



# WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 40 • OCTOBER 18, 2013



## AETC welcomes new commander

*Page 4*

## COMMENTARY

# Leading change betters performance

By Lt. Colonel Rodney Jorstad  
325th Medical Support Squadron

TYNDALL AIR FORCE BASE, Fla. (AFNS) – How many times have you been waiting in a line for service wondering why something takes so long when it seems like it should be an easy process? Or worse, you waited in line and finally get to the customer service representative and find out you are missing a document and must come back later?

You leave frustrated and wonder why someone doesn't fix the process, or have a way to let you know you needed the document before you waited in line.

Finally, you compose yourself, get the needed document and return to stand in line the next day. You're are prepared this time! You wait in line again, get to the front of the line and feel obligated to tell the new customer service representative at the window the situation from the previous day only to find out you really didn't need the document after all.

Does this describe where you work?

How do we change our processes to be less frustrating for the end user of our services or products we supply as Air Force members?

Change starts with you. You are trained to be an expert in your field: use your expertise to critically review how you do your job and the functions you perform daily.

Utilize an "outsider" perspective to determine if steps in a process are value added for the end user or an internal requirement. If a step doesn't add value, determine if it is required by law or instruction. The idea here is to eliminate waste or legacy processes that are no

*“Change starts with you. You are trained to be an expert in your field: use your expertise to critically review how you do your job and the functions you perform daily.”*

longer applicable to what you do today.

Identifying waste and developing solutions to improve your day-to-day processes is a great way to achieve a deeper understanding of your specialty and develop leadership skills. It can be done at any level.

Your leaders are looking for people to find ways to be more efficient by cutting wasted time and money on unnecessary processes, or steps in a process. Leading change can be challenging, but starting early in your career with small projects will help develop the skills needed to affect change on a larger scale.

How do you get started leading change in your organization? First, realize the need to change and determine how to improve your job or efficiency.

Most problems in processes are communication issues, especially between organizations or sections. Determining the communication breakdown and developing a solution is a great way to get started improving your workplace.

Next, discuss your idea with a few trusted peers, get their input and adjust fire as needed. Technology is not always the answer; remember to keep things simple.

Your new process or change needs to be sustainable.

The challenge is the few people who

refuse to change after most people are ready to implement your plan. If they are not on board it can cause mission failure for your new idea to improve your work area. Determine why they are not behind the plan. Some people are only motivated by the "what's in it for me" mentality. Highlight how your change will make their job easier or how it improves your customers' satisfaction or saves money or time.

Learning what motivates people and how to get them to change will develop you as a leader.

The most difficult part of leading change is sustaining the improvements made. Most of us are in organizations that turn over personnel on a continuous basis, so having the new process written down and captured in operating instructions is paramount to ensuring your change doesn't revert back to the old way of doing things. There is a reason it was broken in the first place, and many times you will find it is because the process was never written down and people have developed their own way of completing their tasks.

So the next time you are frustrated at a process or standing in line, think about your job. What can you do to lead change in your organization and create a better experience for your customers?

## ON THE COVER

Air Force Chief of Staff Gen. Mark A. Welsh III (left) gives the Air Education and Training Command flag to Gen. Robin Rand, officially making him the new AETC commander Oct. 10 during a ceremony at Joint Base San Antonio-Randolph. For the complete story, see page 4.  
Photo by Rich McFadden

## WINGSPREAD

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# Flu vaccines available across JBSA, San Antonio

By Steve Elliott

Joint Base San Antonio-Fort Sam Houston Public Affairs

Health officials are recommending people get their flu vaccine as the weather is starting to change. The vaccine is available throughout all Joint Base San Antonio locations.

“A yearly flu vaccine for everyone 6 months of age and older helps protect against influenza,” said Lt. Col. (Dr.) Yi Yang, the 359th Medical Operations Squadron’s director of immunizations at JBSA-Randolph. “It is designed to protect against the three main flu strains that are expected to cause the most illness during the flu season.”

The three main strains are H3N2, influenza B and H1N1. Populations at higher risk for flu-related complications include pregnant women, young children, people 50 years of age and older, people with chronic medical problems and health care workers.

At the Wilford Hall Ambulatory Surgical Center, there is a limited amount of the influenza vaccine available at the atrium. The vaccine is currently prioritized for active duty members preparing for deployment, 59th Medical Wing medical personnel and high-risk patients, according to Joe Bela, 59th

MDW public affairs director.

“All others should stand by for further announcements when we get the full amount,” Bela said. “Medical personnel assigned to Joint Base San Antonio-Randolph and JBSA-Fort Sam Houston should plan to get their vaccines at those locations, as well as non-risk groups who get their primary care at those other locations.”

Vaccination is mandatory for all active duty members and all hospital employees. In general, contractors are not eligible. Active duty members can check their PIMR status as well as retrieve their shot records for them and any dependent under 16 years old at <https://imr.afms.mil/imr/MyIMR.aspx>.

At WHASC, flu shots are available from 7:30 a.m. to 4 p.m. Mondays through Wednesdays and Fridays, and from 7:30 a.m. to 3 p.m. Thursdays.

A mobile flu vaccine unit is also scheduled for various areas around JBSA-Lackland in October. The unit will be in each location from 8-11 a.m. and 12:15-2 p.m.: Military Personnel Flight, Tuesday; Air Force Medical Operations Agency, Wednesday; Security Hill, Oct. 29; and the Airman Leadership and Noncommissioned Officers Academy Oct. 30.

In addition, TRICARE Prime’s reimbursement pro-

gram entitles military beneficiaries to receive influenza and pneumococcal vaccines at TRICARE retail network pharmacies at no additional cost. It’s recommended to call the nearest store to ascertain availability of the vaccine at specific locations.

The North Central Federal Clinic, which serves Veterans Affairs and TRICARE patients, has flu vaccine available without an appointment. The NCFC is located at 17440 Henderson Pass, just off Highway 181 and Loop 1604.

For information on other VA locations, visit <http://www.southtexasva.gov/locations/index.asp>.

On JBSA-Fort Sam Houston, flu vaccination clinics will be held from 9 a.m. to 4 p.m. Wednesdays and Fridays in October and November at the Military and Family Readiness Center, building 2797.

Active duty service members, Department of Defense civilians, retired service members and their family members can receive the vaccines. Shots for retirees will also be available from 8 a.m. to noon Saturday at building 2841 at the U.S. Army Medical Department Center and School on JBSA-FSH during a Retiree Appreciation Day.

