



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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**Ro-Hawks band
marches toward
new season** *PAGE 11*

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Safety office provides back-to-school safety tips

By Airman 1st Class Kenna Jackson
Joint Base San Antonio-Randolph Public Affairs

Along with organizing this fall's busy school and extracurricular schedules, back-to-school safety should be a priority for everyone.

Parents should ensure their children have a safe way of traveling to and from school and provide a safe after-school environment, Joint Base San Antonio-Randolph safety officials said.

"Whether children walk, ride their bicycle or take the bus to school, it's important they take proper safety precautions seriously," Linda Howlett, JBSA-Randolph safety office manager, said.

When taking the bus or carpooling, children should sit still and listen to the driver. When children are old enough to ride bicycles to school, they must wear helmets and know the rules of the road.

Children walking to school should not use cell phones or other entertainment devices as they can mask the sound of traffic and place children in danger, Howlett said. They

should also remember to look and listen every time they cross the street, even if they aren't old enough to walk to school on their own.

Providing children with a safe after-school environment is just as important as their traveling safety, Tech. Sgt. Cathy Zimmerman, 502nd Air Base Wing NCO in charge of ground safety, said.

"If your children are going to the youth center after school, make sure they know how to get home from there," she said. "It's also important to give your children a means of getting inside their home if you are out. From noon to about 8 p.m. is the hottest time of the day here, so having your children locked out of the house with nowhere else to go is not good."

Traffic is also a concern this time of year, Zimmerman said.

"Drivers need to be alert for children and slow down," she said. "The faster you go, the higher the risk of injury or death to young pedestrians."

Howlett said school buses stop frequently, so drivers should be prepared to stop when they are behind

one. Most school buses flash yellow lights when preparing to stop and red lights when they are completely stopped to load or unload children.

Drivers should also be aware that although Texas has no statewide law banning the use of cellphones while driving, according to the Texas Department of Transportation, local areas like Universal City prohibit the use of handheld devices in school crossing zones.

These warnings are not unjustified. According to the National Highway Traffic Safety Administration, nonfatal pedestrian injuries were highest during months when most students start and end the school year. In 2011, an estimated 69,000 pedestrians were injured – 11,000 of those age 14 and younger.

For more back-to-school tips, Texas transportation laws or traffic statistics, visit <http://www.nsc.org/pages/home.aspx>, <http://www.txdot.gov/driver/laws/cellphones.html>, <http://www.nhtsa.gov/Pedestrians> or contact the Randolph Safety Office at 652-1842.



ON THE COVER

Members of the Ro-Hawks Marching Band trumpet section rehearse Aug. 28 at Randolph High School. For the complete story on the band, see page 11.

Photo by Melissa Peterson

WINGSPREAD

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Water Conservation Tips

- When washing dishes by hand, don't let the water run while rinsing. Fill one sink with wash water and the other with rinse water.
- Evaporative coolers require a seasonal maintenance checkup. For more efficient cooling, check your evaporative cooler annually.
- Check your sprinkler system frequently and adjust sprinklers so only your lawn is watered and not the house, sidewalk, or street.
- Run your washing machine and dishwasher only when they are full and you could save 1000 gallons a month.
- Avoid planting turf in areas that are hard to water such as steep inclines and isolated strips along sidewalks and driveways.



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Park service officials honor 36th U.S. president

By Marilyn C. Holliday

Joint Base San Antonio-Randolph Public Affairs

Each year a wreath-laying ceremony, open to the public and sponsored by the National Park Service, takes place at the gravesite of President Lyndon B. Johnson.

This event commemorates the 36th president's birthday, Aug. 27, 1908.

"One hundred and five years ago, a visionary who led our nation, who was determined to build a great society, was born here, our only president born and raised in the great state of Texas," Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, said. "Today, with this wreath-laying ceremony, we not only remember his birth, but celebrate his life ... his lasting legacy."

The event includes wreath laying, as well as remarks from representatives of the U.S. Air Force, the National Park Service and a Texas student.

"The bills he initiated and the acts he advocated, indicate clearly President Johnson's vision was to build a better tomorrow by focusing on ways to make the United States a better place to live, work and raise a family," LaBrutta said.

This year's student who gave the keynote speech was Jordan Metoyer, also a 2013 Harry S. Truman Scholar.

"Driving here it was very clear there is something spe-



Photo by Joel Martinez

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, and Russ Whitlock, superintendent for Lyndon B. Johnson National Historical Park, place a wreath at the gravesite of the former president Aug. 27.

cial about this place, the place where President Johnson was born and raised," Metoyer said, "a place that even today, has people out early in the morning working on

their land, working for their families, working for the city, the state and for this country. There are themes of hard work, individual responsibility and diligence. These are themes that make Texas so great."

"President Johnson was able to reach across political ideologies to get things done," Metoyer said. "He was able to connect to even the most disparate individuals and leaders in this country to move our country forward to enact his vision - a vision that so many others couldn't see for the times, but that was perfect for the society we have today."

Also providing remarks during the event was Russ Whitlock, Lyndon B. Johnson Historical Park superintendent.

"Each time I am called upon to speak on behalf of President Johnson and the national park that bears his name, I find myself overwhelmed by the task of trying to appropriately represent the man, the family and the accomplishments of his political life," he said. "Truly there are so many books and articles written on LBJ because it's virtually impossible to sum him up into any manner that can be easily comprehended. The stories enshrined in this national park mark a period of tremendous turmoil and positive change in our nation. From these now quiet places, a tower of a man emerged onto the national scene and he would forever influence the American way of life."

Shadow program allows Airman to see Air Force through chiefs' eyes

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

An Airman from the 902nd Contracting Squadron saw a "bigger picture of the Air Force" last week when he spent a day with one of the highest-ranking senior NCOs at Joint Base San Antonio-Randolph.

Airman 1st Class William Underhill, 902nd CONS contracting specialist, experienced a day in the life of Chief Master Sgt. Gerardo Tapia, Air Education and Training Command command chief master sergeant, as part of the JBSA-Randolph Shadow Program. The program allows enlisted members, from airmen basic to senior master sergeant, to learn about the Air Force through a chief's perspective.

"Spending the day with Chief Tapia gave me a bigger picture of the Air Force – not just my job and my squadron," Underhill said. "I saw how his job affects so many areas. It was a great mentorship experience."

