



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 6 • FEBRUARY 14, 2014



**Racers start day
with Run-Bike-Run
at JB SA-Randolph**

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COMMENTARY

As a wingman, look for signals of distress

By Master Sgt. Mark Lis
439th Aircraft Maintenance

Last spring, I attended the funeral of a friend, classmate and fellow veteran.

His passing marked the second time in 2013 that a family friend had committed suicide.

His troubles were many and he hid them well. We spoke often and had many "war stories" to tell each other. I'd seen him at least weekly at our Student Veterans Alliance meetings at a local community college. He seemed to be no different than any other Afghanistan-Iraq veteran trying to find his way back into society.

He was supposed to meet other alliance members at a local cemetery to help decorate veterans' graves with new flags for Memorial Day. We started to wonder when he didn't show up. We notified the police. Later, his body was discovered in a local forest.

This young man – a decorated Marine veteran, husband, father and hero – had taken his own life. We all were devastated. What circumstances led this veteran to the point where he could not go on?

We now know he had some problems, just like all of us often do. Money troubles, family issues and the lack of meaningful employment, coupled with the stress of having been deployed, all probably played a role in his decision.

Yes, as military members, we all have been where he was. But what makes someone think they can't go on with life?

I don't know if we'll ever have the answers. Having been in the military for more than 20 years, I've attended countless briefings on suicide and suicide prevention. In the aftermath of my friend's death, however, I had many questions for myself.

Why did I not see this coming? What could I have done to make it possible for this young man to still

be here today enjoying his family, friends and life?

In truth, it is possible that no one could have stopped my friend from taking his life. When someone decides he wants to commit suicide, it can be difficult to recognize the warning signs and get him the help needed. But we need to be aware of the signals that someone might be contemplating such an action.

I wanted to share some of my research. Any of the following could be potential warning signs:

- **Depression:** Individuals contemplating suicide experience many different emotions, including sadness, hopelessness and anxiety. Depression usually includes a loss of interest in life and the things that are happening around the depressed person. Major depression, when discovered in time, can be treated through medication and therapy.

- **Talking about dying:** Those who are considering suicide will often think about various methods for killing themselves. They'll sometimes discuss with others different ways in which they can die. They may also be thinking about ways in which others have killed themselves.

- **Sleep patterns:** Someone who's depressed and considering suicide may experience a change in sleeping habits. A depressed person may move from following a regular schedule to sleeping for long periods of time or, alternately, to becoming hyperactive, restless and not sleeping at all.

- **Concentration:** A loss of focus at work or in school, as well as in extracurricular activities, may also be a symptom of depression. If you notice someone is not putting as much effort into life as usual, it can be a sign that he or she is depressed.

- **Lack of goals:** Those who are contemplating suicide will exhibit a disinterest in the future and in any goals they have previously wanted to reach.

They'll also seem to not care about current events happening around them that relate to the future.

Don't be afraid to ask a relative, friend or acquaintance directly if he or she is depressed or thinking about suicide.

If you become concerned that someone you know is at risk for suicide, don't leave that person alone. If possible, ask for help from his or her family or friends. Try to keep everyone involved in the situation calm.

Ask the person to give you any weapons he or she might have. Take away or remove sharp objects or anything else that the person could use to hurt himself or herself. In some cases, the person is just looking for the chance to talk about his or her feelings and just needs to know that someone cares. Its fine to listen, but you should then encourage him or her to seek professional help. Call 911 or take the person to an emergency room.

Can suicide be prevented? In many cases, it can't with any certainty, but the likelihood of suicide can be reduced with timely intervention. Research suggests that the best way to prevent suicide is to know the risk factors, be alert to the signs of depression and other mental disorders, recognize the warning signs, and intervene before the person can complete the process of self-destruction.

A senior NCO's job is to take care of Airmen. Get to know those serving under your direction. All wingmen should ask questions, and show concern for their fellow Airman's well-being. Your genuine concern for your Airmen may be just what they need.

(Editor's note: Master Sgt. Lis is assigned to the 439th Aircraft Maintenance Squadron. In addition to personal experience with the loss of his friend, his article cites research from WebMD at <http://www.webmd.com> and <http://www.conqueranxietyanddepression.com>.)

ON THE COVER

Army Sgt. Patrick Piche (left), 717th Military Intelligence Battalion intelligence analyst, and Army 1st Lt. Brittney Piche, Department of Nutrition Medicine Joint Base San Antonio-Fort Sam Houston Clinic dietician, complete the bike portion of the Run-Bike-Run event Feb. 1 at Eberle Park JBSA-Randolph. For the complete story, see page 12.

Photo by Airman 1st Class Kenna Jackson

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.

In the Feb. 7 article titled "Aide's ordeal unites school staff, students for action," there was an error in fact. We incorrectly reported that Jodi Boshart has breast cancer, when Boshart suffers from lung cancer. We apologize for the error.