*(Editor’s note: Some information in this article has been previously published)*

**The Joint Base San Antonio-Randolph Main Gate will be closed Oct. 21 from 6 p.m. to 6 a.m. and then possibly again Oct. 22 from 6 p.m. to 6 a.m. for barrier maintenance. The barrier maintenance may not take two nights of closures, but drivers are being asked to plan accordingly. All other gates will remain open during their normal hours. The West Gate will stay open as an alternate entry and exit for patrons until the Main Gate reopens each morning at 6 a.m. Traffic will be rerouted and barriers will be in place. For more information, call 508-2870.**

## NEWS

# AETC welcomes new commander

By Tech. Sgt. Beth Anschutz  
Air Education and Training Command Public Affairs

Gen. Robin Rand took command of Air Education and Training Command from Gen. Edward A. Rice Jr. during a ceremony Oct. 10 at Joint Base San Antonio-Randolph.

Gen. Mark A. Welsh III, Air Force Chief of Staff, presided over the ceremony.

"This is a special day, not just for the Rice and Rand families, but for the command and our Air Force family," said Welsh. "We get to acknowledge the profound impact of a great leadership team and thank them as they move on to new adventures in life, and we get to welcome another great leadership team to what is clearly one of the greatest jobs on earth."

Welsh reflected on Rice's service with reverence, noting some of his accomplishments along the way.

"For the past three years, AETC was led by Ed Rice with distinction. He worked tirelessly to create an environment of pride, and has been a spectacular role model ... for all of us." Welsh said. "During Ed's past three years at the helm, the great professionals of AETC have trained nearly a million Airmen, in every specialty in our Air Force; Active, Guard, Reserve, civilians and contractors ... you

train them all! And Ed Rice leads the charge!"

Welsh said San Antonio is a great place to celebrate the end to Rice's tenure as AETC commander and also 35 years with the Air Force.

"For the last 35 years of service, Ed has been a giant in our Air Force," Welsh said. "I think it's fitting that he finishes his career in AETC, right where he started it back in 1978 as a pilot training student at Williams Air Force Base."

As Rand reflected on the past, he noted that Rand has big shoes to fill, which will not be a problem for the new general in command.

"One of the greatest things about the Air Force is that every time we watch a great leader walk out the door and you get that sinking feeling in the pit of our stomach and worry about being able to replace him, amazingly, another great leader seems to walk in that door," Welsh said. "That's certainly what's happening today."

Rand previously served as the 12th Air Force, Air Combat Command, commander. He is a command pilot with more than 5,000 flying hours, including 470 combat hours. He has held multiple flying tours, served as an air liaison officer with the U.S. Army and has had staff tours on the Joint Staff, Office of the Secretary of Defense and Air Staff.

As Rand addressed the men and women of AETC, he recalled the first time he arrived at Randolph



**Gen. Robin Rand**  
Air Education and Training Command commander

with his wife, Kim, as second lieutenants, 33 years ago for T-37 Instructor Pilot training.

"Never in my wildest imagination would I have envisioned being here on this stage today," Rand said. "If there is one word to summarize my emotions today, it would be grateful."

Rand said he is grateful to be able to serve in our Air Force with great Airmen, who are currently serving in combat operations or humanitarian missions in every theater, on every continent of the world.

"Let no one forget that these phenomenal Airmen are fully engaged and they and their families work and pay for their service with blood, sweat and tears," Rand said. "Let no one forget that each and every one of these Airmen got started, shaped and molded in the first command, right here in Air Education and Training Command."

As the new AETC commander, Rand is charged with recruiting, training and educating America's Airmen through innovation. With an assigned force of more than 60,000 active-duty Airmen, Reservists and civilians, AETC trains and educates more than 300,000 American and International students each year on bases throughout the country.