Underhill's day with Tapia began bright and early the morning of Aug. 29 when the pair set off at 6 a.m. on a 3-mile run, followed by a workout at the Rambler Fitness Center.

The workday began shortly before 8 a.m. when Underhill met Tapia at his office in the AETC complex.

"He talked to me about what he does and asked me questions about myself," Underhill said. "I was also able to see the things he deals with in his office."

One of the "eye-opening" experiences

of Underhill's day occurred when Tapia hosted a video teleconference.

"He gave a briefing to new squadron commanders throughout AETC, and I got to sit in on that," he said. "I had never seen a briefing on that scale, with so many important individuals."

Tapia and Underhill spent the next few hours of their day together at JBSA-Fort Sam Houston, where they visited the Center for the Intrepid, and JBSA-Lackland, where Tapia addressed more than 200 technical sergeants at the NCO Academy, before returning to JBSA-Randolph for another one-on-one discussion.

Underhill called his visit to the Center for the Intrepid, which provides rehabilitation for wounded warriors, "another eye-opening experience" as he witnessed the center's state-of-the-art amputee care.

Underhill, who said he would recommend the shadow program to any Airman, enjoyed his day with Tapia.

"It was great to follow Chief Tapia," he said. "He went out of his way to make me feel comfortable."

Tapia said the shadow program plays an important role in helping enlisted leaders grow their own replacements.

"While it's quite a jump from being an airman first class to the command chief of a major command, it still gives our young Airmen an opportunity to gauge the day-to-day activities of a position you might aspire to fill one day," he said.

Tapia said he and Underwood started the day running and "never slowed down."



Photo by Joel Martinez

Chief Master Sgt. Gerardo Tapia, Air Education and Training Command command chief, mentors Airman 1st Class William Underhill, 902nd Contracting Squadron, Aug. 29 at Joint Base San Antonio-Randolph.

"It was a great opportunity to spend an entire day with a young, motivated Airman and to listen to a different perspective on some very important issues," he said. "I wish him well and I hope that during our day together I might have influenced him in a positive way."

Chief Master Sgt. Jeffrey Martin, 902nd Mission Support Group superintendent, began the chiefs shadow program last year to "provide professional development opportunities for enlisted personnel."

"It provides enlisted Airmen the opportunity to see things from a chief's

eye view," Martin said. "It also helps the shadow develop a better understanding and appreciation of the critical role senior enlisted leadership plays within our Air Force. The hope is that it will encourage them to progress in their careers and maybe even become a chief master sergeant one day."

The monthly program, which includes a nomination process, is open to Airmen and chiefs from the 902nd MSG and all mission partners at JBSA-Randolph. For more information, email 902msg.ccce@us.af.mil.

Health care professionals recommend flu shots

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Autumn is just a few weeks away, the time of year when oppressive summer heat gives way to cooler weather.

It's also the time of year when flu activity begins, reaching its peak in January or February, according to the Centers for Disease Control and Prevention.

However, people need not suffer any of the symptoms associated with the flu, including fever, cough, sore throat, runny nose and muscle aches; the flu vaccine offers the best protection against the illness, 359th Medical Group health care professionals said.

"A yearly flu vaccine for everyone 6 months of age and older helps protect against influenza," Lt. Col. (Dr.) Yi Yang, 359th Medical Operations Squadron director of immunizations, said. "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.

The safety of the flu vaccine – which is available in injectable and nasal-spray forms – is closely monitored by the CDC and the Food and Drug Administration, but there may be minor side effects associated with the vaccine such as pain at the injection site, fever, sore throat and a runny nose, Yang said.

The CDC describes the flu as a "contagious disease caused by the influenza virus that can be spread by coughing, sneezing or nasal secretions." The flu, which affects 5 to 20 percent of the U.S. population, can cause severe illness and life-threatening complications in many people.

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.

Yang said it's important to receive the flu vaccine as early as possible – when the vaccines are available – be-

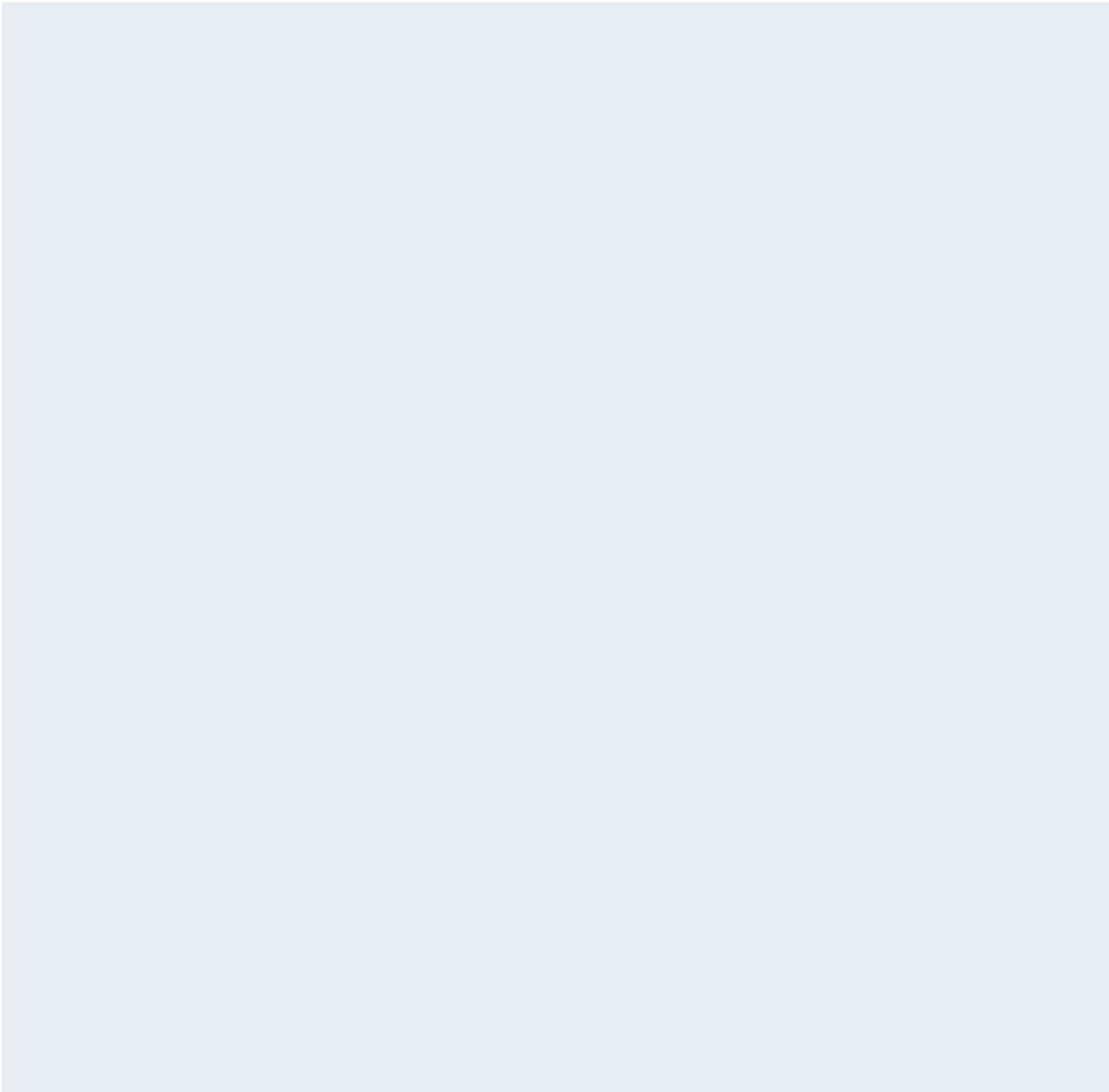
cause the influenza season can begin as early as September. He also said the severity of the flu season cannot be predicted; it varies from year to year.