JBSA-Randolph road-repair work schedule

Joint Base San Antonio-Randolph South Gate, East Gate, 5th Street West and Golf Road will be closed for road repair, according to the timelines below. Detour and warning signs will be placed in advance of repair activities. A temporary road will be constructed for South Gate access during construction via Perimeter Road. All closures and detours are subject to weather conditions.

Fifth Street East (East Gate), Monday - May 2:

- Electronic signs will be posted along both sides of FM 78 to route vehicles to Main Gate and West Gate.
- Propose using the perimeter gate for construction vehicles as needed. Gate will otherwise remain closed. In-ground barriers will remain deployed to ensure unauthorized vehicles are not able to enter the base.

Fifth Street West, Monday - Aug. 15:

- Replacement of 5th Street West is being performed concurrent with South Gate Road to minimize the impact to commercial vehicles

Golf Road Phase 1,

Today - Monday:

- Golf Road Phase 1 will close Golf Road from South Gate Road to S. Perimeter Road
Duration: four days.

- Enter the golf course from East Perimeter Road.

Golf Road Phase 2,

Tuesday - March 31:

- Golf Road Phase 2 will close Golf Road from South Perimeter Road to the clubhouse. Duration: six weeks.

- Enter Golf Course from East Perimeter Road or South Gate Road via South Perimeter Road.

South Gate,

May 2 - Sept. 15:

- Signs will be posted at the high school to deter traveling toward South Gate Road on Perimeter Road.

- An alternate road will be constructed for commercial vehicles to enter JBSA-Randolph at South Gate. A temporary perimeter gate and guard house will be provided for entry control.

For more information, contact Joseph Domeier at 508-2870.



Joint Base San Antonio 2014 Energy Action Year Proclamation



WHEREAS, the 502nd Air Base Wing is committed to ensuring a smaller energy footprint by implementing energy efficiency actions; and

WHEREAS, Joint Base San Antonio is blessed with low energy costs, yet we are the installation with the highest energy consumption in DOD; and

WHEREAS, energy efficiency, resource development, and renewable energy offer employment opportunities, mission growth, and potential long-term development benefits for JBSA; and

WHEREAS, JBSA must implement a comprehensive installation energy policy to address its energy issues for coming years through the pursuance of reducing its demand load, enacting a culture change and investigating new renewable energy technologies; and

WHEREAS, by making energy efficiency a priority and executing conservation efforts, JBSA can help reduce the burden of energy costs on its operation budget; and

WHEREAS, every individual at Joint Base San Antonio must think and act with energy conservation in mind, 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, 502nd Air Base Wing and our Mission Partners are proud to be part of this Energy Action Year 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, Commander 502nd Air Base Wing and Joint Base San Antonio, in our tradition to honor and care for our Earth's natural resources during everyday actions and throughout the year, do hereby proclaim 2014 as...

Energy Action Year at Joint Base San Antonio!

ROBERT D. LABRUTTA
Brigadier General, USAF
Commander

502nd ABW kicks off JBSA energy campaign

By Mike Joseph
Joint Base San Antonio-Lackland Public Affairs

The 502nd Air Base Wing launched an energy campaign designating 2014 as an Energy Action Year throughout Joint Base San Antonio during a ceremony Feb. 6 at JBSA-Fort Sam Houston.

Brig. Gen. Bob LaBrutta, 502nd ABW and JBSA commander, signed a proclamation focusing an energy campaign throughout JBSA on reducing consumption and creating efficiencies.

"I call this a 'campaign' for a reason," LaBrutta said. "It's going to take all of us in Joint Base San Antonio – every single person is going to be part of this energy campaign and together we can make a significant difference in reducing utility costs so that those savings can be used for other higher priority requirements.

"Everybody can participate whether it's turning on/off lights in their facilities and the computer peripherals or getting involved in one of these great energy programs we've got coming to a location near you," he said.

LaBrutta called the JBSA energy action campaign one of his top priorities for 2014. He said that in a resource-constrained environment there is a responsibility to maximize available resources.

"We also have an obligation to the American taxpayer to be as efficient as we possibly can within our installations – that includes energy," he said. "I also know the benefits we can gain from this campaign are in real dollars – they come back into our coffers."

LaBrutta was 72nd Air Base Wing commander at Tinker Air Force Base, Okla., from June 2010 to January 2012 when a similar energy awareness campaign was kicked off.



Photo by Olivia Mendoza

Brig. Gen. Bob LaBrutta (left), 502nd Air Base Wing and Joint Base San Antonio commander, signed a proclamation that designates 2014 as an Energy Action Year in JBSA during a ceremony Feb. 6 at JBSA-Fort Sam Houston. Representing the JBSA energy team at the signing were Ruben Ramos (second from left), JBSA-Randolph energy manager; Andy Hinojosa, JBSA-Lackland energy manager; Ray, the JBSA energy mascot; James Wimberley, JBSA chief of portfolio optimization; and Lauriebeth Smith, JBSA energy manager section chief.