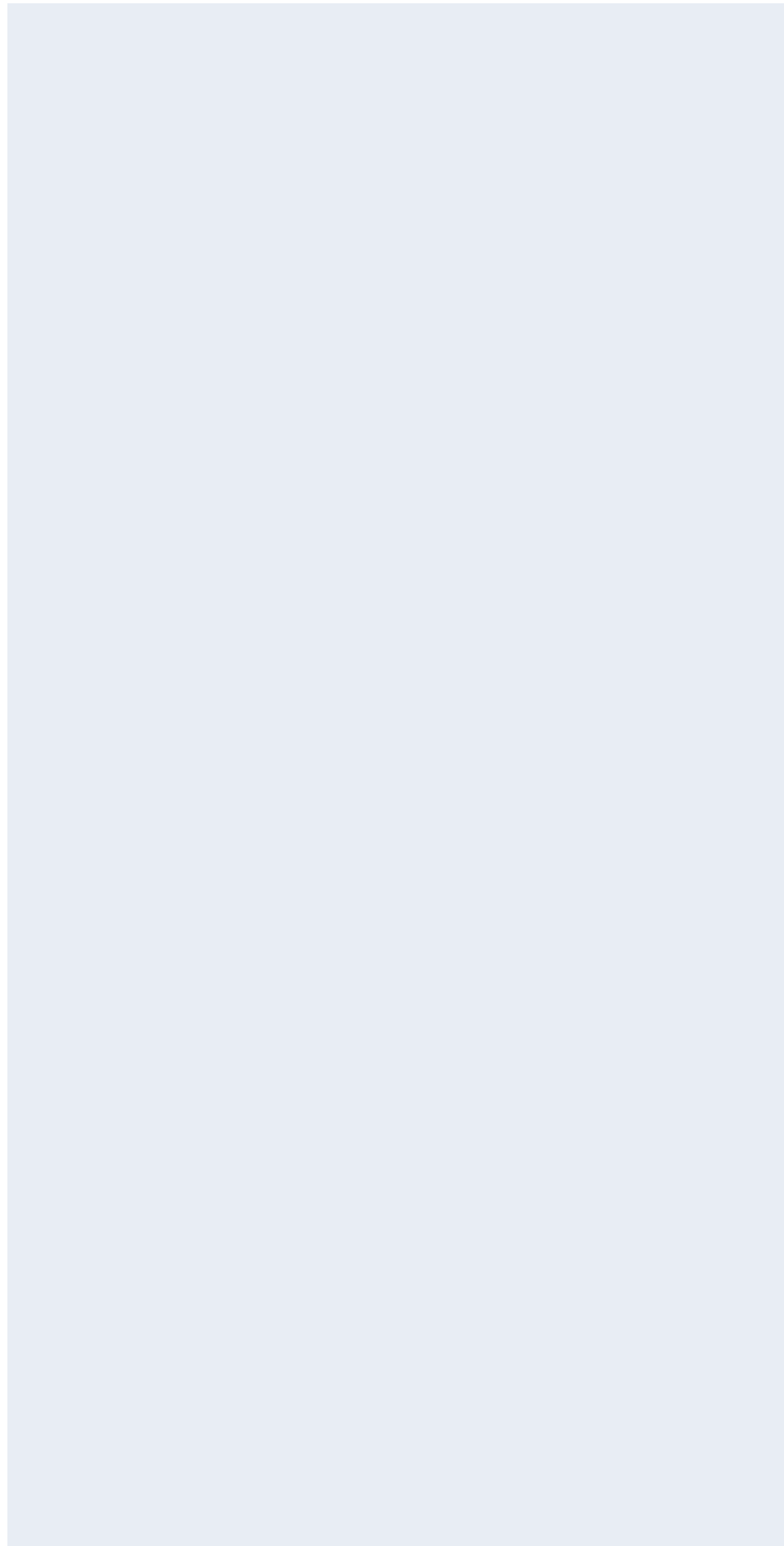
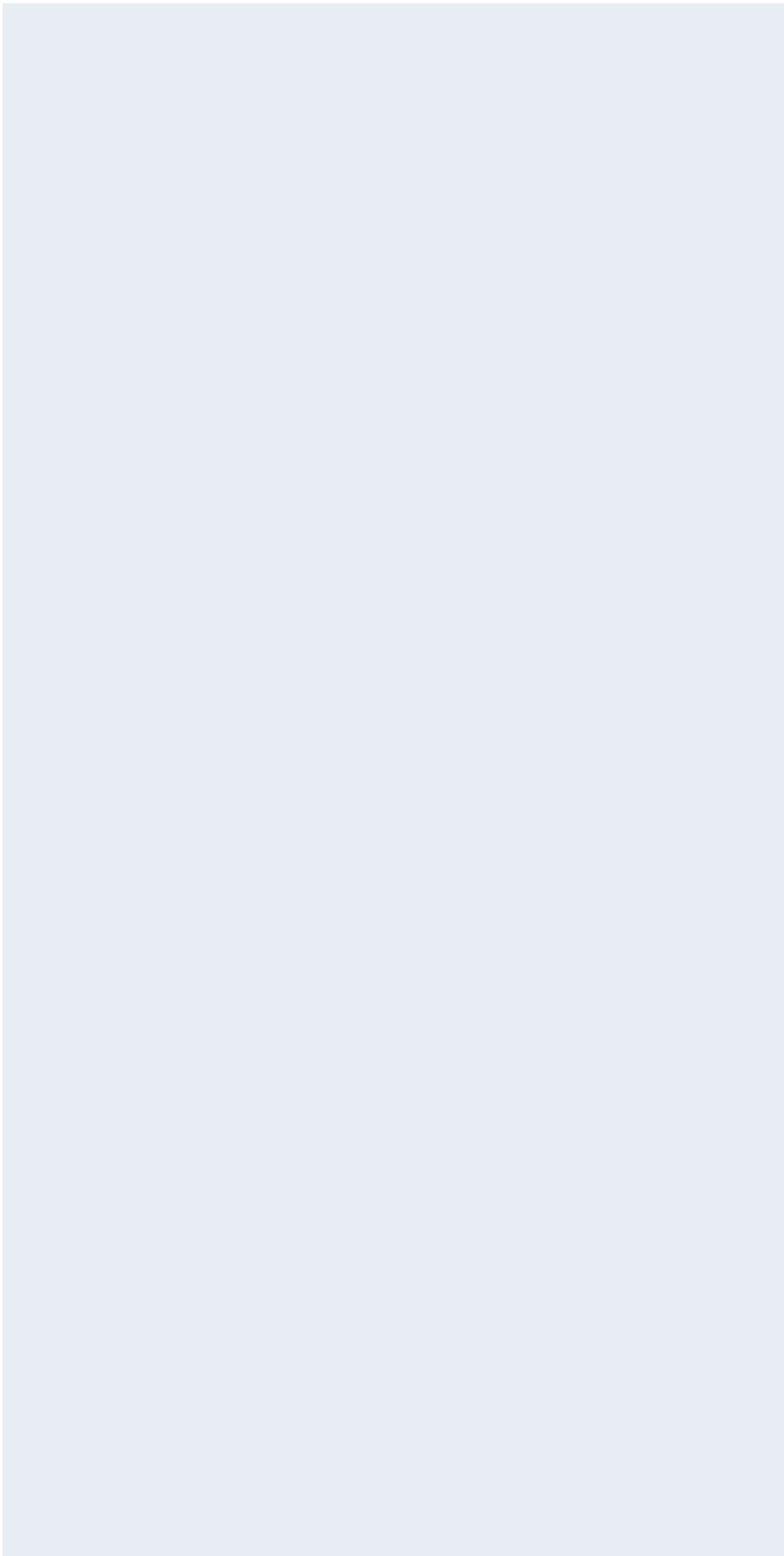
Rand's pledge for the command is simple.

"I will do everything humanly possible to ensure the Airmen trained in the First Command will be prepared to carry the nation's load," Rand said.