Department of Defense policy requires immunization of all active-duty and Air Reserve Component members against influenza; if these members are located on an installation with a medical treatment facility, they must receive their vaccine through the local MTF.

In addition, TRICARE Prime's reimbursement program entitles Air Force beneficiaries to receive influenza and pneumococcal vaccines at TRICARE retail network pharmacies at no additional cost.

JBSA-Randolph health care professionals said it's important that beneficiaries who receive these vaccines provide the MTF with documentation of the vaccines to ensure accurate records; they should hand-carry, scan and email, or fax their immunization record to the clinic. The clinic's email address for immunization records is UDG_359MDG_359MDGimmunization@us.af.mil; the fax number is 652-3111.





Air Force Sergeants Association conferences encourages, informs Airmen

By Staff Sgt. Marissa Tucker
502nd Air Base Wing Public Affairs

The strength and impact of the noncommissioned officers' corps was the theme for the night as Acting Secretary of the Air Force Eric Fanning served as the keynote speaker for the Air Force Sergeants' Association Convention and Professional Airmen's Conference banquet Aug. 28 in San Antonio.

Several guests of honor attended the annual event, including Gen. Phillip Breedlove, commander, U.S. European Command and NATO Supreme Allied Commander Europe, Chief Master Sgt. of the Air Force James A. Cody, and Cody Etchburger, son of the late Chief Master Sgt. William Etchburger who posthumously received the Medal of Honor recently, and several former chief master sergeants of the Air Force.

Fanning spoke about the necessity of AFSA to help senior leaders understand the scope of their decisions about Airmen. As the former deputy undersecretary of the Navy/deputy chief management officer, he expressed his excitement about being part of the Air Force and constantly learning about the complex global missions



Photo by Senior Airman DeAndre Curtiss
Chief Master Sgt. of the Air Force James A. Cody speaks to the audience during the 2013 Air Force Sergeants Association Professional Airmen's Conference and International Convention at the Grand Hyatt in San Antonio Aug. 28.

supported by Airmen every day.

"The Air Force offers something that no other service does," Fanning said. "[General Welsh] talks about global reach, global power and global vigilance. To me that means, if you move, we will see you. If you hide, we will find you. And if you deserve it, we will punish you. We give the president the ability to hold targets at risk, all over the world, 24/7. No other service can do that."