Later in 2012, Tinker signed an \$80.6 million energy efficiency project with Honeywell to improve operations and cut utility costs. The retrofit project is expected to generate more than \$170 million in savings over 20 years, which is also guaranteed by Honeywell through an energy savings performance contract.

"Tinker was able to save \$2 million in utilities costs last year," he said.

Efforts to increase energy awareness at JBSA began last May when LaBrutta took over command.

On arrival, LaBrutta requested some changes be implemented at the 502nd ABW headquarters building on JBSA-Fort Sam Houston in June 2013 to help reduce its energy consumption. Those changes included raising set points to meet energy policy on average, taking

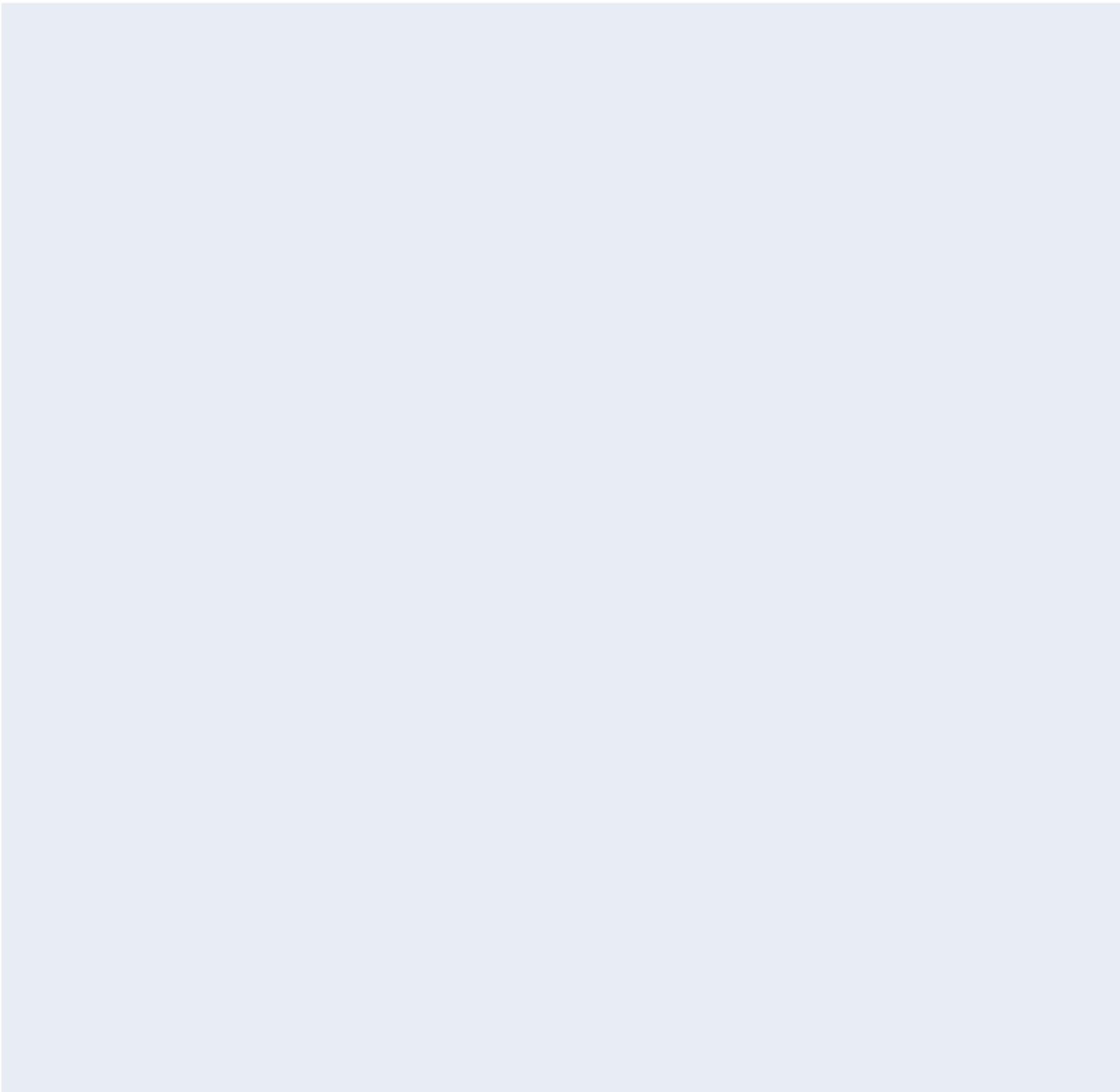
advantage of daylight, reducing hallway interior lighting to safety levels, turning off lights and equipment during off duty hours, and reducing exterior lighting.

