

# JBSA LEGACY

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JOINT BASE SAN ANTONIO

AUGUST 3, 2018



PHOTO BY MELISSA PETERSON

Col. Mark S. Robinson (right) assumed command of the 12th Flying Training Wing in a ceremony July 27 at Joint Base San Antonio-Randolph. Col. Travis Willis (left), 19th Air Force vice commander, presided over the ceremony.

## 12th Flying Training Wing welcomes new commander

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### SF teams prepare for Defender Challenge

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### NAMRU-SA improves dental waste removal

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COURTESY GRAPHIC

# Look before you lock: never leave children in vehicles unattended

By **Alfredo Nogueras**  
U.S. ARMY INSTALLATION MANAGEMENT  
COMMAND PUBLIC AFFAIRS

Child death from vehicular heatstroke is a parent's worst nightmare, but unfortunately, it happens more often than you think.

Heatstroke is one of the leading causes of death among children.

Regrettably, even great parents may forget a child in the back seat when distracted. Caregivers who aren't used to driving kids or those whose routine suddenly changes may also overlook a sleeping child in the backseat.

While all untimely accidents and injuries are unfortunate, they can be prevented by increasing awareness and educating people about preventative behaviors.

Use these tips to avoid putting children at risk of heatstroke:

▶ Always check the back seats of your

vehicle before you lock it and walk away.

▶ Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat.

▶ If someone else is driving your child or your daily routine has been altered, always check to make sure your child arrived safely.

Keep in mind a child's sensitivity to heat

▶ In 10 minutes, a car's temperature can rise more than 20 degrees.

▶ Even with an outside temperature of 60 degrees, the temperature inside your car can reach 110 degrees.

▶ A child may die when his or her body temperature reaches 107 degrees.

Understand the potential consequences of kids in hot cars

▶ Severe injury or death

▶ Being arrested and jailed for child endangerment

▶ A lifetime of regret

You can help prevent these tragedies from occurring. If you see a child alone in a car, first determine if the child is in immediate distress and notify law enforcement professionals by dialing 911.

A child's safety is paramount — so above all else — action should be taken to safeguard the child's life prior to the arrival of first responders, if necessary. So, if a child in a vehicle seems hot or sick, get him or her out of the vehicle as quickly as possible.

The effects of extreme heat are not only harmful to infants and young children, but to pets as well. Never leave your pets in a parked car, even if the windows are open, because they can suffer from heat-related illness too.

So whether you're the parent of a baby or a fur baby, never forget your kid in the backseat — and always remember to look before you lock!

## JBSA LEGACY

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## Joint Base San Antonio HOTLINES

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• **Domestic Abuse Hotline**  
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• **Suicide Prevention**  
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# Security Forces teams prepare for return of Defender Challenge at JBSA-Camp Bullis

By Vicki Stein

AIR FORCE INSTALLATION AND  
MISSION SUPPORT CENTER  
PUBLIC AFFAIRS

Security Forces teams from U.S. Air Force major commands, Great Britain and Germany are training to compete at Joint Base San Antonio-Camp Bullis Sept. 10-14 when Defender Challenge returns after a 14-year hiatus.

The competition pits security forces teams against each other in realistic weapons, dismounted operations and relay challenge events.

The team with the most combined points wins the Sadler Cup, named after Maj. Gen. Thomas Sadler, who served as Air Force Chief of Security Police from 1975-1977. Great Britain has held the trophy since winning it at the last Defender Challenge in 2003.

"We will compete on the fields of friendly strife with the best of the best, familiarize ourselves with how our coalition partners operate when all that matters is who finishes first – before lives are on the line, and continue a Defender tradition, build upon that heritage and give this generation of Defenders stories they will tell and experiences they will share for years to come," said Brig. Gen. Andrea Tullos, Air Force Director of Security Forces, in her announcement of the competition.