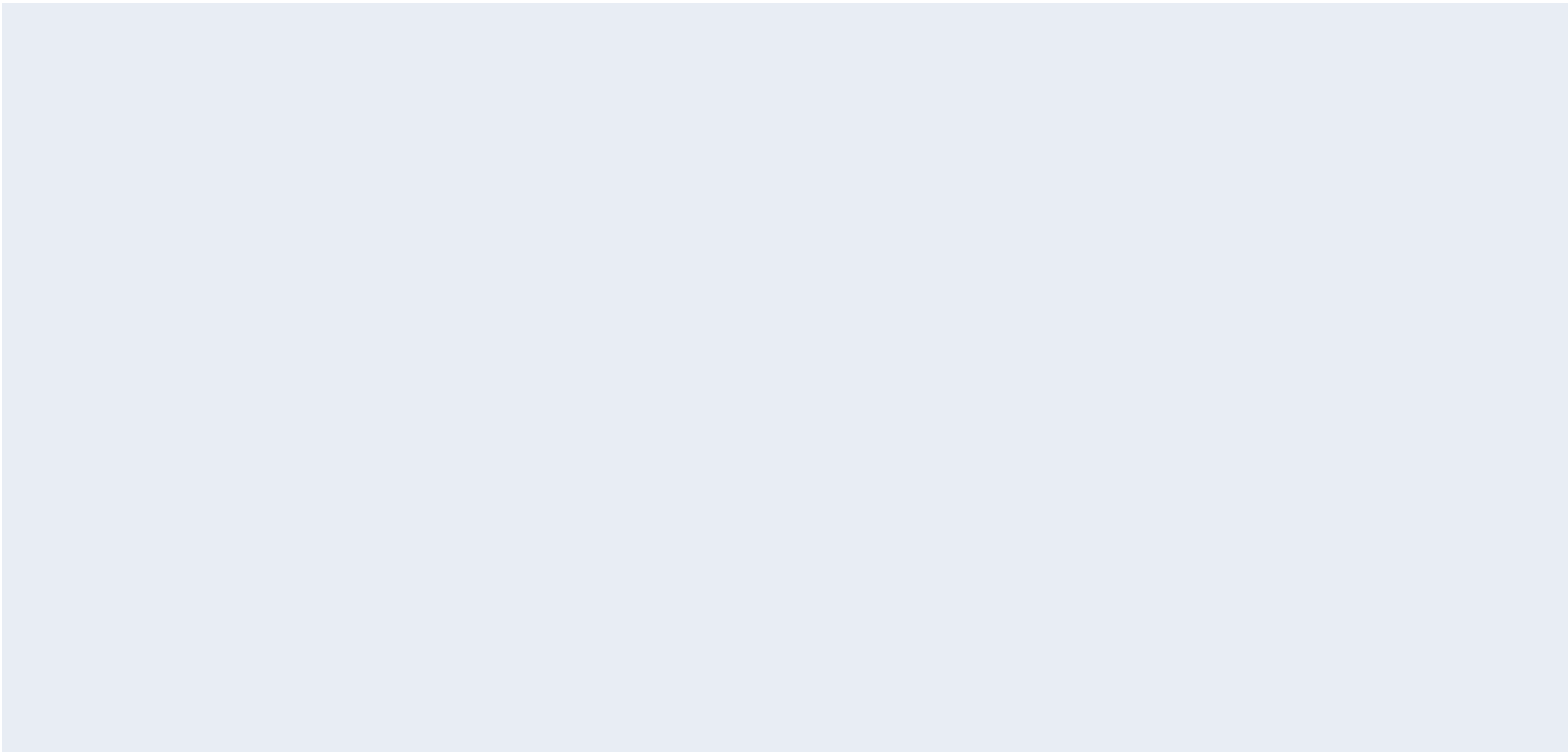
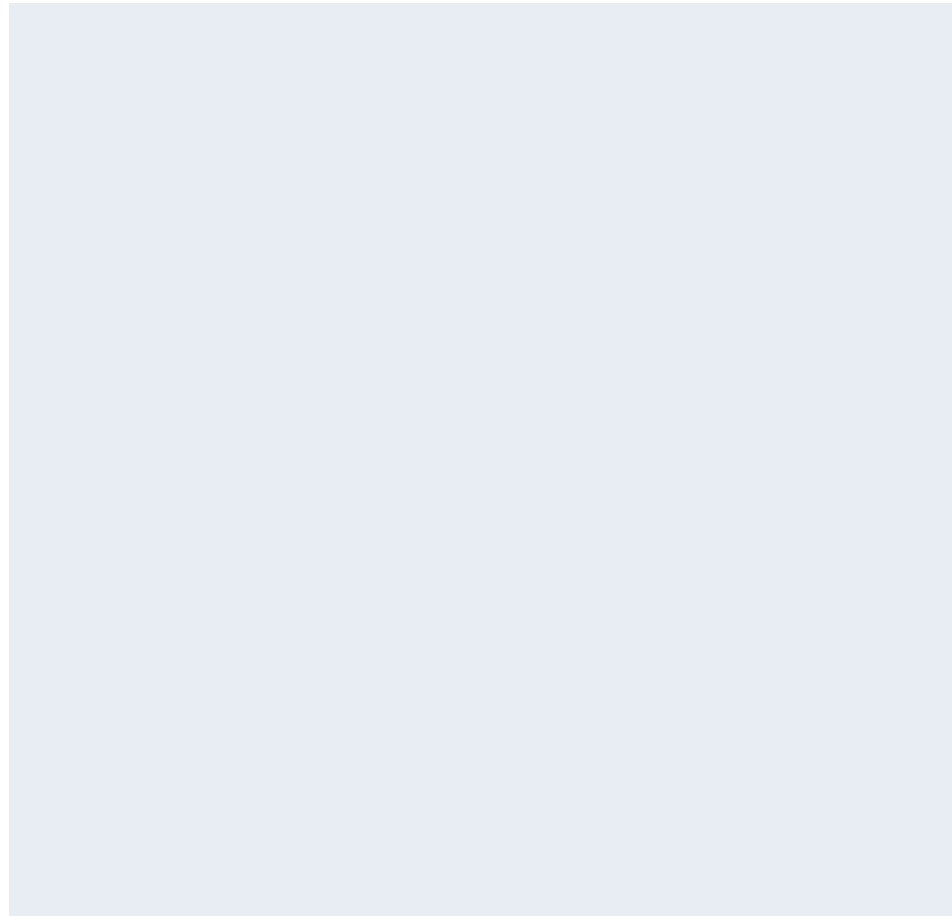
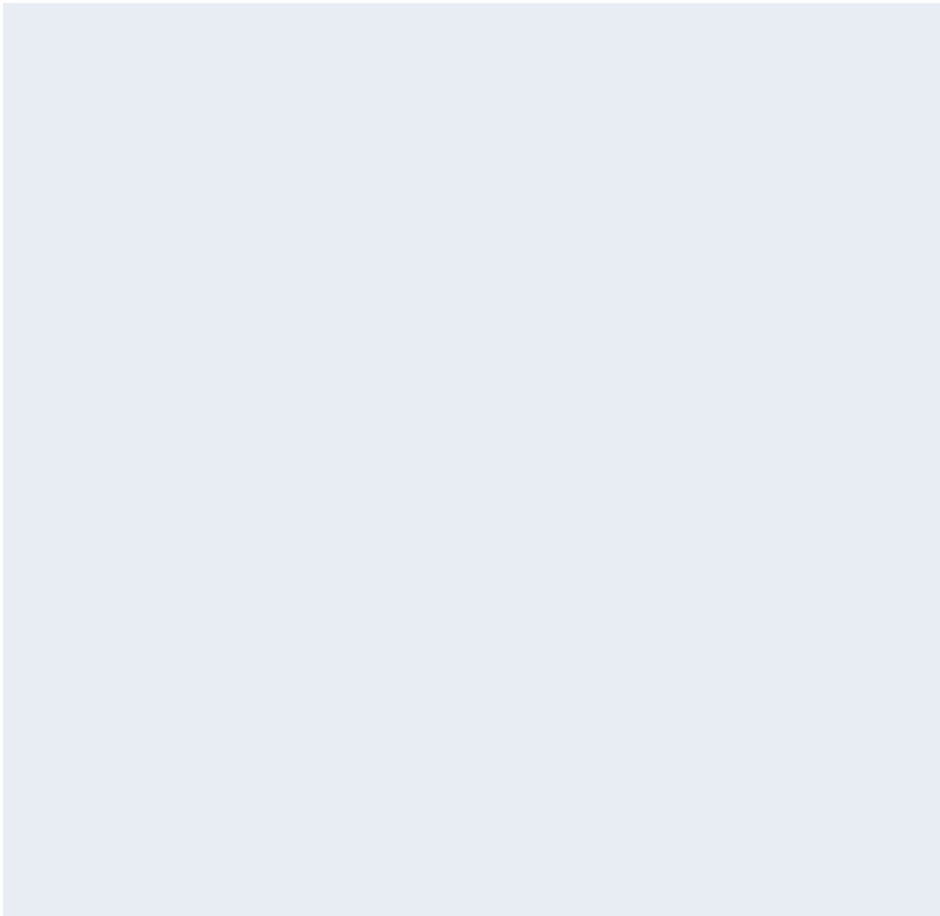
Before handing out the Chief Master Sergeant of the Air Force Awards, Cody spoke on the accomplishments of each of the Airmen in attendance, conveying his thanks to them for carrying on the legacy of the Air Force and their resilience and dedication to duty.