Those small changes garnered big savings even though summer months were hotter and winter months were colder in 2013 compared to 2012.

The normalized energy savings for electric and gas were \$840 a month or \$5,880 total, when consumption was compared from June-December 2013 to June-December 2012.

"If everybody gets on board and does their part, just think how many dollars we can save in utility costs across JBSA in a year," LaBrutta said.

See **ENERGY P12**



February is National Teen Dating Violence, Prevention Month

By Norma Leal

JBSA-Fort Sam Houston Family Advocacy Outreach Manager

The statistics are startling:

- 33 percent of female teens in dating relationships have feared for their safety;
- 25 percent of female teens report having been pressured to go further sexually than they wanted;
- 20 percent of female teens in a relationship say they have been hit or beaten by a boyfriend;
- 40 percent of teen girls say they know someone their own age who has been hit or beaten by a boyfriend.

The most alarming statistic is that 66 percent of teens tell no one!

Dating violence comes in many forms. It can be constant name calling and put downs, pressure to use alcohol or drugs, or demands to be constantly available.

Pressure to have sexual contact and even rape are not unusual. A favorite tactic is isolating the teen from friends, family and activities that don't include the abuser.

Digital abuse includes constant texting and instant messaging, use of social media to intimidate and stalking through cell phones. Scratches, bruises and other marks are signs of physical abuse.

Indicators a teen may be involved in an abusive relationship include unexplained physical injuries and changes in dress to cover injuries, making excuses for

“Indicators a teen may be involved in an abusive relationship include unexplained physical injuries and changes in dress to cover injuries, making excuses for their partner, and emotional outbursts. Falling grades, use of drugs or alcohol, changes in activities or friends can all be a cause for concern.”

their partner, and emotional outbursts.

Falling grades, use of drugs or alcohol, changes in activities or friends can all be a cause for concern.

Parents should also be looking for changes in mood or personality, the onset of depression/sadness or constant worrying about what the partner will think. Physical indicators may include changing the way they dress, wear their hair, or talk to make the partner happy.

What can parents do? Educate yourself about dating violence. Talk, talk, talk with your teen or preteen.

Let them know you are aware of the prevalence of dating violence and how serious it is. Make sure your teen knows they can call you for a ride home without recrimination if they find themselves in an uncomfortable position – even if alcohol or drugs are involved.

Make sure you know where your teen is going and with whom and know the cell phone numbers of friends.

Most of all, listen. If your teen is telling you something is going wrong in their life, make the time to carefully listen. Resist the urge to offer advice or put down the boyfriend/girlfriend. That can make the teen defend him/her. Seek help from professionals.

If you are interested in more information about helping your tween/teen make healthy decisions, consider taking the class Active Parenting of Teens through the Family Advocacy Prevention Program. This class focuses on effective communication with your teen, developing courage/self-esteem, and helping your teen learn to make good choices.

The three primary concerns of all parents of pre-teens and teens are drugs, sexuality, and violence. This class addresses these concerns.

Call Family Advocacy at 292-5967 for more information on upcoming classes. Other helpful resources are located at <http://www.loveisrespect.org> and <http://www.loveisnotabuse.com>.

JBSA Command Chief Enlisted Calls

Chief Master Sgt. Alexander Perry, 502nd Air Base Wing and Joint Base San Antonio command chief master sergeant, will be conducting enlisted calls at all three JBSA locations.

- 9 a.m. for Airmen, 1 p.m. for NCOs and 3 p.m. for senior NCOs, Feb. 25, JBSA-Lackland Inter-American Air Forces Academy Auditorium, 2431 Carwell Ave.
- 10 a.m. for Airmen, NCOs and senior NCOs, Feb. 26, JBSA-Fort Sam Houston, building 247, second floor conference room, 2080 Wilson Way.
- 9 a.m. for Airmen, 10:30 a.m. for NCOs and 1 p.m. for senior NCOs, Feb. 28, JBSA-Randolph, Fleenor Auditorium

Top Performer

The Air Education and Training Command Top Three Outstanding Performer Award recognizes Airmen and their accomplishments in their military careers. The program's focus is on the Airmen's superior performances and their positive contributions to the Air Force and community.

Air Force Staff Sgt. RaShawn Duffy is the HQ Air Education and Training Command Protocol NCO. Duffy is the frontrunner in a high-operations command. His protocol expertise was forced into full throttle during the 16-day government shutdown. Duffy quickly took charge of the AETC change of command ceremony hosted by the chief of staff of Air Force. His flawless execution of the ceremony was noted when coined by the CSAF. He dedicated numerous off-duty hours to the Holiday in Blue concert, which provided 20 civic leaders and 900 attendees a first-hand view of Air Force talent. He seized the opportunity for growth and completed an eight hour leadership course; then used his new-found knowledge to overhaul the Security Program, which received an "outstanding." Duffy is truly an NCO who has placed core values as the footprint of his everyday life.