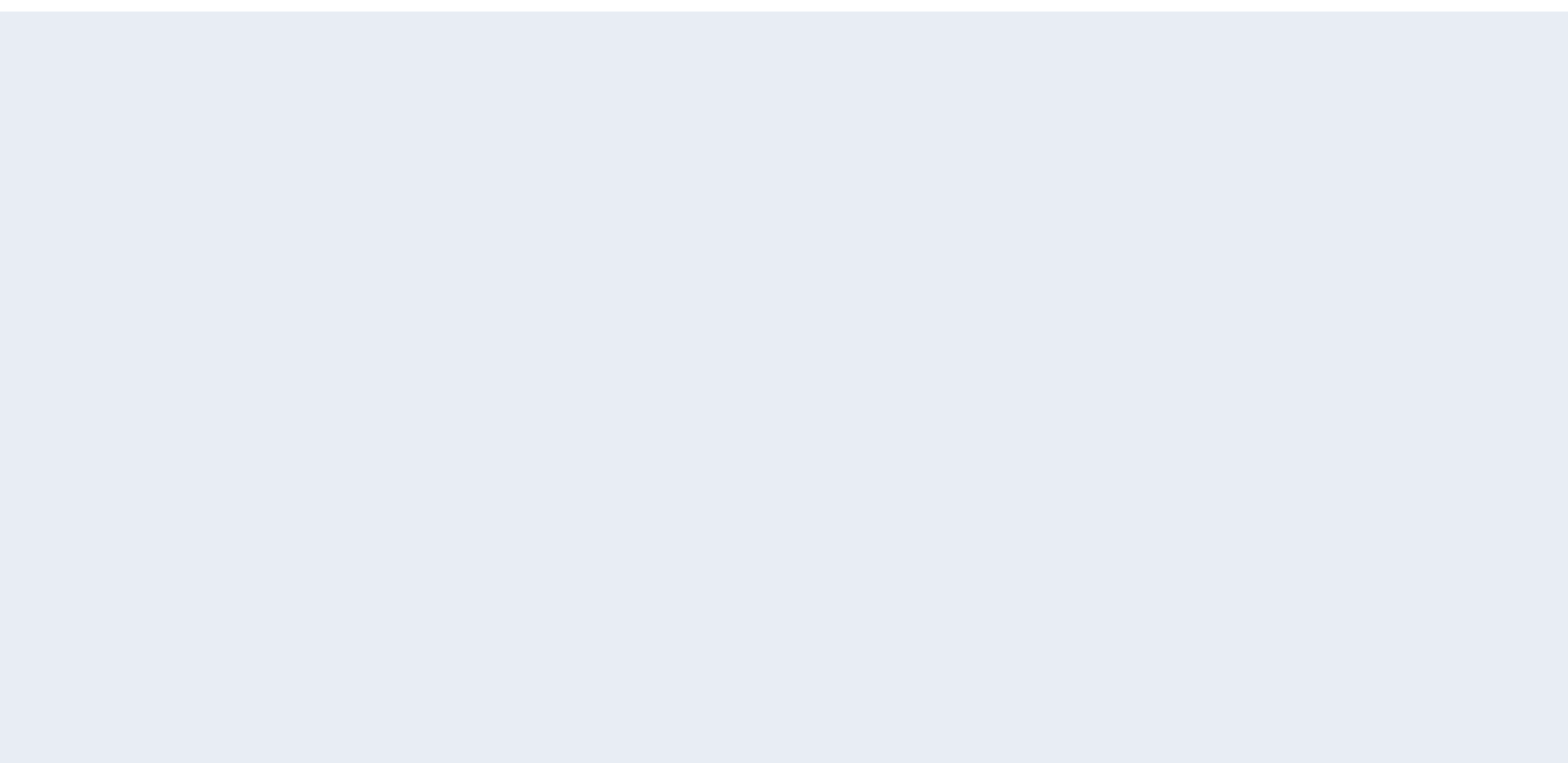
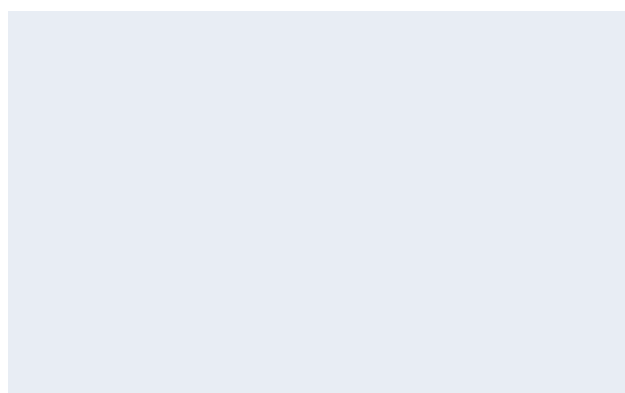
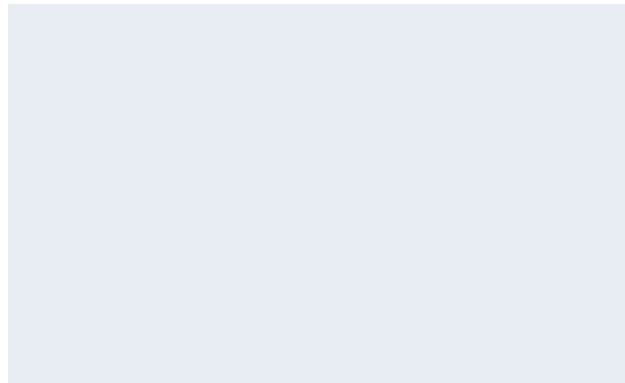
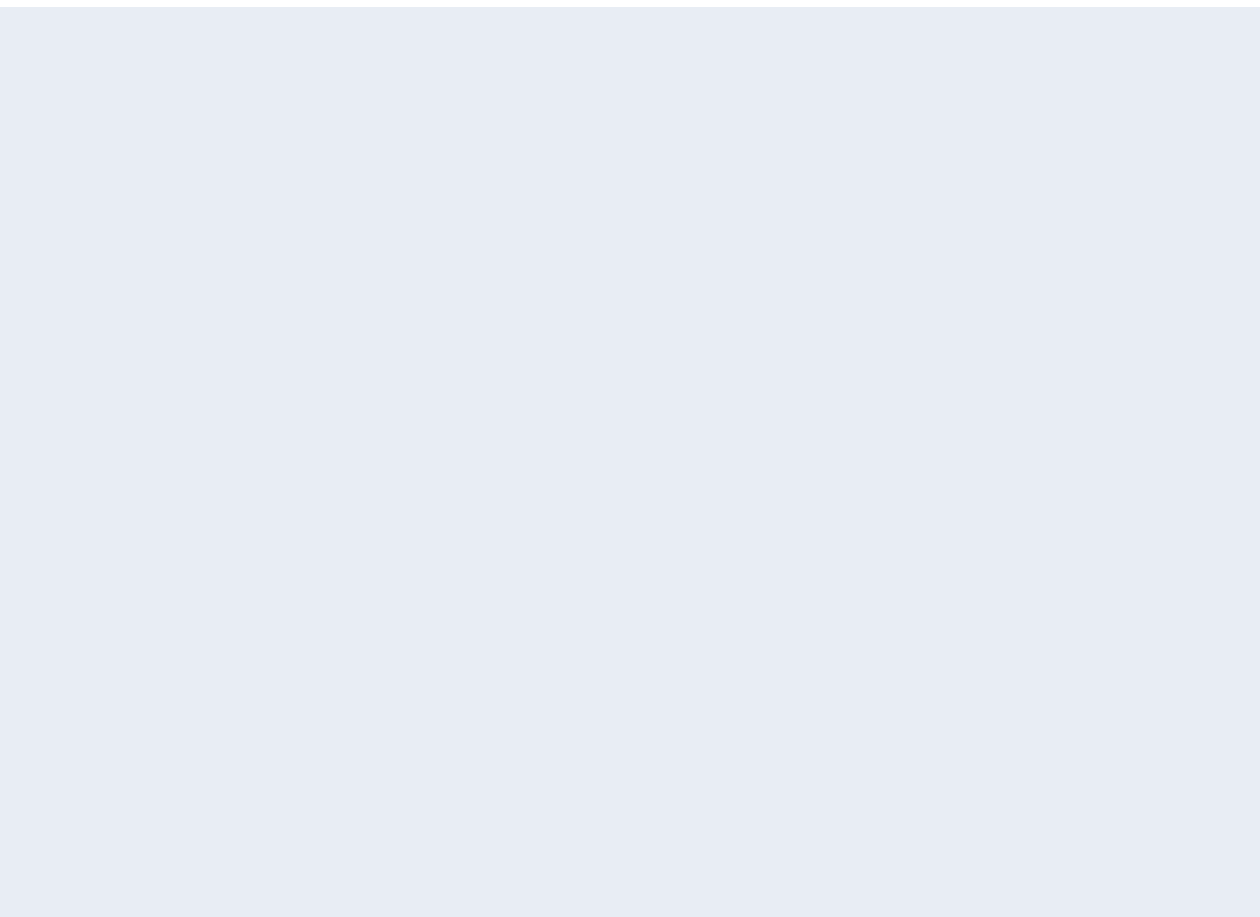