"(Airmen should know) how inspiring the men and women, our Airmen, are to your Air Force leadership," he said. "Your attributes, work ethic and commitment to service that each and every one of you display every day gives us without question, no matter what happens in the future, the confidence to know that we're in the world's greatest Air Force."

In following with the AFSA tradition of recognizing outstanding military leaders, Breedlove, the EUCOM commander, received the Excellence in Military Leadership Award for his outstanding commitment to improve the quality of life for the Air Force community at a strategic level during uncertain economic times.

In its 52nd year of operation, AFSA strives to represent the professional and personal interests of all Airmen and their families. According to the AFSA website, to do this, AFSA leaders work with the Department of Veterans Affairs and the White House to help pass legislation to benefit members of the armed forces, and when needed, to fight laws that may problematically affect them.

As the conference came to a close, the acting secretary praised the NCO corps on being the backbone of the military, stating "we are what we are as a military and an Air Force because of our NCO corps — we couldn't do it without you." Looking forward to the force reduction stemming from sequestration, Fanning told attendees, "there are great uncertainties ... but there is one thing I do not doubt and that's the [Air Force's] NCO corps."



'Nothing in the world is worth suicide... no matter how bad it is'

By L.A. Shively
JBSA-FSH Public Affairs

When Staff Sgt. John Martinez got the call "Shots fired!" he and a fellow private first class responded instantly.

What they found when they arrived at the barracks was gruesome. A Soldier had fired a bullet into his skull and was lying in a pool of blood, moving and gurgling, his body still trying to breathe as they entered his room.

"You could taste the blood as soon as you walked in – there was so much. Have you ever put a penny in your mouth? It tastes like – that," Martinez said darkly, remembering the ghastly scene.

The pair of Fort Polk, La., military police immediately began giving first aid to the Soldier, securing his weapon and searching for brass casings and other evidence. The search led to a set of dog tags on a bureau.

Until he read the dog tags, Martinez did not know the injured soldier was a coworker and a buddy.

"I looked at the dog tags and – holy crap."

Martinez said he suddenly became paralyzed and could not focus, his mind filled with scores of questions: What happened? When? How did it happen? Why? Why?

Last year was a record year with military officials reporting 516 suicides across the services. The Army also set a record with 325 suicides, nearly two-thirds of the total. From 2000 to 2010, Joint Base San Antonio-Lackland reported 20 suicides, while JBSA-Randolph reported one. Officials reported a total of 18 suicides from 2006 to 2012 at JBSA-Fort Sam Houston.

An increase in military suicides

over the last decade does coincide with escalated operational tempo, according to a 2010 Defense Department task force report on suicide prevention. But the report also identified a multitude of contributing factors such as relationship issues, substance abuse, financial setbacks and other physical, mental and spiritual stressors.

Although a failed relationship is most often cited as the reason for suicidal thinking, no single explanation can account for all self-destructive acts, explained Army Lt. Col. (Dr.) Marshall Smith, deputy chief, Department of Behavioral Medicine, Brooke Army Medical Center.

The doctor said that suicidal thinking begins as a person weighs the options available to him or her in order to deal with a situation while looking for a final solution to stop the pain, or resolve circumstances that seem impossible to work out.

Suicidal thinking can also be associated with mental illness, depression, or post-traumatic stress disorder that, once those conditions are treated, will often go away, Smith said.

"Even the toughest individual can experience the kind of thinking that might lead to suicide," he said.

"A suicidal frame of mind includes thoughts like, 'No matter what I do, it won't get me past this point in my life; so I might as well end it,'" said Lisa Martinez, Suicide Prevention Program manager at JBSA-Fort Sam Houston. Lisa Martinez is married to Staff Sgt. Martinez.

Mrs. Martinez also explained that suicidal thinking may lead to

the faulty belief that taking one's life helps family and friends, or that others will not be affected. That is not the case she said.

The Soldier who shot himself did not make it and her husband was profoundly affected. The sergeant felt tremendous guilt and blamed himself for not seeing the signs.

"It was very personal at that point. There was no way (Martinez) could keep it from his own psyche," explained Army Chaplain (Maj.) George Hammil. "Guilt is pretty common in this situation and can be overwhelming, whether it is necessary or not. It can be consuming."

After his tour at Fort Polk, Martinez was deployed to Afghanistan where he received indirect fire and sustained a concussion.

He finished the deployment and accepted an assignment at JBSA-Lackland where Martinez began to experience irritability, unrestrained anger and intense headaches. He also began having nightmares that had nothing to do with combat.

"My dreams were about my daughters always getting hurt, falling down stairs, breaking their heads open," said Martinez, a Bronze Star recipient who served multiple deployments in Iraq as well as Afghanistan.

He couldn't make sense of his dreams and his mood swings began to affect his family life. Often, he would be in a good mood when something set him off.

"It's like a light switch," Martinez said, snapping his fingers. "I become a totally different person right then and there and blow up. We had a dog – I was a dog lover, but now I hate dogs. I can cause harm to a dog. That's why we got rid of the family dog."

The military police Soldier decided to seek therapy and doctors at JBSA-Lackland finally put the puzzle together.

Along with combat-related traumatic brain injury, Martinez was diagnosed with PTSD as a result of the Fort Polk Soldier's suicide. His dreams were a product of the shock of finding his buddy with a self-inflicted gunshot wound to the head.

"My deployments and my injury

downrange didn't bother me. I know that's part of combat, but it's not supposed to happen at home. I can't get rid of that horrific, disturbing image in the barracks," Martinez said.

"When he was dealing with the issues himself, it wore him down. After he reached out, he got that relief and felt stronger," Mrs. Martinez said.

The therapeutic benefit of reaching out to others has clinical support, Hammil said. He explained that the brain deals with trauma differently, storing those memories, usually in raw form complete with smells, strong feelings and physical

sensations in an area that is disassociated with everyday functions.

