



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 14 • APRIL 11, 2014



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MISSION PARTNER COMMENTARY

'Without you, there is no Air Force'

By Senior Master Sgt. Carmelo Vega
368th Recruiting Squadron superintendent

I am the recruiting advisor to the Afghan Air Force recruiting commander (an O-6). I am assigned to the 438th Air Expeditionary Wing, Afghanistan, which is under the NATO Air Training Command.

Under this command, there are 28 coalition partner nations operating from Kabul. I work at a very small base with several Army and Navy personnel and other nation partners such as Denmark, Canada and Germany.

I fall under the wing J1/J7 (personnel and training combined). I go out every day to the Afghan side of the base (leaving the wire) to advise. I have an assigned interpreter and always have to go with a guardian angel.

My scope of responsibility extends from the tactical, operational and strategic (all combined) to help the Afghans stand up a sustainable air force over the years. The recruiting team is starting from scratch and facing several difficulties such as equipment, supplies, training, processes and support.

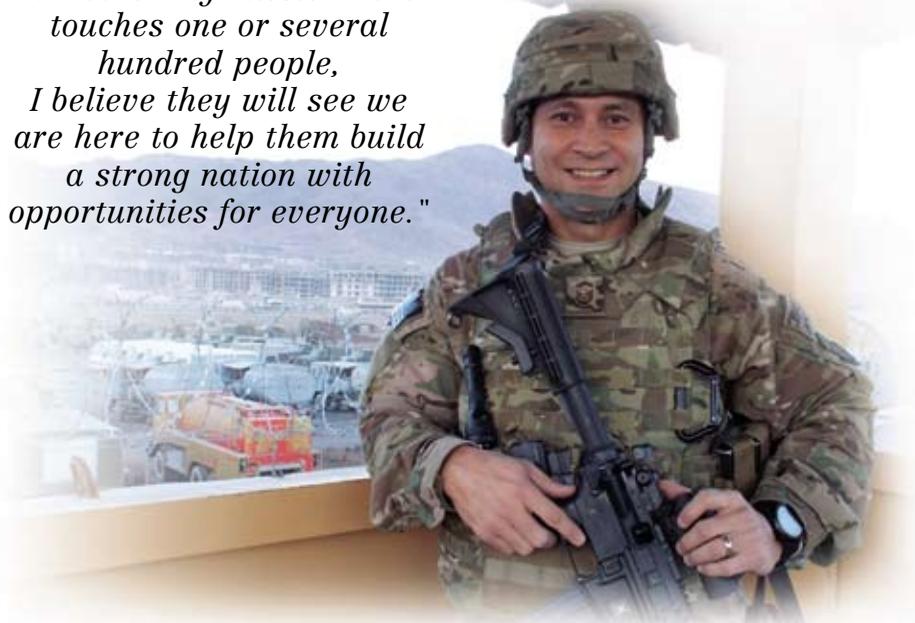
You can somewhat compare what they are doing here to our Air Force back in 1947 when it switched from the Army Air Corps to an independent entity. I am here to help them with that transition.

I deal with all types of issues, from getting supplies, computers, furniture and other equipment to elevating concerns and suggestions to the Afghan top leadership at the Ministry of Defense level.

This requires me to get involved in meetings and interactions at the wing and MOD level with other advisors at that level to ensure the Afghan leadership acknowledges the recruiting team and generates policy to align an effective recruiting program that meets their needs.

During my first month here, I've been able to build solid rapport with the Afghan leadership, get them equipment, get them recog-

"Whether my mission here touches one or several hundred people, I believe they will see we are here to help them build a strong nation with opportunities for everyone."



Senior Master Sgt. Carmelo Vega

nized as a valid entity at various levels and coordinate a recruiting "shura" (meeting).

This meeting brought the top Afghan leadership key stakeholders to our base to conduct an AFSO 21 event to identify gaps, inefficiencies and define the processes they need to succeed. I was responsible for organizing and coordinating this event (with wing support, of course). Everyone here was excited about it.

I am thrilled to have taken on this unique opportunity to help the Afghan air force. We are making history. I truly believe deployments are an opportunity to grow both professionally and personally.

Whether my mission here touches one or several hundred people, I believe they will see we are here to help them build a strong nation with opportunities for everyone.

I have also taken part in an operational outreach as an English teacher. This is a volunteer program (both American and Afghan) to teach Afghan NCOs and officers conversa-

tional English. We started out with six Afghans and we are up to 21 now.

This is a very rewarding effort and a great opportunity to learn from them as much as they learn from us. I teach English and in return learn more Dari. It's a win/win arrangement.

My advice to our recruiters – always be ready, physically and mentally. Be ready to deploy. It's your job as an Airman to maintain fitness and be ready when the call comes in. You should be ready to go anywhere, anytime.