From left: Air Force Chief of Staff Gen. Mark A. Welsh III, Gen. Edward A. Rice Jr., outgoing Air Education and Training Command commander, and Gen. Robin Rand, incoming AETC commander, stand at attention during the AETC change of command ceremony Oct. 10 at Joint Base San Antonio-Randolph.

Photo by Rich McFadden



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# A reason to save water on Joint Base San Antonio

By Aaron Farmer

Joint Base San Antonio-Lackland Energy Manager

Water conservation is already important to most members of the San Antonio community, but it is especially important to consider during Energy Awareness Month in October.

Water conservation at Joint Base San Antonio falls under the energy program, which is designed to comply with federally mandated water use goals while maintaining our important missions.

Water reduction goals are specified by Executive Orders 13423 and 13514, which requires federal installations to reduce water use intensity (gallons per square foot) by 2 percent every year for 13 years. Thus, the Air Force will reduce water use intensity by a total of 26 percent by 2020, using a baseline water use from 2007.

Water conservation at JBSA locations is a specific concern of Brig. Gen. Bob LaBrutta, JBSA and 502nd Air Base Wing commander. In his Commander's

Guidance Summary dated June 10, the general's objectives include making JBSA the conservation showplace of the Department of Defense and to reduce environmental strain by instituting resource discipline.

In addition to federal mandates and commander-driven goals, water conservation on JBSA is important to the sustainability of the San Antonio community.

JBSA draws the vast majority of its potable water from the Edwards Aquifer, which contains several endangered species. The U.S. Fish and Wildlife Service provides its Biological Opinion, which provides guidelines on the amount of water JBSA can draw each month from the aquifer.

Everyone is encouraged to be vigilant and persistent in our efforts to reduce water consumption. Keep conservation in mind at all times – not only to meet base goals, but to become good stewards of our natural resources for generations to come.

Here's a simple checklist with ideas you can do in your office or at home to

reduce water use:

- Buy WaterSense certified fixtures and appliances such as dishwashers, washing machines, toilets and shower heads.
- Turn off the sink faucet while you shave, brush your teeth or lather your hands.
- Never run the dishwasher without a full load. This practice will save water, energy, detergent and money.
- Check for hidden water leakage such as a leak between the water meter and the house. To check, turn off all indoor and outdoor faucets and water-using appliances. The water meter should be read at 10- to 20-minute intervals. If it continues to run or turn, a leak probably exists and needs to be located.

Report all water leaks and waste in your building to the facility manager or energy monitor. For more information about water conservation, call the JBSA energy man-



Courtesy graphic

agers at 221-4203 for JBSA-Fort Sam Houston, 652-6988 for JBSA-Randolph and 671-0252 at JBSA-Lackland.

# Joint Base San Antonio Energy Awareness Campaign

The Department of Defense is looking for ways to save money without having to sacrifice services. I am convinced energy conservation is a way the Joint Base San Antonio (JBSA) community can do its part to help.

JBSA is instituting a new energy conservation awareness campaign aimed at making all of us more focused on energy and water conservation. We cannot do this alone and need our JBSA mission partners' help. Each of us can make a difference in our success – just by adjusting daily habits in small ways. The results may surprise you.

Take an Army Post in Germany that has implemented an effective energy awareness campaign. They estimate saving 2,500 kilowatts of electricity per year by simply turning off lights in rooms not occupied. How easy is that?

Here are some quick and easy things you can do at home to help

conserve energy:

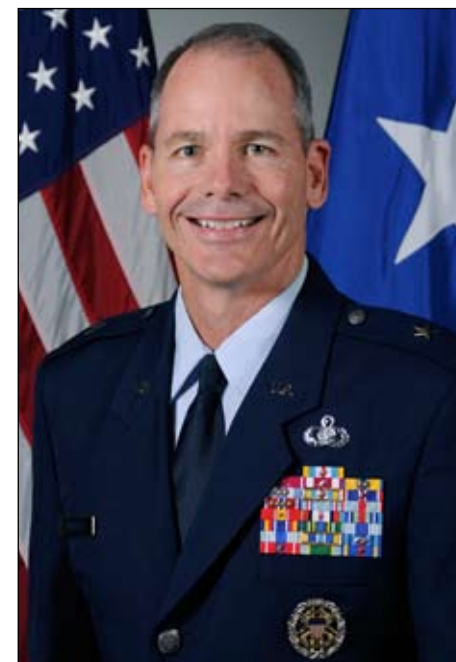
- Turn hot water to 110°F-120°F,
- Place computers in sleep/hibernate mode when not in use after 10 minutes,
- Set thermostats to 77°F to maximize energy efficiency during cooling season,
- Repair leaky faucets,
- Turn the water off while brushing your teeth,
- Consider using water efficient shower heads,
- Wash clothes in cold or warm water, vice hot,
- Place the refrigerator temperature setting between 35°F -40°F or a middle dial setting,
- Place the freezer at 0°F,
- Replace the rubber gasket around refrigerator doors if worn/cracking,
- Turn OFF lights and ceiling fans in any room you're not using,
- Unplug battery chargers when

the batteries are fully charged or the chargers are not in use,

- Participate in the JBSA recycling programs.

So, in coming weeks, you will see more information concerning Energy Awareness and what you and I personally can do at home and in our workplaces to reduce energy consumption. You will see energy awareness tips in your email, while traveling around the installation, and in common areas. I thank you very much for your assistance and for your service to our country. It is an honor to serve with you and I have no doubt that together, we can promote a culture of energy awareness and stewardship that will make Joint Base San Antonio the premier energy conserver in the Department of Defense!

