical support services, supporting Headquarters Air Education and Training Command with the Automated Decision Support System and other services, or providing hardware and software support and services to Headquarters Air Force

Personnel Center, these small businesses support almost every facet of the various missions at JBSA-Randolph," he said.

Farias said an important component of the program's mission is its support for disadvantaged small businesses; women-owned small businesses; service-disabled, veteran-owned small businesses; and small businesses in historically underutilized business zones, also known as HUBZone programs.

He said \$22,987,053 was awarded to small disadvantaged businesses; \$14,132,465 to women-owned small businesses; \$6,775,527 to service-disabled, veteran-owned small businesses; and \$5,759,611 to HUBZone firms in fiscal 2012. In addition, veteran-owned small businesses received \$11,898,169.

Another one of the program's key roles is outreach, Farias said.

"Small business specialists serve as liaisons between small business and contracting officers," he said. "We facilitate capability briefings, conduct workshops to educate small companies on doing business with the government, and work with economic development centers, usually located at a major university, and Procurement Technical Assistance Centers in an effort to maximize small business opportunities."

Farias said small businesses are "bigger than they're perceived to be."

"The definition of a small business depends on the Small Business Size Standard for the requirement being bought," he said. "For specialty trade projects, a firm is considered a small business if its three-year average annual revenue does not exceed \$14 million, and for general construction projects, it's \$33.5 million. For commodities, the size standard is based on a firm's average number of full-time employees."

For more information, contact Farias at 652-8419.



Vanpool program participants reap sizable savings

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs



The Mass Transit Benefit Program, a community vanpool service, started with one van and six people at Joint Base San Antonio-Randolph in June 2010.

With word-of-mouth treatment and time, the program added 31 vehicles and continues to grow with an active waiting list.

There are currently 226 people enrolled in the program sponsored by VIA Metropolitan Transit and funded by the Department of Transportation.

"I don't see it stopping," Michael Cox, 902nd Logistics Readiness Squadron vanpool program manager, said.

Open to all active-duty and Department of Defense employees, as well as contractors on a cost-share basis, the program allows participants to commute to work in groups of four to 15 people. In most cases, the riders' only expense is to cover the cost of gas, which can save money on fuel and car repairs from using their own vehicles, Cox added.

For those like Kathleen Weiss, Air Education and Training Command test management psychologist and vanpool captain, fuel savings is a major draw.

"I live in Helotes, so it's a 70-mile round trip to and from work, which would cost me \$250 a month," she



said. "Now, I only spend about \$18-20 per month."

DoD employees who live within a 100-mile radius from Randolph are eligible to participate, with vanpool locations in Blanco, La Vernia, New Braunfels and Somerset to name a few.

Participants ride in late model mini-vans or full-size vans provided by Enterprise Rent-A-Car depending on the size of their group.

To start a vanpool, a minimum of four riders are needed, with a designated vanpool captain and at least two drivers.

Interested applicants are encouraged to seek co-workers who share similar working hours.

However, the VIA vanpool service is flexible and convenient, Cox said.

The vans pick up at centralized locations, depending on the group, as early as 6 a.m. and as late as 8 a.m.

For those concerned about committing to a daily commute, participants are only required to vanpool 50 percent of the working days every month.

Once enrolled, vanpoolers are eligible to sign up for the Certified Auto Ride in an Emergency program, which ensures them limited reimbursable cab rides from their place of employment to their car or home in emergency situations, by visiting <http://www.aacog.com/CARE>.

An additional benefit to the vanpool service is that, considering the environment, everyone benefits.

"The more people who sign up for the program, the less cars that come in to Randolph," Rhonda Taylor, AETC contract negotiator and vanpool captain, said.

Van maintenance, repair and roadside assistance are covered with insurance paid by VIA.

"Whether you want to drive or be a passenger, you can use the vanpooling time to talk with others or sleep," Weiss said. "As long as you communicate your schedule with your group, the program is very accommodating."