Take on challenges and get out of your comfort zone. Appreciate the great opportunity you've been given to sustain the best Air Force in the world. I am seeing it first hand out here.

I work with the finest Airmen our Air Force has to offer and you are a direct contributor to that.

Don't think for a second your job is not important. Without you, there is no Air Force, no safe skies and our nation is vulnerable. Be proud of what you do day in and day out.

ON THE COVER

Sylvia Cunningham, Sexual Assault Prevention Response victim advocate, places teal ribbons on flagpoles Monday at Joint Base San Antonio-Randolph. For the complete story, see page 4.

Photo by Joel Martinez

WINGSPREAD

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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 randolphpublicaffairs@us.af.mil.

AETC officials announce 2014 Outstanding Airmen of the Year

Air Education and Training Command Public Affairs

Air Education and Training Command officials announced nine Airmen selected as the command's 2014 AETC Outstanding Airmen of the Year.

The award recognizes AETC's enlisted Airmen for their leadership, job performance, community involvement and personal achievements.

"We congratulate these fantastic Airmen – great men and women who deserve the heartiest congratulations for their contributions and achievements as leaders in our Air Force," said Gen. Robin Rand, AETC commander. "Their influence shapes our Air Force and our nation. We wish them all the luck at the top."

AETC Command Chief Master Sgt. Gerardo Tapia praised the winners for their outstanding efforts.

"I'm so proud of the accomplishments these Airmen have shown, setting the example through their diligence and hard work," he said. "They truly represent the best of the United States Air Force."

The 2014 AETC Outstanding Airmen of the Year are:

- **Airman of the Year:** Senior Airman Jessica A. Paulson, 97th Civil Engineer Squadron,

Altus Air Force Base, Okla.

- **NCO of the Year:** Tech. Sgt. Latoria R. Ellis, 502nd Contracting Squadron, Joint Base San Antonio-Lackland, Texas

- **Senior NCO of the Year:** Master Sgt. Jason K. Trickey, 71st Operations Support Squadron, Vance AFB, Okla.

- **First Sergeant of the Year:** Master Sgt. Phillip J. Brandley, 71st Mission Support Group, Vance AFB, Okla.

- **Honor Guard Member of the Year:** Airman 1st Class James M. Gianotti, 690th Network Support Squadron, JBSA-Lackland, Texas

- **Honor Guard Program Manager of the Year:** Master Sgt. David M. Teets Jr., 502nd Force Support Group, JBSA-Randolph, Texas

- **Military Training Leader of the Year:** Master Sgt. Malcom O. Summers II, 37th Training Support Squadron, JBSA-Lackland, Texas

- **Military Training Instructor of the Year:** Staff Sgt. Eddie T. Glover, 322nd Training Squadron, JBSA-Lackland, Texas

- **Recruiter of the Year:** Tech. Sgt. Jeffrey A. Trueman, 319th Recruiting Squadron, Bridgeport, Conn.

The Airman, NCO, Senior NCO and first sergeant winners will compete next against other major command nominees at the Air Force level.

AETC Outstanding Airmen of the Year from Joint Base San Antonio



Tech. Sgt.
Latoria R. Ellis



Airman 1st Class
James M. Gianotti



Master Sgt.
David M. Teets Jr.



Master Sgt.
Malcom O. Summers II



Staff Sgt.
Eddie T. Glover

NEWS

JBSA leaders send stern message about sexual assault

By Steve Elliott
Joint Base San Antonio-Fort Sam Houston Public Affairs

Military leaders from throughout Joint Base San Antonio joined together at the Evans Theater Friday to sign a proclamation declaring April 2014 as Sexual Assault Awareness Month, with the theme "Live Our Values: Step Up to Stop Sexual Assault."

"Sexual assault is a scourge on all our military services," said Army Lt. Gen. Perry Wiggins, commander, U.S. Army North (Fifth Army) and senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis. "We tend to put a face on our enemy and, in this case, the enemy is us."

"Sexual assault changes people. It scars people," Wiggins continued. "They may not be physical scars, but these scars run deep. We cannot accept people in our military who commit sexual assault upon another person. It is going to take action to combat this systemic problem in the military."

"This is not a time for silence on sexual assault," the general said. "You are part of a team that does not know the meaning of the word 'defeat.' This will not defeat us."

The proclamation ceremony was one of numerous events planned throughout JBSA to highlight the fact that sexual assault is criminal conduct that falls well short of the standards America expects of its men and women in uniform and is a violation of military core values.



Photo by Joshua Rodriguez

U.S. Army Lt. Gen. Perry L. Wiggins (left to right), the Commanding General for Army North; U.S. Air Force Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander; U.S. Navy Capt. Gail Hathaway, Navy Medicine Education Training Command; and U.S. Marine Corps Maj. Martin D. Gale, 4th Reconnaissance Battalion Executive Officer, stand by the Commanders' Proclamation for Sexual Assault Awareness Month after the signing April 4 at the Joint Base San Antonio-Fort Sam Houston Base Theater.