**ROBERT D. LABRUTTA**  
Brigadier General, USAF  
Commander, 502d Air Base Wing



**Brig. Gen. Robert D. LaBrutta**  
502nd Air Base Wing commander



## Joint Base San Antonio 2013 Energy Action Month

### ENERGY ACTION MONTH 2013 PROCLAMATION

WHEREAS, Each year Energy Action Month is celebrated in October and

WHEREAS, Throughout the United States, Energy Action Month is observed and used to save natural resources through conservation measures

WHEREAS, this, October 2013, is the third JBSA Energy Action Month and

WHEREAS, let every individual at Joint Base San Antonio now think and act with energy awareness, seeking to Power the Force and Fuel the Fight to conserve energy and water that will foster a brighter future for all individuals; and

WHEREAS, Joint Base San Antonio and our Mission Partners are proud to be part of Energy Action Month and urge all to do their part to promote energy and water conservation; now

THEREFORE BE IT RESOLVED, that I, Brigadier General Robert D. LaBrutta, 502 ABW Commander, in our tradition to honor and care of our Earth's natural resources during Energy Action Month and throughout the year, join with all Joint Base San Antonio to honor, preserve, and conserve energy and water, do hereby proclaim October 2013 as...

Energy Action Month  
at Joint Base San Antonio!





# Cuts to 'Impact Aid' affect JBSA schools

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

The independent school districts of Joint Base San Antonio have endured major budget constraints since March of this year due to sequestration.

The largest impact to the school districts was the rapid, dramatic decrease in the amount of funding allocated to each location. Because the schools are operated on military bases, a large part of their funding comes from a Department of Education program called Impact Aid, which is provided to offset the budgets of school districts on federally owned land that receive lower amounts of funds from the state because of their tax exemption.

When sequestration began, Impact Aid was not spared from the across-the-board cuts, and the school districts saw an immediate difference in their yearly budget. Because Lackland, Fort Sam Houston and Randolph Field ISD senior leadership paid close attention to the developing situation over the years, they were prepared when the sequester occurred, said Dr. Bernie Roper, Lackland ISD superintendent.

"We've been planning for sequestration for at least the past three years," Roper said. "We came up with tiered plans depending on how bad the cuts would be," Roper said. "This year we're at tier one, where we've

asked our staff to cut up to 30 percent of their operating costs. We hope to never make it to the tier three plan, the worst case scenario, but we have to be proactive."

While operating through the decrease in the budget, several elective programs across JBSA school districts have been eliminated, such as a Spanish course, pre-kindergarten programs and more. Although there are budget limitations, the level of education students are receiving has not been compromised thus far, which school superintendents largely attribute to their staff's dedication to the students, Roper said.

"We have had to reduce the number of electives offered to students and eliminated our choir program," said Dr. Lance Johnson, Randolph Field ISD superintendent. "We also had to reduce staff and increase class sizes."

To show lawmakers exactly how the budget cuts are affecting the students of military members now and possibly into the future, the superintendents met with Texas congressional members in Washington D.C., as part of the National Association of Federally Impacted Schools. Through this organization, the superintendents spoke directly to their congressmen to relay the effects of sequestration. If a deal is not reached to remove or pardon the Impact Aid Program from the increasing cuts that are scheduled throughout the next eight years the school districts will see a devastating

decline in their available funding.

"This is a very tough time, so if the cuts continue, it is only going to make our situation more difficult," said Dr. Gail Siller, the superintendent of the Fort Sam Houston ISD, the largest military school district in San Antonio. "Impact Aid is our lifeblood, so my concern is that it would directly impact whether or not we could exist."

In addition to Impact Aid, the school superintendents, Siller especially, must also explain the necessity of funding for the Individuals with Disabilities in Education Act. At the Fort Sam Houston ISD, more than 16 percent of the students are special-needs children and IDEA funds are essential to providing the staff and resources necessary for quality education and development programs.

As discussions continue, the Fort Sam Houston, Lackland and Randolph Field ISD leaders are dedicated to informing lawmakers that their existence relies on continued funding of the Impact Aid Program. Johnson encourages parents, students and anyone in the military community to write their representatives in Congress to show solidarity in the fight to keep the program from being cut.

"We all need to keep elected officials informed and educated about the Impact Aid Program and how sequestration will eliminate it over the next eight years if something does not change," he said.

## STOMP workshop: Special-needs families information source

By Airman 1st Class Alexandria Slade  
and Robert Goetz  
Joint Base San Antonio-Randolph Public Affairs

The Joint Base San Antonio Exceptional Family Member Program, which guides and informs military families with special-needs members, hosted a Specialized Training of Military Parents workshop Oct. 10-11 at the JBSA-Randolph Military and Family Readiness Center.

STOMP, a two-day workshop on rights and responsibilities of military parents with special-needs children, teaches parents about special education services for their children, both in the United States and overseas.

"Instructors teaching these courses have raised their own special-needs children and were the forerunners of many of the changes families enjoy today," Robert Griffin, JBSA-Randolph M&FRC EFMP director, said.

STOMP provides people networking opportunities within the joint base community and chances to accumulate information, Kathleen Moree, JBSA-Randolph M&FRC director, said.

*"I learned what I should expect when asking for records and what to keep at my house. Without that information, I think I would be lost when it comes time for her to go to school."*

Senior Airman Courtney Moses

59th Medical Wing photographer and mother of a special-needs child

"You can learn what's available and ask questions in the right environment where there's a similar focus for everyone," she said.

With the constant changes associated with military life, Griffin said, families with special-needs members may struggle to find the next specialist.

"Families need to find someone who's both good with the child and medically qualified," he said.

The knowledge these instructors have can help prevent parents from struggling on their own. They have the latest legal updates and can speak about details many parents may not think of when treating their child.

Senior Airman Courtney Moses, 59th Medical Wing photographer and the mother of a 2-year-old daughter with special needs, said the workshop gave her information about the various records she must maintain when her daughter starts attending school.

"I learned what I should expect when asking for records and what to keep at my house," she said. "Without that information, I think I would be lost when it comes time for her to go to school."

Tech. Sgt. Chris Rashall, 1st Manpower Requirements Squadron analyst, who attended the workshop with

his wife, Amber, said the workshop shed light on the rights of parents with special-needs children.