Tullos said the scenarios will determine the most lethal and most ready team while increasing the competitive spirit and competency of all participants. It will renew the Defender ethos and reinforce the competitive nature within security forces of all participants, she added.

"The competition will test the very same skills Defenders may need to employ on any day at



*Security Forces Airmen climb an obstacle July 23 at Joint Base San Antonio-Camp Bullis.*

any air base in any AOR," she said. "They will be placed under stress and will need to shoot, move and communicate with their fire team. They will maneuver as a team and come upon diverse scenarios requiring them to observe, orient, decide and act."

Prior to sending the official warning order to competing commands in mid-June, Tullos offered some words of advice in a post on the Air Force Security Forces Association website: "For now, train, train and train. Take each lesson you learn every day defending your air base and ask yourself, 'How can I do it better?'"

She said the return of the event will help develop more lethal and capable security forces Airmen.

"We need to stimulate competition in every squadron so that every new Defender who arrives from Lackland wants to be a more proficient shooter, wants to master our tactics, techniques, and procedures, and wants to represent their squadron and their major command at Defender Challenge," she said.



PHOTOS BY SENIOR AIRMAN STORMY ARCHER

*Capt. Nathan Spradley, 902nd Security Forces Squadron operations officer, climbs an obstacle July 23 at Joint Base San Antonio-Camp Bullis.*

# Soldier amputees have more options for continued service

By Whitney Delbridge Nichels  
U.S. ARMY WARRIOR CARE AND TRANSITION

Thanks to advances in modern medicine and the availability of sturdier prosthetics, soldiers who are able to redeploy after amputation have a number of possible options for continued military service.

Army Staff Sgt. Brian Beem lost his leg in 2006 to an improvised explosive device in Iraq. “I thought my career was over,” he said.

Beem credits his experiences at Walter Reed National Military Medical Center in Bethesda, Maryland, with helping him assess and eventually find options for returning to duty.

“It took me about a year to get up to speed with physical training, and I was feeling pretty confident,” he said. Within a short time, Beem was ready to deploy to Afghanistan with his unit. Although he was no longer on patrol as he was in previous deployments, he still played a vital role in battle staff operations.

“It was really gratifying to be able to deploy,” he said. “It’s possible, but it’s



SGT. THOMAS DUVAL

*Col. Todd R. Wood (right), 1st Stryker Brigade Combat Team, 25th Infantry Division commander, administers the oath of re-enlistment to Staff Sgt. Brian Beem (left), a cavalry scout assigned to the 5th Squadron, 1st Cavalry Regiment, during a special ceremony at Forward Operating Base Frontenac, Nov. 9. Beem is a single leg amputee who has continued to serve despite his injury. He lost his leg after an improvised explosive device detonated during his 2006 deployment to Iraq.*

not easy. The process is there for those who have the perseverance.”

Some of those processes include

passing the Physical Evaluation Board, which determines if a soldier with a prosthesis is still fit to serve. The

Continuation on Active Duty/Continuation on Active Reserve program also provides options for some wounded, ill and injured soldiers who can prove they are still physically able to serve.

“I was able to continue on and reach retirement,” Beem said.

Deployments “are really what the Army is all about,” he said. “Even the training you do at home. It all culminates with deploying. And for combat arms folks, if you don’t have deployments, you can’t be competitive for promotion.”

Beem acknowledges that every case is different. For some, he said, the will to serve alone is not enough to overcome the severity of their injury. But for those who are able, Beem said, it is very rewarding to continue to serve with their comrades.

“I didn’t join the Army to sit around and have a comfortable lifestyle. I joined the Army because I knew it would be hard work, and it is,” Beem said. “But when you’re done, you can look back and say, ‘Wow, look at everything I did.’”



# DHA director discusses new health record system

By Lisa Ferdinando  
DOD NEWS, DEFENSE MEDIA  
ACTIVITY

The Military Health System is looking how to best incorporate feedback as it advances with the deployment of the new electronic health record system called MHS GENESIS, the director of the Defense Health Agency said.