"Sexual assault is a crime and Sexual Assault Awareness Month is an annual reminder of the values we live by all year long," said Navy Capt. Gail Hathaway, commander, Navy Medicine Education and Training Command. "We must all be personally committed to a climate of respect to our fellow service members."

Putting a human face on the crime of sexual assault was guest speaker Air Force Master Sgt. Amanda Caldwell, a victim of sexual assault both inside and outside the military, who is now stationed at JBSA-Lackland.

"My story is hard to tell ... but there are thousands more out there suffering in silence," Caldwell began.

Caldwell spoke in detail about being assaulted by a trusted family member

when she was a teenager working at a Minnesota summer camp.

"My whole life changed when this happened. I felt like I had no one to talk to about it," she said. "Looking back, I see how it changed my attitude and the way I acted. I started drinking and other destructive behavior. I ended up turning myself into the perfect victim."

After joining the Air Force and getting stationed at Elmendorf Air Force Base, Alaska, Caldwell said she was sexually assaulted in a dormitory by a fellow Airman – one that was a mentor to her.

"I didn't think anyone would believe me if I reported it," Caldwell said. "In May 2006, a close friend of mine committed suicide. I knew she had had the same thing happen to her with the same airman. Af-

ter all the female Airmen in the unit were interviewed, I finally told the truth about what had happened to me. Unfortunately, the male Airman took a plea bargain and didn't serve any jail time."

Caldwell said when she was assigned to JBSA-Lackland in 2010, she changed her mind set about her past.

"I looked in the mirror and saw a survivor. I focused on improving myself," she said. "I'm still me and I'm still strong."

Caldwell has put her past experiences into action, becoming a victim advocate for the JBSA Sexual Assault Prevention and Response office.

"These events are burned into my memory for the rest of my life," the sergeant said. "To survivors, I hope my story gives you hope."

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and JBSA commander, wrapped up the event.

"We had better start now – right here and right now – by committing ourselves to eliminating our military services of this crime," LaBrutta said. "We all have to be part of the solution."

The JBSA Sexual Assault Prevention and Response office serves the entire military community and collaborates with all service branch SAPR programs.

JBSA maintains a report hotline at 808-SARC (7272) for all service personnel 24 hours a day, seven days a week. The Department of Defense Safe Helpline is also available at 877-995-5247.

For more information about Sexual Assault Awareness Month events, visit <http://www.jbsa.af.mil/library/jbsasapr.asp>.

JBSA Pharmacy information available online

By Leslie Finstein
Joint Base San Antonio-Lackland, Public Affairs

San Antonio military medical care beneficiaries have a new online home for prescription information.

Information on Joint Base San Antonio pharmacies for all Air Force and Army pharmacy locations is found online at: <http://www.jbsa.af.mil/library/jbsamedicalservices/jbsapharmacy/index.asp>.

The site provides pharmacy services

along with locations, hours and points of contact for all pharmacies on JBSA-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph and reflects on-going efforts to improve how healthcare is delivered to military members, dependents and retirees in the San Antonio area.

"This is a win-win for our patients and efficiency in the San Antonio market," said Col. Kyle Campbell, commander of Brooke Army Medical Center. "If you go to the website, you can easily find, for example, all the pharmacies around the

city in order to select the one that is most convenient for you."

On Oct. 1, 2013, San Antonio was established as one of six Enhanced Multi Service Markets by the new Defense

Health Agency. EMSMs are designed to promote collaboration and efficiency in the delivery of health care services to regional beneficiaries.

See PHARMACY P12

Visit the JBSA pharmacy website at

<http://www.jbsa.af.mil/library/jbsamedicalservices/jbsapharmacy/index.asp>.

Joint Base San Antonio

Active Shooter Process

- **IMMEDIATE DANGER (SEE)**

If you find yourself in immediate danger during a shooting incident within your work center,

- **ESCAPE/EVACUATE** from the scene, **HIDE** or as a last resort, **TAKE ACTION**.
- **ESCAPE/EVACUATE:** Plan your route, leave your stuff behind and exit with your hands visible.

Security Forces personnel may mistake you for the shooter.

- **HIDE:** If you **HIDE**, contact Security Forces as soon as possible and safe to do so.
- **TAKE ACTION:** If you find yourself in **IMMINENT DANGER**, take action as a last resort. Attempt to incapacitate or act with physical aggression and throw items at the active shooter.

- **RISK OF DANGER (HEAR)**

If you find yourself in risk of danger, such as you hear shooting, but are not being immediately threatened.