Speaking with others and sharing in a safe and caring environment such as with a counselor, chaplain, friend, or family member can bring about healing, a sort of touching or knocking on that painful place where traumatic memories are stored.

Healing reconnects disassociated memories and allows both sides of the brain to function together as one entity again, Hammil explained.

"It actually feels good in the group therapies," Martinez said.

"You think you're alone, but there are other Soldiers with the same problem or even worse that you can relate to."

In an effort to encourage military members to seek the help they need, military leadership has committed to combating the stigma of getting care, with the goal of providing a healthy, supportive environment promoting comprehensive fitness, Smith said.

"All you need to tell me as your supervisor is: I've got an appointment – a medical appointment –

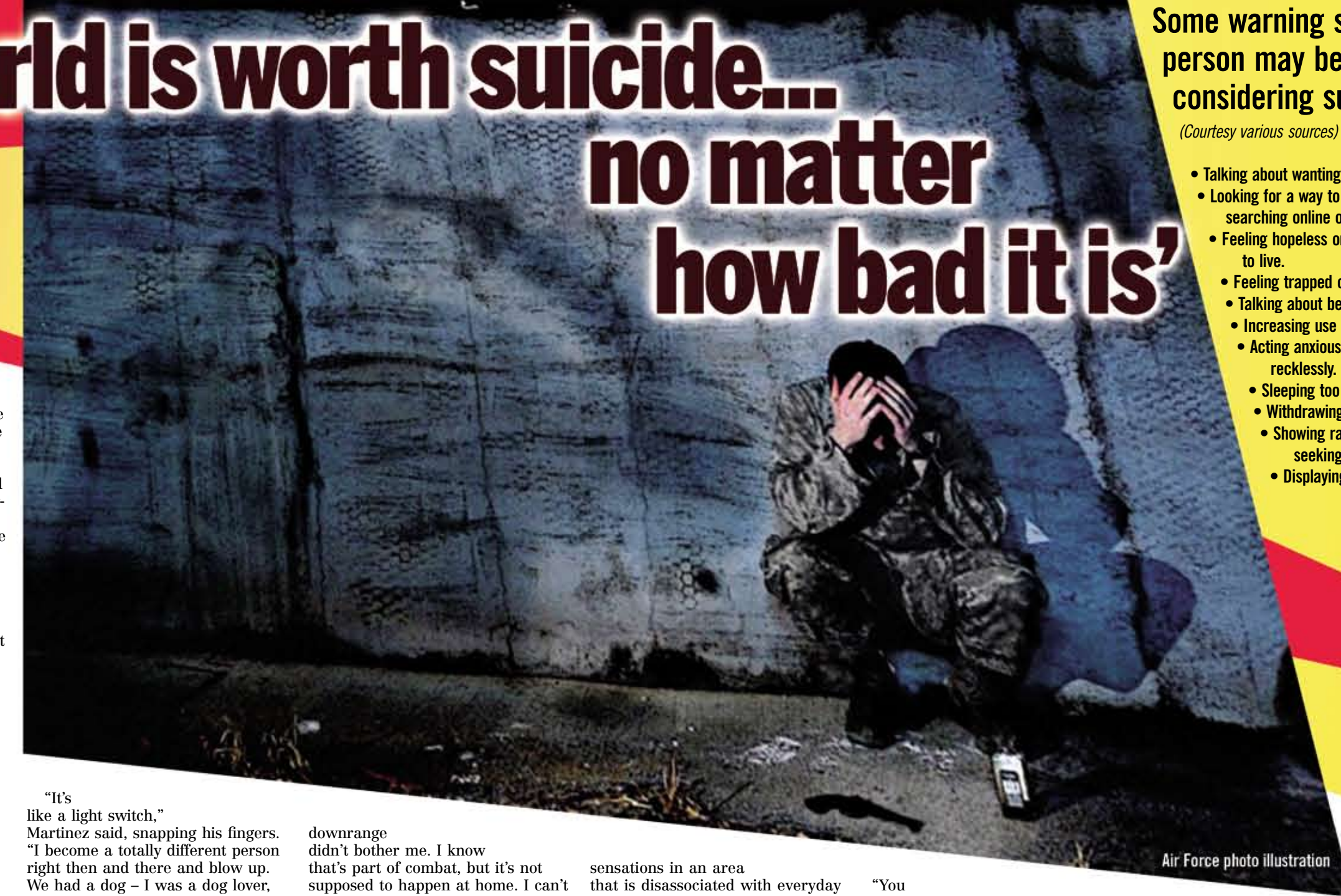
Some warning signs a person may be considering suicide

(Courtesy various sources)

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself such as searching online or buying a gun.
- Feeling hopeless or having no reason to live.
- Feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating oneself.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

RESOURCES

- **JBSA Links**
<http://www.jbsa.af.mil/library/resiliency/>
- **Army Substance Abuse Program**
Call 295-6345
<http://www.acsap.army.mil/sso/pages/public/get-help/soldiers-cr.jsp>
- **Military Crisis Line**
Call 1-800-273-TALK (8255)
<http://www.veteranscrisisline.net/ActiveDuty.aspx>
- **Military One Source**
Call 1-800-342-9647
<http://www.militaryonesource.mil/>
- **National Suicide Prevention**
Call 1-800-273-8255
<http://www.suicidpreventionlifeline.org/>
- **After Deployment**
Call 1-866-966-1020
<http://www.afterdeployment.org/>
- **Real Warriors + Real Battles**
Call 1-866-966-1020
<http://www.realwarriors.net/>
- **Chaplains' Offices**
JBSA-Fort Sam Houston 221-5007
JBSA-Lackland 671-5842
JBSA-Randolph 652-4376



Air Force photo illustration

and what time it is at. I don't need to know what the appointment is for," Martinez said.

"Reaching out showed his Soldiers and subordinates that it was OK to seek help," Mrs. Martinez said.

Martinez feels he has recovered from the trauma he experienced as a first responder to his buddy's suicide, but he will never forget it.

"There are things that remind me of that individual – a first name, the

car he drove, a graphic movie with somebody getting their head shot."

Nothing in the world is worth suicide. No matter how bad it is," Martinez stressed. "Even if you're in trouble or you know you're going to get so many years in prison, killing yourself is not worth it."

(Editor's note: September is National Suicide Prevention Month.)



Photo by Melissa Peterson

Hector Perez, Randolph High School band director, oversees a marching band practice session Aug. 28 at Randolph High School.