To sign up, call 652-3477 or visit the Randolph Vanpool website on the Air Force portal. Send all questions and completed forms to UDG_Randolph_Vanpool@us.af.mil.

HAWC offers second phase of strength, conditioning

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

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

The Joint Base San Antonio-Randolph Health and Wellness Center introduced the beginning phase of strength and conditioning exercises in January for its recommended monthly circuit exercises. The next phase incorporates plyometrics, also known as jump training.

"Plyometrics is training that targets our fast-twitch muscle fibers," Keith Prince, HAWC Health Promotions Flight chief, said.

The body is composed of two primary

muscle fibers: fast- and slow-twitch muscles. Fast-twitch fibers contract quickly and provide speed and strength, while slow-twitch fibers contract slowly and can be used for longer periods of time.

Sprinters perform well when their fast-twitch muscles are strong, while endurance runners need sturdier slow-twitch muscles.

"Fast-twitch muscles are white in color due to less oxygen flow and offer greater power up front, but can't sustain for very long," Prince said. "As we age, these muscles can diminish if they aren't engaged."

The suggested exercises to work out fast-twitch fibers are squat jumps, skater plyos, medicine ball slams, chest presses and rows.

Squat jumps help increase one's ver-

tical leaping ability with explosive leaps coming out of a squatting position.

Skater plyos are another routine that help build the lower body with lateral movements.

Medicine ball slams require participants to slam a medicine ball to the ground, delivering full body benefits, from the back to the thighs.

People should use one or two workout mats to bounce medicine balls on, Prince said.

Chest presses and rows, which both require TRX Suspension Trainer bands, are total resistance cross-training drills that help strengthen muscles above the torso such as the chest and shoulders.

Medicine balls, workout mats and TRX bands are available at the Ram-

bler Fitness Center.

Each exercise should last 45 seconds for two rounds, with 15- to 20-second rests in between the drills and two-minute breaks in between rounds.

"During the first round, you may not get many repetitions in, so work on your form and technique," Prince said. "Once you've worked out the kinks, pick up the pace for round two. Add a third round for all-out exertion if you're able to."

Fast-twitch muscle improvements help muscles become leaner, which increases one's metabolism, leading to greater calorie burns and changes in body composition.

For more drills, contact the HAWC, Bldg. 999, at 652-2300.



Squat jump



Stand tall, then dip knees and squat down, swinging arms back in preparation to leap. Explosively jump as high as possible. When landing, immediately squat down and jump again.

Photo subject: Staff Sgt. Jarvis Sheppard
Photos by Don Lindsey

Skater plyo



Stand on right foot with right knee slightly bent. Place left foot just behind right ankle. Bend right knee and lower body into a partial squat. Jump laterally off right foot and land on left foot. Bring right foot behind left foot during this motion and reach toward the floor with right hand. Repeat the movement landing on right foot with left hand extended toward the floor.

Medicine ball slam



Place a medicine ball on the floor in front of the body. Stand with feet a little wider than shoulder width apart and toes pointed out at a slight angle. Bend hips and knees, then grab the ball. Without allowing the lower back to round, pull the torso back and up, thrust the hips forward and stand up with the ball at chest level. Press the ball overhead and slam to the ground. Drop the hips to the starting position when slamming.

Trainer band chest press



Face away from the anchor point of a trainer band. Hold handles in front of chest with arms extended. Feet should be under the anchor point and arms should be high enough so the band does not rub the arms or shoulders. Lower the chest toward the handles until the hands are near the shoulders. Press back to the starting position.

Trainer band row



Hold onto the trainer band and back away until feeling tension in the straps. The body should form a 45- to 60-degree angle to the floor, and arms should be parallel to the floor with palms facing down. Pull the body toward the anchor point by bringing the handles toward the sides of the chest when rotating the palms inward. Elbows should be bent at least 45 degrees. Pause and return to the starting position.