- **LOCKDOWN:** Secure yourself and your location. Once secured, position yourself in a place clear of direct fire. You should be able to observe the “way in” and “way out” routes. This will include the process of facility lockdown and mitigating the room vulnerabilities. Mitigation will start with locking the doors and windows and barricading access with anything available. Turn off the lights and make your location appear unoccupied.

Monitor communications i.e. phone, computer, radio.

- **NOTIFY AUTHORITIES:** Call Security Forces. If a phone is within your secure location, dial your local emergency number and provide as much information as possible. Law Enforcement officials will ask direct questions to include locations, number of shooters, weapons involved, and descriptions.

- **STAY PUT:** Until the authorities instruct you to move or you have been released,
- **DO NOT MOVE:** Persons milling about increases confusion and the likelihood of injury.

- **BASE NOTIFICATION**

Lockdown takes precedence over all other security related actions to include the administrative function of Force Protection Condition changes. Once the hostile situation is resolved and lockdown is terminated, all other security related actions should resume to include any Force Protection Condition changes. Only security forces move during lockdown.

- **ACTIVE SHOOTER RESOLUTION**

ALL CLEAR: Lockdown ends when installation command authority declares the incident over and the situation safe. This order may be transmitted through local command or notification systems.

Emergency Dial 911

JBSA Installation Security Forces:

JBSA-Fort Sam Houston and Camp Bullis - 221-2222

JBSA-Lackland - 671-2018

JBSA-Randolph - 652-5700

CHILD ABUSE PREVENTION MONTH

JBSA promotes healthy families

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

April is Child Abuse Prevention Month and Joint Base San Antonio is doing its part to spread the word on the terrible reality of abuse and what can be done to promote strong family relationships and therefore safe, healthy children.

“When it comes to child abuse prevention, it is equally important for parents to self-manage their stress and emotions,” Emily Mueller, 359th MDOS Family Advocacy intervention specialist, said. “Self-care can influence how parents act with their children.”

Cardboard kids made by volunteers from local nonprofits and businesses around the city will be placed in several JBSA-Randolph locations – including the Exchange, Rambler Fitness Center, medical clinic and youth center – representing “one of 5,846 confirmed victims of child abuse or neglect in San Antonio in 2013,” Mueller said.

Child abuse is not manifest exclusively in physical or sexual form. It also occurs emotionally and when parents neglect their children.

Leaving bruises, berating or belittling, poor awareness of where the child is, insufficient clothing or feeding and exposure to physical hazards are all instances of child abuse, Mueller said.

While plenty of literature describes the nature of child abuse and the many reasons why it happens, Mueller said risk factors such as parents’ own history of being abused as children, marital conflict and high levels of stress can contribute.

With the school year close to its end and summertime approaching, parents should be mindful to have activities planned for their children, Mueller said.

“Sometimes parents get caught up with telling their kids to listen to them when they should be listening to their kids’ needs,” she said. “Paying attention to them for at least 15 minutes a day can make a big difference.”

For active-duty members enrolled in the JBSA Exceptional Family Member Program or who have special-needs family members, an information fair plus fun activities will be held at Morgan’s Wonderland 11 a.m. to 2 p.m. April 26. EFMP members can purchase tickets at the front gate for a discounted price.

Anyone with knowledge or suspicion of



child abuse or neglect, including civilians and contractors, should contact Family Advocacy offices.

“We’re all mandatory reporters,” Mueller said. “We must do everything we can to protect children who may not be able to protect themselves.”

JBSA community members can sign up for counseling sessions and classes geared toward family matters year-round provided by the 359th Medical Operations Squadron’s Family Advocacy Program and Mental Health Flight. A few self-help courses offered this month at JBSA-Randolph are “Stepfamilies 101” 2-4 p.m. Thursday and April 24 at the Military & Family Readiness Center, and “Scream Free Marriage” 2-4 p.m. Thursday and April 24 at the Health and Wellness Center.

Additionally, they can enroll in JBSA-Fort Sam Houston’s “Scream Free Parenting” 11:30 a.m. to 1:30 p.m. Tuesday, April 22 and 29; “Positive Parenting” 3-5 p.m. Wednesday, April 23 and 30; and “Bringing Baby Home” 9 a.m. to 1 p.m. April 23. At JBSA-Lackland, “Love and Logic,” which is also about parenting, is available 1:30-3:30 p.m. Tuesday, April 22 and 29.

Other recommended April offerings are “Anger and Stress Management” 11 a.m. to 1 p.m. Monday, April 21 and 28 at JBSA-Fort Sam Houston; and “Master Your Emotions” 11 a.m. to noon Wednesday, April 23 and 30 at JBSA-Randolph.

To sign up for classes, file a report or for more information, call 652-2448 for the JBSA-Randolph Family Advocacy. To contact JBSA-Fort Sam Houston and JBSA-Lackland’s Family Advocacy, call 292-5967.