Ro-Hawk marching show highlights military flight, air power

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

This year's Randolph High School marching band's music hits close to home with the military parents of every marcher in the 80-student band.

"The show goes back to the historical days of the Army Air Corps," Hector Perez, Randolph High School band director, said. "We're doing something for the parents to support them because our primary mission is to support the community."

Three songs comprise the show: "To Tame the Heavens and the Skies" by Robert Smith; "On the Wings of the Chosen" by Roland Barrett; and "In Flight" by Samuel Hazo.

"The show goes back to the historical days of the Army Air Corps. We're doing something for the parents to support them because our primary mission is to support the community."

Hector Perez

Randolph High School band director

Heavy brass sounds accompany fast woodwind passages throughout the movements.

"The ballad conjures the image of flying through the clouds on a calm day, enjoying the scenery of being in the air," Perez said. "The last number is about air domination and being the supreme controller of the air."

Items such as colored panels and large blue or yellow aviator wings rep-

resenting aviation units of the five military branches are some props planned as backdrops during the show.

With a band heavily consisting of students in grades 8-10, Perez said a challenge this marching season is getting the most out of what he has.

"My philosophy has always been about maxing out the talents of the youth," he said. "When summer band camp started the last week of July, our

younger players did great at following instructions. They are eager to do a good job for the upperclassmen."

Fortunately for some of the inexperienced marchers, "a relaxed marching style that's not as snappy and rigid as in the past" helped them learn the ropes quickly, Perez said.

With time, the rest should take care of itself.

The marching band's next performance is at halftime during the football game against Luling High School, who hosts the Ro-Hawks at 7:30 p.m. tonight.

The band's first pre-University Inter-scholastic League marching event will be at the Hornet Invitational Marching Contest Sept. 24 at East Central High School.

2013 Air Force Ball

The 2013 San Antonio Air Force Ball takes place Sept. 20 at the Grand Hyatt, 600 E. Market St. in San Antonio. The social starts at 6 p.m. and the main event starts at 7 p.m. Military attire is mess dress or semi-formal and civilian attire is formal/black tie. Retired Maj. Gen. Alfred K. Flowers will be the guest speaker. Tickets are \$40 and available with cash payment from the following individuals: JBSA-Fort Sam Houston, Senior Master Sgt. Vickie Perry at 466-2583, Master Sgt. Lacittra Barnett at 808-2659 or Master Sgt. Kristen Hess at 916-1014; JBSA-Lackland, Tech. Sgt. Araceli Alarcon at 671-3560 for Airmen

through technical sergeants, Master Sgt. Fordham Terrill at 977-5839 or Master Sgt. Anthony Foremski at 969-5416 for top three enlisted ranks and 1st Lt. Sara-Grace Ramos at 671-6706 for officers; JBSA-Randolph, Tech. Sgt. Brian Jenkins at 652-3365 or Staff Sgt. Jamario Liggins at 565-9217 for Airmen through technical sergeants, Senior Master Sgt. Shannon Burrier-Morris at 565-4861 for top three and 1st Lt. Adam Staricha at 565-9251 for officers. To pay with a credit or debit card (with a \$1.50 surcharge per ticket), click on <http://2013afball.ecwid.com> or <https://www.facebook.com/SanAntonioAirForceBall>.

Ro-Hawks football season opens with loss; playoff chances unaffected

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

The Randolph High School Ro-Hawks football team took a 47-23 loss in its season opener against the pass-heavy Luling High School Eagles Aug. 30 despite a steady running attack, but defeat doesn't affect the squad's game plan.

Coming on the heels of a 3-7 finish last season, the Ro-Hawks aim to make the playoffs and capture the district title, Ro-Hawks head coach Pete Wesp said.

For the team's second year in District 14-2A-Division II – which Wesp called “the hardest district in 2A” – this won't come easy for them.

“It will be a hard-fought battle and the kids will learn some life lessons along the way,” Wesp said. “Four of our opponents are more than 100 miles away and (highly ranked) schools like Rogers and Lexington will be tough to beat.”

Eight returners fill out a 22-player roster including junior defensive back and tailback Christian Hosley, senior guard Ryan Farrell, and junior linebacker and

tailback Bryan London, who led the Ro-Hawks in tackles last season, recording 124 in seven games.

“Bryan had an outstanding year, but he broke his fibula and missed three games,” Wesp said. “He was on his way to breaking the school record in tackles. The goals for him this season are to stay healthy and get the tackling title.”

As quarterback, returning senior Zach Trujillo and senior transfer student Colin Toth will likely share playing time.

Due to the lack of depth on the roster, most of the 11 starters “won't be coming off the field very much” because they play both offensive and defensive positions – a unique feature for small schools like Randolph, Wesp said.

“It's old-style, iron-man football,” he said.

To improve last year's record, Wesp said his team is working on reducing turnovers, which at one point peaked at five per game.

“I've adopted a strong running game going by my past, so we need to make sure to protect the football,” Wesp said.

For second-year assistant coach Elliott Ortiz, a former Ro-Hawk quarterback and

2013 Randolph High School Football Schedule

VARSITY

Date	Opponent	Location
Sept. 6	Cole	Away
Sept. 13	Karnes City	Home
Sept. 20	Shiner	Away
Sept. 27	Rogers	Home
Oct. 4	Schulenburg	Away
Oct. 11	Jarrell	Home
Oct. 18	Lexington	Away
Oct. 25	Johnson City	Home
Nov. 1	OPEN	
Nov. 8	Blanco	Away

JUNIOR VARSITY

Date	Opponent	Location
Sept. 5	Cole	Home
Sept. 12	Karnes City	Away
Sept. 19	Shiner	Home
Sept. 26	Rogers	Away
Oct. 3	Schulenburg	Home
Oct. 10	Jarrell	Away
Oct. 17	Lexington	Home
Oct. 24	Johnson City	Away
Oct. 31	OPEN	
Nov. 7	Blanco	Home

All varsity games start at 7:30 p.m. and all junior varsity games start at 6 p.m.

2006 Randolph High School graduate, this year's team has better decision makers.

“We have an older, more experienced group, so we have better leadership,” he said.

This helps under the Friday night lights, when “everything changes,” Ortiz said.

“Some places we travel to, the whole town shuts down and comes to watch our games,” he added. “Having guys who

have been there makes a huge difference. We'll see how we react.”