“We need to continue with our forward momentum,” Navy Vice Adm. Raquel C. Bono told reporters in a conference call that followed a discussion about the new system at the 2018 Defense Health Information Technology Symposium held July 24-26 in Orlando, Florida.

Bono acknowledged there have been areas where adjustments were needed. She stressed the importance of having a system that is secure. Feedback will be used to improve the system, she noted.

“We are a large government organization undertaking a critical strategic project,” Bono explained. “It’s important that



COURTESY PHOTO

Navy Vice Adm. Raquel C. Bono, director of the Defense Health Agency, and Stacy Cummings, program executive officer for Defense Health Management Systems, answer questions about the progress of MHS GENESIS electronic health record, during the 2018 Defense Health Information Technology Symposium in Orlando, Florida, July 24.

we embrace our heritage as a learning organization.”

MHS GENESIS has been deployed at four sites in Washington state: Naval

Hospital Bremerton, the Air Force’s 92nd Medical Group at Fairchild Air Force Base, Naval Health Clinic Oak Harbor and Madigan Army Medical Center.

Stacy Cummings, program executive officer for Defense Healthcare Management Systems, announced four new sites where MHS GENESIS will

be deployed.

Three of the sites are in California. They are Naval Air Station Lemoore, Travis Air Force Base and Army Medical Health Clinic Presidio of Monterey. One site is in Idaho — Mountain Home Air Force Base.

Eventually, MHS GENESIS will provide a single electronic health record for each of the 9.4 million MHS beneficiaries, and will be used by about 200,000 providers at 1,200 sites, according to the DHA.

“Feedback from our frontline users is most important, but input from [initial operational test and evaluation], Congress, consultants, the media and our patients are both to be expected and welcomed,” Bono said, adding, “It’s how we plan to get better.”

She explained, “We’re getting a lot of input and feedback right now; we need to process it calmly and in a measured way and keep moving forward with confidence and conviction in the path we’ve selected.”

## Helping the healers through the power of mobile technology

From Military Health System  
Communications Office

Experts at the Defense Health Agency’s Web & Mobile Technology Program Management Office have harnessed the power of mobile information technology to help those who help others. They’ve created the Provider Resilience app, which offers health care providers tools to guard against common but troubling emotional occupational hazards.

“The app was designed for behavioral health providers, but it benefits anyone who deals with trauma patients, including physicians, nurses, chaplains, and first responders,” said Julie Kinn, Ph.D., a research and clinical psychologist in the DHA’s Connected Health

Branch, Clinical Support Division, at Joint Base Lewis-McChord in Washington.

As a June 2016 report in the International Journal of Environmental Research and Public Health explains, providers who care for patients who’ve been through trauma eventually may feel as though they’ve experienced the trauma themselves. This secondary traumatic stress can lead to compassion fatigue and burnout. Providers with these conditions describe feeling physically and emotionally exhausted and unable to cope, as though they have nothing left to give, according to a blog post on the Psychological Health Center of Excellence website.

“Our providers do so much good work,” Kinn said. “But over the past 16 years, they’ve

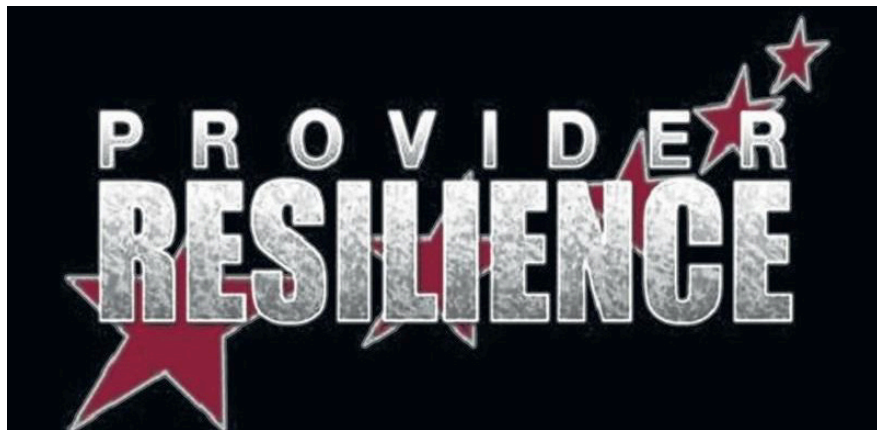
been dealing with such high levels of exposure to trauma through their patients.”