The JBSA Family Advocacy after-hours hotline is 671-4225.

JBSA takes back unwanted prescription drugs April 26

By Capt. Heather Kincaide
59th Diagnostics and Therapeutics Squadron

People can help prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs from 10 a.m. to 2 p.m. April 26 at National Prescription Drug Take Back Day locations throughout Joint Base San Antonio.

Two collection sites will be located at JBSA-Fort Sam Houston, the medical mall in the San Antonio Military Medical Center and the Satellite Pharmacy. There will also be a collection site at the JBSA-Randolph Exchange refill pharmacy and another at the JBSA-Lackland Exchange satellite pharmacy. The service is free and anonymous.

Last April, Americans turned in 371 tons of prescription drugs at more than 5,800 sites operated by the Drug Enforcement Administration and its thousands of state and local law enforcement partners. In its six previous "Take Back" events, the DEA and its partners took in more than

Americans are now advised that their usual methods for disposing of unused medicines – flushing them down the toilet or throwing them in the trash – both pose potential safety and health hazards.

1,400 tons of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse.

Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs.



Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

In addition, Americans are now advised that their usual methods for disposing of unused medicines – flushing them down the toilet or throwing them in the trash – pose potential safety and health hazards.

The DEA is in the process of approving new regulations that implement the Safe and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an "ultimate user" (a patient or pet or their family member or owner) of controlled substance medications to dispose of them by delivering them to entities authorized by the Attorney General to accept them.

The Act also allows the Attorney General to authorize long term care facilities to dispose of their residents' controlled substances in certain instances.

Officials ask that all pills be emptied into a zip-lock or plastic bag and that only the bag of pills be brought to the collection site. Medication bottles can be disposed of through local recycling programs.

For more information, call 671-2262, 671-9638 or 671-9471/87. Additional local "Take Back" locations can be found at <https://www.deadiversion.usdoj.gov/NTBI/>.

41st ANNUAL AIR FORCE ASSISTANCE FUND RUNS THROUGH MAY 2

The annual Air Force Assistance Fund campaign for Joint Base San Antonio runs through May 2. The campaign supports four charities: Air Force Aid Society, Gen. and Mrs. Curtis E. LeMay Foundation, Air Force Village and Air Force Enlisted Village. For more information contact the following AFAF installation project officers:

- Joint Base San Antonio:
1st Lt. Amy Torres, 671-5492; or
Master Sgt. Roland Thomas, 925-4896
- JBSA-Randolph:
Capt. Christopher Osborne, 652-6849; or
Master Sgt. Chadwick Burke, 925-3438
- JBSA-Lackland:
Capt. Drew Cutler, 671-2007; or
Master Sgt. Justin Tischler, 925-4883
- JBSA-Fort Sam Houston:
1st Lt. Julie Casanova, 295-4985



'Xeri' sum game

Landscaping for water conservation

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

When it comes to rainfall and lawn care, the grass is not always greener on the other side for Texas residents. Sometimes, there isn't much residents can do with the amount of water they are allowed to use during dry months.

But there are measures that can be taken to maximize water usage while reducing how much of it is used when taking care of lawns.

The 502nd Civil Engineer Squadron suggests xeriscaping – the creation or adjustment of landscape to require little water – which they said is gaining popularity.

Xeriscaping is applied by using soil, turf grass, mulch and plants that best accommodate regional weather conditions.

"A common misconception people have is xeriscaping automatically means the use of cactus and rocks," said Bruce Dschuden, 502nd CES resource efficiency manager. "While cactus and rocks are great tools for xeriscaping, design choices are not limited to them."

St. Augustine and Bermuda grasses are widely used in Texas, but lack some of the xeriscape features of other grasses. For example, Buffalo grass is a Texas-native alternative that has excellent drought resistance and can stand well against high temperatures. Zoysia grass is another alternative that is versatile, and maintains well during a drought and in the shade.

Mulches are a principle component of xeriscaping that help retain water in soils, and are a great addition to plants and shrubbery.

Xeriscape plants also require less watering – one deep soaking every two or three weeks – as opposed to the more frequent water-

ing needed for non-xeric plants.

Planning and designing a landscape is perhaps the most important xeriscaping principle. "There are a lot of options out there," Dschuden said. "You just need to be educated as a consumer. Any of your big box stores like Home Depot or Lowe's, and local nurseries as well, will help you get in tune with your plants' needs."

Dschuden also suggested the Internet as a perfect launching pad for anyone wanting to look up registries about different types of grasses, shrubs, trees, etc.

Considering the state's susceptibility to drought, Joint Base San Antonio is on board to reduce water usage.

The Air Force Personnel Center at JBSA-Randolph and the 502nd Air Base Wing headquarters building at JBSA-Fort Sam Houston are examples of water-efficient design in action on JBSA.