Cole High School hosts the Ro-Hawks tonight at 7:30 p.m.

The first district bout against Rogers High School is scheduled for Sept. 27, followed by five more district contests, which Wesp called “the important games that determine if we make playoffs.”



BAMC staff offers comfort, final memento to families

By Elaine Sanchez

Brooke Army Medical Center Public Affairs

Amy Beyer cradles a tiny plaster model of an infant's hand in her palm, gently sanding each crease, wrinkle and fingernail. After several moments, she takes a step back to survey her work, tilting her head and squinting slightly as she hunts for imperfections.

"They'll like this," she said at last with a sigh of relief, referring to parents who had lost their baby just weeks prior.

Beyer, a social worker in the neonatal intensive care unit, spends hours each month meticulously crafting 3-D models of hands, feet and even faces in the hopes of bringing a measure of comfort to family members who have lost a child at San Antonio Military Medical Center.

"We do this to preserve memories for families, and to show them that we care deeply about them in their time of loss," she said.

Beyer first learned of the program while working for the NICU at (then-)Wilford Hall Medical Center in 2007. When the department moved to SAMMC in 2011, Beyer and a former co-worker, Air Force Capt. Crystal Gomez, sought to keep the program's momentum going here.

Since that time, Beyer, along with a handful of other staff members, has painstakingly created hundreds of these models – from impressions to pouring plaster to sanding and glazing – for babies who are born as early as 20 weeks gestation and teens up to age 17.

Always striving for more lifelike perfection, she has painted fingernails a perfectly matched shade of red, carefully captured the nuances of a cherished ring or the individual curve of a tiny toenail.

"For the occasional newborns who are unable to survive their illness, our focus and purpose as care providers shifts from the baby to helping the family through the painful loss of their child," explained Air Force Lt. Col. Daniel Dirnberger, chief and director of Neonatal Medicine Services at SAMMC.



Photo by Robert Shields

Social worker Amy Beyer displays a model of an infant's foot in the neonatal intensive care unit at San Antonio Military Medical Center. Beyer creates these models to bring comfort to families who have lost a child.

"Having a tangible three-dimensional replica of their baby's hands and feet gives them something that photos can never satisfy," he said. "They can touch and hold their baby's hand, and it keeps their connection tangible and real."

To broaden the scope of the program, Beyer has partnered with the Department of Maxillofacial Prosthetics at SAMMC, a department skilled at making impressions and crafting models. They will assist with making the

models using dental stone, a harder, more durable material than plaster and will offer a wider range of options, including blue and pink models, explained Air Force Col. Alan Sutton, director of maxillofacial prosthetics.

"This collaboration will improve the quality and durability of our keepsakes, and will help us help our families that much more," Dirnberger said. "This is one way that Ms. Beyer takes our perinatal loss program beyond what I see anywhere else in San Antonio and throughout the Defense Department."

For Beyer, the hours of meticulous work melt away when she sees the gratitude in a family member's eyes – mixed emotions of sadness and joy. "They hold the hand or foot for the first time and point out the little creases or the toenails, and they are so happy to have something of their baby," she said.

Beyer recalls one mom, Nikki Pinto, whose son, Matteo, passed away here when he was 5 1/2 months old. She created handprints, along with multiple 3-D models of his hands and feet – enough to pass on to parents, grandparents and in-laws.

Pinto said she treasures her models, proudly displaying them in her curio cabinet. "I love my pictures of Matteo, but these models are something tangible I can touch and cherish," she said. "The detail is amazing; every wrinkle and fingernail is perfect.

"To know that his foot or hand touched the mold ... it's priceless," she added. "It's so much more than just a picture – it's a piece of him."

Beyer said another mom was speechless for several moments as she examined the models while sitting on a hospital bed in the NICU. "That's my baby," she finally said, tears streaming down her cheeks.

"Soon we were all crying and hugging, and I knew we had made a world of difference," Beyer said. "We had given her something tangible of her baby to take home.

"These models aren't a big gift – they're not expensive and take just a few hours to make," she said. "But they will live on for these families for years to come."

San Antonio Metropolitan Planning Organization conducts 'Mobility 2040' public meetings

By Joint Base San Antonio Public Affairs

The San Antonio and Bexar County Metropolitan Planning Organization will hold eight public meetings Sept. 23 through Oct. 3 to get input on their 25-year metropolitan transportation plan.

According to MPO, the San Antonio metro area population is expected to grow by 1.5 million people by 2040 bringing the area population to approximately 3.4 million people. The 'Mobility 2040' plan will provide a vision and goals to meet the needs of the

metropolitan area's transportation system going forward from 2015 through 2040. San Antonio and Bexar County residents are encouraged to attend a meeting in their area where they will be asked to review and provide input on this plan.

Meetings by area are scheduled as follows:

- Northeast Meeting – 6-8 p.m., Sept. 23 at Woodlake Hills Middle School, 6625 Woodlake Parkway, San Antonio, Texas.
- Northwest Meeting – 6-8 p.m., Sept. 24 at Leon Valley Community Center,

6421 Evers Road, Leon Valley, Texas

- Southwest Meeting – 6-8 p.m., Sept. 25 at Indian Creek Elementary School, 5830 Pearsall Road, San Antonio, Texas
- Southeast Meeting – 6-8 p.m., Sept. 26 at Highland Hills Elementary School, 734 Glamis Ave, San Antonio, Texas
- Central Meeting – 9-11 a.m., Sept. 28 at VIA Community Room, 1021 San Pedro Ave, San Antonio, Texas
- Seguin Meeting – 6-8 p.m., October 1 at Seguin – Guadalupe County Coliseum, 950 S. Austin St., Seguin, Texas.
- New Braunfels Meeting – 6-8 p.m.,

October 2 at New Braunfels Civic Center, 375 S Castell Ave, New Braunfels, Texas

- Boerne Meeting – 6-8 p.m., October 3 at Boerne Civic Center, 820 Adler Road, Boerne, Texas

Public comments can also be made online at <http://www.mobility2040.org>.

MPO meetings are accessible to persons with disabilities. To request special assistance or an interpreter, please call 227-8651 or TDD 1-800-735-2989 (Relay Texas) at least five working days in advance. For more information, please call 227-8651.



JBSA Sexual Assault Prevention and Response: If you would like to report a sexual assault, call the 24/7 JBSA Sexual Assault Prevention and Response hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247. You don't have to be alone.