"I didn't know he was eligible for special education classes," Rashall said, speaking about his 6-year-old son, Colby, who has been diagnosed with attention deficit hyperactivity disorder. "I will request a meeting at his school so we can come up with an individualized education program for him. There are goals we have for him so he can be productive in class.

"The most important thing is getting him the help he needs," he said. "Now that I understand the system, I know what needs to be done to help him."

The JBSA-Randolph STOMP workshop was the last in a series that has taken place across Joint Base San Antonio locations.

"I think bringing STOMP to each location in JBSA has helped the EFMP receive good exposure," Moree said. "It's a free opportunity to get information from the right resources in our own community."

To learn more about EFMP, call the M&FRC at 652-5321.

# Motorcycle instructor class offered

By Mike Joseph  
JBSA-Lackland Public Affairs

The Joint Base San Antonio Safety Office has scheduled a Motorcycle Safety Foundation class for mid-November at JBSA-Lackland to train volunteer military motorcycle instructors.

Bill James, traffic safety manager, said the seven-day, 56-hour RiderCoach preparation class is tentatively set for Nov. 16-22. The sign-up deadline is Wednesday, with class size limited to 12 people.

RiderCoach trainers certified by the Motorcycle Safety Foundation will teach the course.

“As a RiderCoach, you’ll be called upon to give your time to teach RiderCourses,” James said. “RiderCourse RiderCoaches are motivated by their desire to help reduce motorcycle accidents, injuries and deaths.”

James said a prospective RiderCoach candidate must be a licensed motorcyclist who currently rides frequently, has several years of varied riding experience, good communication skills, can



Courtesy graphic

provide a current driving record, and a commander's or supervisor's approval to attend the course and also teach a minimum of four basic RiderCourse classes per year.

Classes will be held in building 7065 at JBSA-Lackland. Class hours will be 7:30 a.m. to 4:30 p.m., Nov. 16-22, with additional time on the Lackland riding range.

For more information, contact James at 671-6274.

# SPORTS – FITNESS – HEALTH

## Weights not needed to pass AF PT test

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

When it comes to working out for the Air Force physical training test, drop the dumbbells; focus on abdominal crunches, push-ups and running.

For one physical training leader at Joint Base San Antonio-Randolph, the weekly PT sessions he hosts for multiple organizations involve full-body workouts without lifting a weight.

“Weightlifting can strain or injure muscles, so I don’t incorporate it into my routines,” Airman 1st Class Kevin Failla, from the 902nd Comptroller Squadron, said.

Failla instead uses a variety of push-ups, sit-ups and abdominal crunches as well as squat thrusts and other circuit training exercises to strengthen areas from head to toe.

“The PT test is nothing but core and cardio,” Brett Cannon, JBSA-Lackland Chaparral Fitness Center director, said. “Your core is your abs, back and hips, so any exercise that helps build those areas will assist you with push-ups, sit-ups and abdominal circumference.”

The highest score Airmen can earn on the PT test is a 100 – 60 points for the 1.5-mile run or 1-mile walk; 20 points for abdominal circumference; 10 points for sit-ups; and 10 points for push-ups.

“Most people’s weakness is running, which accounts for more than half of the test,” Failla said.

Making exercise a habit can help Airmen prepare for an excellent PT test performance, which means they won’t retest for an entire year, Failla said.

Scores between 75 and 89.99 are satisfactory and require another PT test within 180 days, while scores under 75 are unsatisfactory and require retesting within 90 days.

Airmen who cannot pass their PT test could be held back from promotions and career development.

“Taking a mock PT test will help you figure out where you need the most help,” Cannon said.

Having a partner to exercise with can help keep people motivated and accountable, Failla said.

“The expectation of our force today is a combat-ready, agile and responsive Air Force. Physical fitness is not optional.”

### Oktoberfest Fitness Event

The Rambler Fitness Center celebrates autumn by getting a jump start on holiday calories with a fitness event, 7:30 a.m. Oct. 26 at Eberle Park. There will be a 5K run/walk, a 1.5-mile run/walk for young athletes and their parents, and a 10K bike ride starting after the 5K is completed. For more information, call 652-7263.

## PT Uniform Wear Guidance

### Good Example Categories:

### Bad Example Categories:

#### HEADGEAR:

JOINT BASE SAN ANTONIO INSTALLATION COMMANDER HAS AUTHORIZED WEAR OF A SOLID BLACK OR DARK BLUE BASEBALL/SPORT CAP WITH THE AIR FORCE SYMBOL OR U.S. AIR FORCE PRINTED/EMBROIDERED ON THE FRONT DURING ORGANIZED PT; ALSO AUTHORIZED DURING INDIVIDUAL PT. CAPS TO BE WORN OUTDOORS ONLY. (BANDANAS AND OTHER SIMILAR HEADSCARVES/HEADGEAR ARE NOT AUTHORIZED UNLESS DUE TO MEDICAL

#### SALUTING:

PROPER MILITARY CUSTOMS AND COURTESIES HONORING THE FLAG DURING REVEILLE/RETREAT WILL APPLY (THIS MEANS COMING TO FULL ATTENTION AND RENDERING THE PROPER MILITARY SALUTE WHEN OUTDOORS). SALUTING DUE TO RANK RECOGNITION IS NOT REQUIRED WHEN WEARING THE PTU/IPTU.

#### HAIR DOWN:

ALL PERSONAL GROOMING STANDARDS APPLY WHILE PARTICIPATING IN PHYSICAL FITNESS ACTIVITIES (REFER TO AFI 36-2903 TABLE 1.5) WITH ONE EXCEPTION: LONG FEMALE HAIR WILL BE SECURED BUT MAY HAVE LOOSE ENDS; BODY ART (TATTOOS) AND JEWELRY STANDARDS APPLY (REFER TO 36-2903 TABLE 2.5).

#### OPTIONAL IPTU SWEATSHIRT:

WILL EXTEND NO LOWER THAN 6 INCHES BELOW THE NATURAL WAIST LINE. DO NOT PUSH UP, REMOVE, OR CUT SLEEVES.

#### PTU/IPTU RUNNING SHORTS:

(WITH REFLECTIVE MATERIAL) AND OPTIONAL IPTU RUNNING SHORTS (WITHOUT REFLECTIVE MATERIAL): WAISTBAND WILL REST AT OR WITHIN TWO INCHES OF THE NATURAL WAISTLINE.

#### SPANDEX:

BOTH SHORT AND FULL LENGTH SOLID BLACK OR DARK BLUE SPANDEX MAY BE WORN AND VISIBLE UNDER BOTH THE PTU/IPTU AND OPTIONAL RUNNING SHORTS

#### FOOTWEAR:

CONSERVATIVE ATHLETIC SHOES WILL BE WORN.