More buildings across JBSA locations are likely to implement water-saving design features, in turn reducing the amount of energy it takes to pump the water across the base.

Since 2007, the Air Force requires an annual 2 percent reduction in water usage, Dschuden said.

To meet these needs, Dschuden asked for the help of base residents to change their mindset when it comes to water and energy usage. However, his advice applies to all beyond the gates of JBSA.

"Texas is a semi-arid climate, and xeriscaping can reduce water consumption by 25 percent, which is significant in a drought situation," Dschuden said. "Xeriscaping might tend to be more of a dollar-saving plan for homeowners, but when you cut back your dollar amount in water costs, you actually help save resources."

"As a civilian or active-duty military member, saving resources is the right thing to do," he said. "Xeriscaping is one small part in helping change the culture of how we use our resources."



Photos by Benjamin Fask

The Air Force Post Graduate Dental School and Clinic on Joint Base San Antonio-Lackland uses xeriscaping as a low cost, low water alternative to traditional landscaping.

Ground rules for xeriscaping

Xeriscaping is an approach to landscaping that emphasizes activities and plant selection to minimize the use of water. Xeriscaping comes from the Greek word xeros, meaning dry, and was first used in Denver in 1978.

Over time this approach evolved into a set of seven principles:

- Planning and design
- Soil analysis
- Practical turf areas
- Appropriate plant selection
- Efficient irrigation
- Use of mulches
- Appropriate maintenance

Probably the most important of these principles is planning and design. Since so much of xeriscaping – in fact, all of the subsequent principles – depends on deciding beforehand how a facility will install and maintain its lawns and open spaces, this principle is critical to success.

Properly done, a plan should begin with a soil analysis to determine what types of plants are appropriate. Is the soil sandy? Mineral rich? Compact? The answers to these questions will determine the types of ground cover, plants and trees that are most likely to thrive with minimal water use in that environment.

When selecting plants for a xeriscape, local conditions must

be taken into account as not all xeriscaping is the same across the country. The drought resistant ground cover used in San Antonio will probably not be appropriate for grounds in colder climate. Carefully choosing plants suited to the local area will contribute to the success of a xeriscaping project.

Water tip

Water lawns and outdoor plants in the early morning or late in the day to reduce evaporation.

Since lawns are such huge users of water, consideration of practical turf areas will affect future costs. Does an entire area have to be sodded, or can decorative flagstones or rock placements be used for variety? How can walkways be chosen to minimize the area devoted to lawns?

Possibly the most significant of xeriscaping issues is efficient irrigation. Is it better to use sprinklers or drip irrigation? What technologies are available to determine when an irrigation system should operate? (Perhaps irrigation can be completely secured during the winter months). Is the irrigation system installed to avoid the wasteful watering of hardscape

(e.g., driveways and sidewalks)?

After an efficient system of irrigation is installed what can be done to ensure that the water is best used for efficient plant growth? One of the techniques that can be used to retain moisture around plants is mulching. Whether organic, such as wood chips or compost, or inorganic, such as limestone or lava rock, mulches are effective in preventing the evaporation of water once applied to plants.

But xeriscaping doesn't end with the installation of a lawn, trees and plant life. Effective maintenance is necessary to ensure that the landscaping continues to thrive using a minimum of water. For example different grass varieties should be mowed at different lengths: St. Augustine grass and Buffalo grass three inches; Bermuda, one inch and Zoysia grass, two inches.

It might seem like there are a lot of things to keep in mind for successful xeriscaping. But with some planning up front, the selection of appropriate turf and plant life, and applying some water conservation measures to reduce water cost in the home or business, applying these principles will almost certainly make the effort worthwhile.

(Originally published by the Marine Corps Base Hawaii E-notes newsletter)

Fire Safety is Everyone's Business

There's nothing like outdoor grilling and with summer around the corner many are getting ready to fire up their barbeques again. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

Grilling safety tips:

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep grills clean by removing grease or fat buildup from the grills and trays below the grill.
- Never leave a grill unattended.
- Always make sure a gas grill lid is open before lighting it.

Joint Base San Antonio-Randolph News Briefs

Volunteer recognition

Joint Base San Antonio-Randolph's annual volunteer recognition ceremony starts at 2 p.m. today at the Military & Family Readiness Center, building 693. JBSA-Fort Sam Houston and JBSA-Lackland's annual volunteer awards ceremony is scheduled at 1 p.m. April 22 at the JBSA-Fort Sam Houston M&FRC, building 2797. For more information, call the JBSA-Randolph M&FRC at 652-5321; the JBSA-Fort Sam Houston M&FRC at 221-2705; or the JBSA-Lackland M&FRC at 671-3722.