(This paragraph is attributed to Sylvia Crawford, AETC Protocol acting chief.)



Photo by Joel Martinez

U.S. Air Force Staff Sgt. Rashawn Duffy received the Air Education and Training Command Top Three Outstanding Performer Award Jan. 29 at Joint Base San Antonio-Randolph.

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NEW VA TOOL CALCULATES BENEFITS

New online GI Bill comparison tool now available

The Department of Veterans Affairs launched today an online GI Bill Comparison Tool to make it easier for veterans, service members and dependents to calculate their Post-9/11 GI Bill benefits and learn more about VA's approved colleges, universities and other education and training programs across the country.

"We are pleased that post-9/11 veterans are taking advantage of this significant benefit program," said Under Secretary for Benefits Allison A. Hickey. "The new GI Bill Comparison Tool will help future beneficiaries as they make decisions about what education or training program best fits their needs."

The GI Bill Comparison Tool provides key information about college affordabil-

ity and brings together information from more than 17 different online sources and three federal agencies, including the number of students receiving VA education benefits at each school.

The GI Bill Comparison Tool is one item in a series of resources VA is launching in response to President Obama's Executive Order 13607, which directs agencies to implement and promote "Principles of Excellence" for education institutions that interact with Veterans, service members and their families; and to ensure beneficiaries have the information they need to make educated choices about VA education benefits and approved programs.

Recently, VA also instituted a GI Bill online complaint system, designed to collect

feedback from veterans, service members and their families who are experiencing problems with educational institutions receiving funding from federal military and veterans educational benefits programs, including benefits programs provided by the Post-9/11 GI Bill and the DOD Military Tuition Assistance Program.

The executive order, signed April 27, 2012, directs federal agencies to provide meaningful cost and quality information on schools, prevent deceptive recruiting practices and provide high-quality academic and student support services. The VA works closely with partner institutions to ensure the needs of GI Bill beneficiaries are met. More than 5,000 education institutions have agreed to

the "Principles of Excellence."

The Post-9/11 GI Bill is a comprehensive education benefit created by Congress in 2008. In general, veterans and service members who have served on active duty for 90 or more days since Sept. 10, 2001, are eligible.

Since 2009, VA has distributed over \$30 billion in the form of tuition and other education-related payments to more than one million veterans, service members and their families, and to the universities, colleges and trade schools they attend.

The GI Bill Comparison Tool can be found at: <http://benefits.va.gov/gibill/comparison>.

(Source: U.S. Department of Veterans Affairs)

WILL YOU BE READY?

Radiological incidents, not a matter of if but when

By Leslie Finstein

Joint Base San Antonio-Lackland, Public Affairs

An ear-splitting BOOM rocked the earth, suddenly transforming a beautiful day into chaos. Some are wounded while a few lay dead from the unexpected blast. Some might have wondered if there would be more detonations or whether the explosions were radiological or nuclear. Those impacted by the attack would not know for a while.

Then the first responders roll in ...

This was the scene during the famed Boston Marathon in April 2013 when two pressure-cooker bombs went off at the highly populated annual event.

Though they were non-radiological, training and preparation provided by the Defense Threat Reduction Agency's Defense Nuclear Weapons School - Reserve Component located at Kirtland Air Force Base, N.M., ensured that local first responders from the National Guard were prepared.

The 24th National Guard Weapons of Mass Destruction Civil Support Team from New York and the Massachusetts CST were among the first responders that day, and just months prior to the attack both units were trained to respond to radiological and nuclear incidents by the DTRA-RC.

Introduction to Radiological Nuclear Incident Response is the course that those first responders completed.

"IRNIR is a two-day awareness level course developed to increase confidence and skill in responding to and

"Over the past year alone our Reserve mobile training teams have taught over a thousand first responders, military and executives worldwide."

Maj. Bruce Hill Jr.

Defense Threat Reduction Agency
Reserve Component Public Affairs

mitigating the consequences of radiological events, as well as weapons of mass destruction," said Maj. Bruce Hill, DTRA-RC Public Affairs officer.

DTRA-RC is the Department of Defense's go-to organization for this type of awareness training worldwide and the course will be offered in San Antonio Feb. 24 and 25.

The training will be held from 8 a.m. to 4 p.m., Feb. 24 and 25 at the San Antonio Fire Training Academy located at 300 South Callaghan, San Antonio, Texas 78227. It is free to all registered participants. Course materials are provided. For more information and to register, call 505-846-6313 or 505-853-6372.

The course will also be taught in Austin, Feb. 27 and 28 and is accredited by the American Council on Education as a continuing education course.