#### COLD WEATHER ACCESSORIES:

MAY BE WORN OUTDOORS ONLY:

#### KNIT WATCH CAP:

WILL BE PLAIN, SOLID BLACK, DARK BLUE, OR SAGE GREEN WITHOUT LOGOS (BANDANAS AND OTHER SIMILAR HEAD-SCARVES/HEADGEAR ARE NOT AUTHORIZED UNLESS DUE TO MEDICAL WAIVER CONDITION)

#### GLOVES:

WILL BE PLAIN, SOLID BLACK OR DARK BLUE WITHOUT LOGOS.

#### PTU/IPTU JACKET:

WILL BE ZIPPED AT LEAST HALFWAY BETWEEN THE WAISTBAND AND COLLAR. SLEEVES WILL END WITHIN HINCH OF THE WRIST.

#### SHORT-SLEEVED and OPTIONAL LONG-SLEEVED IPTU SHIRT:

WILL BE TUCKED INTO SHORTS OR RUNNING PANTS AT ALL TIMES. DO NOT REMOVE, CUT SLEEVES OR PUSH UP SLEEVES UP.

#### PTU/IPTU RUNNING PANTS:

WAISTBAND WILL REST AT OR WITHIN TWO INCHES OF THE NATURAL WAISTLINE. BOTH PANT LEGS WILL EXTEND BELOW THE ANKLES AND WILL BE ZIPPED TO WITHIN ONE INCH OF THE BOTTOM.

#### SOCKS:

WILL BE WHITE AND MAY HAVE SMALL TRADEMARK LOGOS.

NOTE: DO NOT MIX/MATCH THE CURRENT PTU RUNNING SUIT JACKET AND RUNNING SUIT PANTS WITH THE IPTU JACKET AND PANTS. ALL OTHER COMBINATIONS AUTHORIZED.

Graphic illustration by Anthony Ervin

# Mammograms important in detecting breast cancer

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

The National Cancer Institute estimates more than 39,000 women and more than 2,000 men have already died from breast cancer in the United States in 2013 and more than 234,000 new cases have been reported, statistics that underscore the necessity of early detection of the deadly disease.

Early detection is possible through annual mammograms for most women starting at the age of 40 and regular clinical breast exams for women as young as 20, and it is the key message for the Joint Base San Antonio-Randolph Medical Clinic's observance of National Breast Cancer Awareness Month in October, which kicked off Oct. 1 with the Breast Cancer Awareness 5K Walk/Run at Eberle Park.

Lt. Col. (Dr.) Brian York, 359th Medical Group chief of medical staff, said annual mammograms for women starting at 40 are recommended by the American Congress of Obstetricians and Gynecologists. Mammography, an X-ray examination, can find breast cancer before it causes symptoms.

"That is the recommendation for women at lower risk," he said. "Women who are at higher risk should have a conversation with their provider to determine

when to start screenings."

Women who are at higher risk include those with genetic factors and those who have a family history of breast cancer. Other risk factors that also cannot be changed are gender and aging, since the risk of developing breast cancer increases as women get older, according to the American Cancer Society.

Although a family history of breast cancer places women at higher risk, those without this risk factor should still follow a regular screening program, York said.

"Most women who get breast cancer – about 80 percent – do not have a family history of the disease," he said.

Some women who undergo a mammography are called back for additional imaging studies, which can create great anxiety, but York said it's usually more of a precautionary measure.

"Ten percent of women have to go back for additional studies," he said. "It's a common occurrence and it almost never means they have cancer."

York said the traditional monthly self-exam has been replaced with "breast awareness," which involves knowing how breasts normally look and feel.

"If you notice lumps or any other physical changes, or if you feel pain, you should notify

your provider," he said.

Early detection – while the tumor is still confined to the breast – is also important because it improves a woman's survival rate, York said.

"The five-year survival rate is 98 percent," he said. "Of those women, 90 percent will remain cancer-free for more than 10 years."

The recommended starting age for mammograms is 40 for a reason, York said.

"Breast cancers tend to grow faster when women are in their 40s than earlier in life," he said. "You try to detect it before you get symptoms. The best chance of surviving cancer is to catch it at its lowest stage."

Healthy living is an important component in fighting breast cancer, York said. Maintaining a healthy weight, getting a moderate amount of exercise and eliminating alcohol consumption can contribute to a lower risk of breast cancer.

The clinic staff encourages beneficiaries to take advantage of mammography and other screening opportunities, which are a TRICARE benefit, York said.

"It's best to go to the location where they've had it done before because they will have the prior films," he said. "If they go to another facility, they should take their films with them."

## JBSA Sexual Assault Prevention, Response

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

## Joint Base San Antonio-Randolph News Briefs

### Library hosts Oktoberfest

The JBSA-Randolph Library is hosting an "Oktoberfest" celebration 3:30-5 p.m. Thursday. There will be games, activities, coloring, crafts and a movie for children. For more information, call 652-5578/2617.

### Thanksgiving camp

Families who are seeking care for their children during the Thanksgiving school break can register at JBSA-Randolph Youth Programs Oct. 28-Nov. 8 or until the program is full. The Thanksgiving Camp takes place Nov. 25-27. For more information, call 652-3298.

### 2013 Federal Employees Health Benefits Fair

JBSA-Randolph's Civilian Personnel Section will host the 2013 Federal Employees Health Fair 8:30 a.m. to 4 p.m. Nov. 13 at the Military and Family Readiness Center Ballroom, located at 555 F Street, building 693. Health Insurance representatives will answer questions. For more information, contact Patrice Jackson at 652-5153.

## Joint Base San Antonio-Randolph Professional Performers Award

Airman 1st Class Andres Felipe Gomez, 359th Aerospace Medical Squadron bioenvironmental engineering apprentice technician, established the flight's monthly equipment readiness program by calibrating and validating 113 requirements. These actions were vital to the continued readiness posture of JBSA-Randolph, protecting more than 26 members. His attention to detail proved key to detection of missed sampling events for federally regulated constituents; allowing opportunity for sampling and preventing Occupational Safety and Health Agency fines amounting to more than \$106,000. Additionally, he demonstrated exceptional teamwork during a potentially fatal chlorine gas leak by ensuring readiness of personal protection equipment and proper procedures were followed, which equaled successful entry plan execution.



Photo by Benjamin Faske

Airman 1st Class Andres Felipe Gomez, 359th Aerospace Medical Squadron bioenvironmental apprentice technician, conducts a water test after receiving the Professional Performers Award at Joint Base San Antonio-Randolph.