JBSA-Randolph Toastmasters

The Joint Base San Antonio-Randolph Toastmasters Club meets Wednesdays at noon at the JBSA-Randolph Education Center, room 35. For more information, call 652-5964.

Scholarship opportunity

April 30 is the deadline to apply for the \$2,500 Air Force Association Mike & Gail Donley Spouse Scholarship. The scholarship is available to spouses of active-duty Air Force, Air National Guard, Air Force Reserve or Department of the Air Force civilian employees. For more information, visit <http://www.afa.org/SpouseScholarship>.

Cyber readiness inspection

Inspectors from the Defense Information Security Agency will be performing a detailed assessment of compliance with information assurance policies, traditional and physical security May 12-16 at JBSA-Randolph during a cyber readiness inspection. Base users must thoroughly understand and uphold their responsibility to protect the network. Every device is a potential vulnerability. A user can help mitigate vulnerabilities by taking simple steps such as protecting passwords, safeguarding their common access card, not plugging personal and unauthorized devices into a computer, not opening suspicious emails, not visiting unauthorized websites, marking all computer media and logging off at the end of the day. For more information, contact Tommy Garcia, JBSA-Randolph Network Security manager, at 652-4231.

AF Military Athlete of the Year nominations due April 30

According to Air Force Personnel Center officials, nominations for the Air Force Military Athlete of the Year are due April 30.

The program allows the Air Force to recognize outstanding male and female athletes and highlight their athletic performance and accomplishments throughout the last year.

Nomination packets must include background information on each candidate, as well as full name, military address, home address, home phone number, work phone number and a photograph of the member.

Nomination packets can be picked up at installation fitness centers. Each installation is limited to one male and one female candidate. The Force Support Squadron will submit the top contenders from their base to the Air Force Personnel Center Directorate of Services.

Air Force Military Athlete of the Year results will be announced this summer.

For more information, visit <http://www.USAFsports.com> or email sports@myairforcelife.com. For information about other quality of life programs, visit <https://mypers.af.mil>.

Joint Base San Antonio 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.

Reservist steps up to plate at JBSA-Randolph's gate section

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

The Air Force's Individual Mobilization Augmentee program plays a vital role in the service's mission, providing reservists to support active-duty operational requirements.

At Joint Base San Antonio-Randolph, a reservist from JBSA-Lackland's 433rd Civil Engineer Squadron exemplifies augmentees' dedication to the Air Force mission with his service to the 902nd Security Forces Squadron in a time of need.

Senior Airman Christopher Cleveland was one of a group of reservists who were called in September to augment the 902nd SFS during a deployment overlap. What started as a one-month call-up has been extended to the end of the fiscal year.

"We were desperately short on manning, and they enabled us to maintain our operations," Master Sgt. Leif Gisselberg, 902nd SFS operations superintendent, said. "We were able to keep a dedicated gate guard section with 90-day rotations."

Gisselberg said Cleveland, who has been a reservist for more than three years, distinguishes himself by his professional appearance and his military



Photo by Melissa Peterson

Active-duty Reservist Senior Airman Christopher Cleveland is assigned to the 433rd Civil Engineer Squadron as a water and liquid fuel maintenance specialist. He is currently detailed as an augmentee to support the Joint Base San Antonio-Randolph 902nd Security Forces Squadron.

conduct and bearing.

"He embodies that perfectly," he said.

"He projects a positive image and always has a great attitude. People talk to him like

he's been here forever."

Tech. Sgt. Jacob McElroy, 902nd SFS days flight chief, echoed Gisselberg's assessment, calling Cleveland a professional

performer "who is always respectful and interacts well with the public.

"He has a positive attitude and always stays on his toes," he said.

Cleveland, a graduate of Madison High School in San Antonio, said working the gate section has been a great experience. He said every day brings a new challenge.

"I didn't think anything I did stood out, but I do the best I can," he said. "I don't like to fail."

Cleveland's goals include Officer Training School or service as a military training instructor.

Just two months earlier he changed his major at Wayland Baptist University to justice administration, which relates to the career field he is experiencing as an augmentee.

"Everything happens for a reason," he said. "We were only supposed to be here a month, but we're still here."

A single parent, Cleveland said his daughter, Aryana, motivates him to succeed, and he reflects that desire in his work ethic.

"I try to bring enthusiasm to the job and be professional at the same time," he said. "We're the face of Randolph. Sometimes a smile can make somebody's day better."

PHARMACY from P4

Among the many goals of EMSMs is to promote wider use of military treatment facilities by all eligible users because of the high cost to the Department of Defense for the use of off-base facilities.

Pharmacy is one targeted area where the DHA wants to see more use of military treatment facilities.

"DHA has tasked the San Antonio Military Health System to recapture \$49.3 million in retail pharmacy expenditures over the next five years," said Col. Markus Gmehlin, 59th Clinical Support Group commander.