"It is primarily for all U.S. military, federal, tribal, state, and local emergency planners, managers and responders," said Hill. "San Antonio is a great venue because of the large population, and the number of military and emergency responders in the area."

DTRA-RC brings the IRNIR course to San Antonio to provide various agencies an opportunity to better prepare themselves and their respective communities.

It is not the first time DTRA-RC been in the San Antonio area.

"It's getting harder to find places we haven't been," Hill said. "Over the past year alone our Reserve mobile training teams have taught more than 1,000 first responders, military and executives worldwide. Examples include some members of NATO Forces, Secret Service, FEMA, U.S. Customs and Border Protection and components of Army North located in the San Antonio area."

The threat of a radiological or nuclear attack exists everywhere, which is why the DTRA-RC emphasizes the IRNIR course and teaches it to audiences worldwide.

"Responders need to know how to deal with it," Hill said. "To have this awareness training means you are that much more prepared. Any accident or incident can pose a potential radiological threat."

Staff Sgt promotion test rescheduled for April 1-May 16

By Debbie Gildea

Air Force Personnel Center Public Affairs

To ensure senior airmen selected for promotion to staff sergeant do not meet the enlisted retention board, the Air Force will move the testing window up earlier this calendar year, from May 1-June 15 to April 1-May 16, Air Force Personnel Center officials said.

"We have assured Airmen selected for promotion that they will not meet the ERB," said Chief Master Sgt. Michael McGuirt, AFPC enlisted promotions. "Moving the testing window up will allow individuals to test and allow us time to process scores, run selects before the ERB board begins and remove selects from the ERB eligible list."

Changing the testing window for the promotion cycle could prevent as many as 10,000 records from being unnecessarily reviewed by the ERB, the chief said.

"We've coordinated with all the affected organizations to ensure study references are available and test book-

lets will be printed and delivered to testing locations in time for the April 1 start date," he added.

The enlisted retention program is one of several fiscal year 2014 expanded force management programs that have been or will be implemented this year, according to Lt. Col. Rick Garcia, AFPC retirements and separations branch chief. The board will review records of senior airmen in over-manned career fields who have a Jan. 1, 2013 or earlier date of rank.

Senior airmen must have three years time in service and six months time in grade to be eligible to test for promotion to staff sergeant, so some of the Airmen eligible to meet the ERB will also be eligible to test for staff sergeant. Approximately 36,000 senior airmen are eligible to test for staff sergeant in the spring test cycle.

For more information about promotions, force management programs and other personnel issues, visit the myPers website at <https://mypers.af.mil>.

"We've coordinated with all the affected organizations to ensure study references are available and test booklets will be printed and delivered to testing locations in time for the April 1 start date."

Chief Master Sgt. Michael McGuirt
Air Force Personnel Center enlisted promotions



JBSA-Randolph dental flight to provide outreach to students

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

The American Dental Association sponsors National Children's Dental Health Month each February to raise awareness of the importance of oral health for children.

At Joint Base San Antonio-Randolph, the annual observance gives the 359th Dental Flight, which serves active-duty members, an opportunity to extend its reach to Randolph Elementary School students and other children, and promote the ADA's message that "developing good habits at an early age and scheduling regular dental visits help children get a good start on a lifetime of healthy teeth and gums."

Capt. (Dr.) Jessamy Thornton, 359th Dental Flight general dentist, will visit the JBSA-Randolph Library for story time Wednesday and will lead a team to Randolph Elementary Feb. 26, where they will promote oral hygiene during physical education classes throughout the day.

"Children's Dental Health Month is our way of reaching the children," Thornton said. "It's a great opportunity to have an impact on youngsters."

The presentation at Randolph Elementary will include the showing of a video, "Dudley Goes to the Dentist;" a "good food-bad food" game that will show students which foods promote oral health and which ones lead to cavities and discussions about "cavity



bugs," the sugary substances that lead to cavities, and how cavities are formed.

"That's our main focus – how to prevent cavities," Thornton said.

Students will also learn how to brush and floss their teeth correctly and will receive a "goody bag" with toothpaste, a toothbrush and dental floss.

The "Dudley Goes to the Dentist" video "depicts the first visit to the dentist and what children should expect," Thornton said.

"We recommend a visit to the dentist by the age of one to get children acclimated to having a stranger looking inside their mouths," she said. "By getting children used to being in the dentist's office, they have less anxiety."

When children are very young, parents can assist the dentist, further easing their anxiety, Thornton said.

Parents should also assist their children when they brush and floss their teeth.

"We recommend that parents help their kids brush and floss through the age of 10, or when they have the dexterity," she said. "It's important to brush for at least two minutes. In addition, a pea-sized amount of toothpaste is sufficient."