"Retail pharmacy prescriptions cost the DOD 17 percent more than scripts filled in the [military treatment facilities] or mail-order pharmacy and more than 36 percent of the [San Antonio] region's prescriptions are filled in retail pharmacies," Gmehlin continued.

The Air Force and Army pharmacy communities at JBSA came together to standardize procedures in an effort to meet this recapture goal. The website shows this combined effort.

The site provides all beneficiaries with access to key pharmacy information such as how to order refills, transfer prescriptions, submit prescriptions via fax and safely dispose of medicines. A section on

patient education section provides links to information about how to safely use, store and travel with different types of medications.

For those new to JBSA, a map of the San Antonio area provides a general guide for where to find the various pharmacy locations.

"We developed the site to consolidate and centralize pharmacy information for patients to ensure that they know all of the pharmacy resources available to them," said Maj. Michele Sampayan, 959th Clinical Support Squadron, pharmacy resident.

Patients seeking information about medicines in stock at JBSA pharmacies and looking for the proper forms and authorizations will find them on the formulary and important links page. Also found on this page are links to RelayHealth, MiCare, TRICARE, TRICARE Online and the ICE system for customer feedback.

"We want our patients to know that we [Pharmacy services] are making a concerted effort to ensure that the pharmaceutical care they receive is consistent across JBSA," said Maj. Justin Lusk, JBSA-Randolph pharmacy flight commander. "We are constantly striving to make our processes more efficient to enhance patient health."

The website is just one piece of the larger consolida-

tion effort and reflects work that is ongoing in the San Antonio Military Health System.

"[The Army and Air Force] have also just consolidated our medication formularies, which are the drugs stocked in the pharmacies, to ensure that the same drugs are available to all beneficiaries at all locations," Gmehlin said. "We have also stood up a single pharmacy operations center phone number (210-292-9995, select option 3) for beneficiaries to call if they would like to have their prescriptions transferred from retail pharmacy back into the [military treatment facilities]."

Another initiative to improve accessibility for patients is an expanding partnership with the Veterans Administration that provides for refill pick-ups, for all beneficiaries, at the North Central Federal Clinic.

"Our goal is to provide not only a single one-stop shop for all pharmacy information online but also to provide all San Antonio Military Medical Health System beneficiaries with efficient and standardized care across JBSA," Gmehlin said.

To visit the JBSA pharmacy website, visit <http://www.jbsa.af.mil/library/jbsamedicalservices/jbsapharmacy/index.asp>.

Every dollar counts in developing JBSA's Cost Conscious Culture

By **Claudia McFadden**
502nd Air Base Wing Plans and Programs

If you have driven past a flightline, building or group of people, have you ever witnessed something that caused you to think "Well, that's a waste of money!"

Congratulations, you have a "Cost Conscious Culture" mindset. Did you have an idea on how to eliminate that waste? Don't let that idea get away, because the 502nd Air Base Wing and Joint Base San Antonio needs you to identify any wasteful practice you see via a C3 submission.

A Cost Conscious Culture, or C3, mindset occurs when every JBSA member makes cost considerations a part of everything they do. If we can make an adjustment to, or eliminate waste in, what we're doing, save resources and still accomplish our mission – then we want to hear about it.

Here's what you need to do:

- Recognize a wasteful process, meth-

od, activity or program.

- Gather as much data as reasonably possible.

• Determine, as best you can, in what functional area your idea might apply

- Identify what sort of actions or impacts this change might have.

• Go to the C3 link and submit your idea.

It's really that simple.

Submit your C3 idea at <http://www.jbsa.af.mil/library/jbsa-c3.asp>. This is a public domain to allow access to all our JBSA community to include Air Force, Army, Navy, Marines and Coast Guard mission partners, as well as DOD civilians, family members and all others who use or live on our installation.

C3 is increasingly important as we face future reductions in available resources across the Department of Defense. Good ideas are needed to achieve savings at all levels. Don't let that idea get away.

JBSA-Randolph Chapel Lenten and Easter Schedule

Chapel Services - Lenten Schedule

Stations of the Cross

5:30 p.m. every Friday until April 11, Chapel One

Lenten Lunches

Currently every Wednesday until April 16

Catholic: Mass at 11:30 a.m., Main Chapel

Protestant: Service at 11:30 a.m., building 103 conference room.

Lunch 12-12:30 p.m., building 103

Holy Thursday

April 17, 5:30 p.m., Chapel One

Catholic Good Friday Mass

April 18, 5:30 p.m., Chapel One

Protestant Good Friday Service

April 18, 3 p.m., Chapel One

Easter Vigil

April 19, 8:30 p.m., Chapel One (no confessions)

Easter Sunday

April 20, Regular Mass and service times, regular locations