Another way parents can help their children is by promoting good eating habits and discouraging the consumption of sugary foods and liquids and other foods that promote tooth decay, Thornton said.

"Fruits, vegetables, nuts and fermented cheese are examples of foods that contribute to oral health," she said. "Anything that's good for your overall health is good for your dental health."



Joint Base San Antonio-Randolph News Briefs

Astronaut to speak at Hangar Doors meeting

Astronaut Charlie Duke, the tenth American to land on the moon, will speak to the Randolph Hangar Doors, Wednesday from 11:30 to 1 p.m. at the JBSA-Randolph Kendrick Club. Duke, a retired Air Force brigadier general, served as the capsule communicator for the Apollo 11 mission. He was selected as the lunar module commander for Apollo 16. Apollo 16 was the first scientific expedition to inspect, survey, and sample materials and surface features in the Descartes region of the rugged lunar highlands. Buffet lunch costs \$11.50 per person.

Basura Bash 2014

The 4th Annual Joint Base San Antonio-Fort Sam Houston Basura Bash will be held at Salado Creek Park from 9 a.m. to noon Feb. 22, with volunteer check in at 8 a.m. and a safety briefing at 8:45 a.m. Volunteers are encouraged to wear long pants, sturdy shoes, gloves, hats and sunscreen. People can bring their own cleanup gear, such as waders, trashgrabbers, nets, etc. All participants under 18 must have a parent or guardian onsite and drop-offs will not be allowed. All participants must have a military ID or CAC and sign a waiver to participate. Volunteers can register online at <http://www.basurabash.org>. For more information, call 652-0181.

Changes to PBP&E

Beginning May 1, the professional books, papers and equipment entitlement will be redefined and will affect permanent change of station, retirement and separation orders issued on or after May 1. PBP&E includes household goods in a member's or employee's possession needed for the performance of official duties at the next or a later permanent duty station. Changes to PBP&E will include weight limit and items that are now excluded. The amount of PBP&E is limited to a maximum net weight of 2,000 pounds with no authority to waive the limitation. There is, however, a grandfather clause to allow anyone who transported more than 2,000 pounds PBP&E overseas prior to the change to return the same PBP&E amount to the continental U.S. Items that are no longer considered PBP&E are personal computer equipment and peripheral devices, going away gifts, office decorations, pictures, etc., including awards, plaques and other objects presented for past performance.

For further clarification or questions, call the Personal Property Processing Office JBSA-Lackland at 671-2821, PPPO-JBSA Ft. Sam Houston at 221-1605 or PPPO-JBSA Randolph at 652-1848.

Check us out on . . .

- Facebook: Joint Base San Antonio, JBSA-Fort Sam Houston, Lackland JBSA and JBSA-Randolph
- Twitter: @JBSA_Official, @JBSAFSH, @JBSALackland and @JBSARandolph
- YouTube: Joint Base San Antonio



Water Conservation Tips

- Take a shower instead of a bath. Showers with low-flow shower heads often use less water than taking a bath.
- Reduce the level of the water used in a bathtub by one or two inches.
- Use a pan of water (or place a stopper in the sink) for washing and rinsing pots, pans, dishes and cooking implements, rather than turning on the water each time a rinse is needed.
- Never run the dishwasher with less than a full load. This practice will save water, energy, detergent and money.
- Check all water line connections and faucets for leaks. A slow drip can waste as much as 170 gallons of water each day, or 5,000 gallons a month, which will add to the water bill.



(Source: 502nd Civil Engineer Squadron)

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SPORTS - HEALTH - FITNESS

Run-Bike-Run: Opportunity to improve fitness level

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

The Run-Bike-Run, hosted by the Joint Base San Antonio-Randolph Rambler Fitness Center, gave people a chance to hit the ground running the morning of Feb. 1 at JBSA-Randolph Eberle Park.

Run-Bike-Run was an individual event consisting of a five-kilometer run, followed by a 10-mile bike ride and another run of 1.5 miles, Rey Salinas, JBSA-Randolph Rambler Fitness Center fitness program manager, said.

Attendees were encouraged to show up at least 30 minutes prior to the 7 a.m. start time to sign in, listen to a safety briefing and set up biking equipment in a transfer area before beginning a five-kilometer run from Perimeter Road toward the JBSA-Randolph East Gate and back.

Racers then transferred onto bicycles at the original starting point and began a 10-mile route down Perimeter Road toward the golf course, around the South pond, toward the South Gate,



Photo by Airman 1st Class Kenna Jackson

Tim Hansen (left) congratulates Louis Hernandez after finishing the Run-Bike-Run event Feb. 1 at Joint Base San Antonio-Randolph.

with the five-mile turn-around point at the JBSA-Randolph medical clinic.

"Our events are mapped out a year

in advance, so this particular event happens once a year, just not always on the same date," Salinas said. "A lot of

people come out and use this as a milestone, maybe to get ready for a triathlon or some other type of race where they have transition points such as running to biking or swimming."

The conclusion of Run-Bike-Run consisted of a 1.5-mile run on the same route as the first leg of the race.

Water stations marked most turn-around points during the event and racers were offered sports drinks or water after crossing the finish line.

A competitor commented on the motivation behind their participation in the Run-Bike-Run.

"I wanted to come out and get some exercise," Andrew Alley, a 14-year-old contestant, said. "I feel like I've gotten a good start to my morning."

The race was used as an incentive to promote fitness, and for participants to gauge themselves, Rick Prado, JBSA-Randolph Rambler Fitness Center sports program manager, said.

For more information on events hosted by the JBSA-Randolph Rambler Fitness Center, call 652-7263 or visit www.RandolphFSS.com.

ENERGY from P4

The campaign identified six strategic energy goals for implementation across JBSA. The goals are based on executive order mandates, applicable law provisions and Air Education and Training Command directives.

Executive Order 13423 was issued in 2007 to strengthen energy conservation and improve efficiency across all federal agencies, and an extension and expansion of that order (Executive Order 13514) was signed in 2009. The Air Force then tasked all commands to follow the '20/20 by 2020' initiative, which requires a reduction in facility footprint by 20 percent, and utility and sustainment costs by 20 percent by 2020.

According to Ruben Ramos, JBSA-Randolph energy manager and a member of the joint base energy team, the JBSA strategic energy goals provide a framework of objectives and priorities that can be used to develop unit specific initiatives representing the tactical elements of the program.

JBSA's six strategic energy goals:

Increase Energy and Water Conservation Awareness: The success of the JBSA water and energy conservation program is absolutely dependent on eliciting the support of the entire joint base popu-

lace. This can only be realized by creating a culture where energy conservation is "a consistent and serious consideration in everything we do."

Incorporate Energy and Water Conservation in Operations, Maintenance and Design: Every unit has a part in achieving this goal. The following are items to be considered in developing units' specific energy and water conservation programs – maintain proper climate control per JBSA energy policy, implement adequate facility lighting controls, implement workplace policies that support JBSA energy conservation efforts, and find ways to "slow the spin" on the meter.

Reduce Water Consumption Intensity: The JBSA populace can help by promptly reporting any water drips or leaks to the 502nd Civil Engineer Squadron, facility maintenance. During any renovations, the 502nd CES will ensure low-flow faucets and toilets have been installed.

Install Facility Metering: As per the saying, "we can't manage what we can't measure," the 502nd CES must play a key role in realizing this objective in an orderly fashion. In particular, the 502nd CES must assess JBSA facilities and develop a carefully prioritized schedule for meter installation based on facility

energy consumption and the potential for near-term facility demolition or major refurbishment.

Implement Renewable Energy Options: JBSA continues to actively investigate potential renewable energy production means. Technologies at this point in time are not favorable for implementation of on-site generation due to economic feasibility imitations. It is both fortunate and limiting to be the recipients of relatively low electrical rates. The average rate of electricity per kilowatt hour is in the range of \$0.073. However, partnerships and new technology is rapidly changing and helping JBSA to add renewable energy to its site.

Conduct Facility Audits: Facility managers can greatly support JBSA on this strategic goal by completing their annual audit checklist and returning it to one of the JBSA energy managers.

"We're also going to leverage our partnership with the City of San Antonio, in particular our great relationship with CPS Energy, to help us achieve our goals," LaBrutta said.

"Again, by getting involved, doing our part, and implementing these efficiency measures ... I know this energy campaign plan can make a positive difference and generate huge savings!"

Joint Base San Antonio-Randolph

Word on the Street*"What's your favorite way to save money?"***Maj. Randy Livengood**

Air Force Medical Support Agency
Headquarters senior health facilities officer
Hometown: Deep Creek Lake, Md.

"My favorite way to save money is to refrain from using credit cards."

**Airman 1st Class Garrett Culwell**

902nd Security Forces Squadron
installation patrolman
Hometown: Cibolo, Texas

"My favorite way to save money is to limit my 'fun' money and to not use credit cards."

**Pamela Reed**

Wife of retired Army Staff Sgt. Jeffry Reed,
medic instructor

"My husband and I spend less time going out to eat and cook our own meals at home."

**Kiana Simons**

359th Medical Group
pharmacy technician
Hometown: Lake City, Fla.

"My favorite way of saving money is going to see my bank officer. I will sit down and talk about what I'm taking in and putting out. I also come up with a plan."

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.

Straight Talk Line

Call the local Straight Talk lines for current, automated information during a natural disaster, crisis or emergency. JBSA-Randolph: 652-7469; JBSA-Fort Sam Houston: 466-4630; and JBSA-Lackland: 671-6397.