“Our providers know what

they need to do to maintain compassion and prevent burnout,” Kinn said. “The problem is, they just don’t do it.

It’s not a lack of knowledge; it’s a lack of reminders to take some

**RESILIENCE continues on 8**



COURTESY GRAPHIC

## RESILIENCE

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time in their day for self-care. So the app simply gives them those daily reminders and a way to track.”

The app features a dashboard that gives users a resilience rating based on such factors as how long it's been since their last vacation. It also includes brief self-assessments, inspirational and funny messages, and videos from actual patients expressing gratitude for the care they've received.

Jodi Boling is a registered nurse who works in hospice care in Crown Point, Indiana. She holds a master's degree as a clinical nurse specialist in adult health and is working on a Ph.D. She came across information about the Provider Resilience app while doing research for her dissertation on compassion fatigue in nurses.

Boling downloaded the app on her own mobile device and has met with the chief executive officer of her hospice organization to ensure that he's aware of its potential to help health care providers.

“When a patient dies, nurses often don't take the time to grieve the loss,”

Boling said. “Instead, they administer postmortem care and then address the needs of their other patients. There's an inherent trait to keep moving and not take the time for self-care.”

Boling said if she had to identify any shortcoming of the app, it's that “it's available in only one language. I'm thinking it would be beneficial for first responders who were involved in rescuing the Thai soccer players trapped in the cave.”

The Provider Resilience app was introduced about five years ago. Kinn said that despite being marketed only to military behavioral health providers, “it actually gets pretty good downloads.” The app has been downloaded more than 35,000 times, she said, with an average of 924 new downloads each month.

Kinn said the team at JB Lewis-McChord is working on an updated version with an easier-to-use interface, more-modern graphics, and other features that will make the app inclusive for other health care providers and first responders. It's expected to be released in the fall and, like the current version, will be available free for anyone to download from the App Store and Google Play.

# FORT SAM HOUSTON

## BAMC residents participate in JEMX



JOHN FRANKLIN

*An emergency medicine doctor accompanies a casualty role player as they arrive at the triage location during the mass casualty portion of 2018 Joint Emergency Medical Exercise in mid-June.*

**By Rachel Cooper**  
BROOKE ARMY MEDICAL CENTER  
PUBLIC AFFAIRS

Physicians from the Emergency Medicine Residency programs at Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston and Naval Medical Center Portsmouth participated in the 2018 Joint Emergency Medical Exercise, or JEMX, in mid-June.

The six-day exercise included simulated battlefield scenarios, didactics and a procedure lab.

“Our emergency medicine residency program is outstanding and the doctors we produce are excellent in the emergency department of a hospital, but medicine in deployed locations and in combat is very different,” said Army Maj. (Dr.) John Knight, a former Special Forces medic. “We needed to give them an

appreciation for what they would encounter in a war zone.”

The simulation exercises during JEMX teach life-saving medical intervention in an environment with limited resources.

Physicians also joined the 19th U.S. Army Special Forces unit in the procedures lab working with trauma surgeons, anesthesia and ultrasound experts, and intensivists at the Bulverde Spring Branch Fire and EMS Center for Emergency Health Sciences using cadavers to learn techniques not taught in other training.

“Initially, the Special Forces were a little hesitant about training with a bunch of doctors, but they saw an advantage to the alliance and agreed to conduct joint training exercises with the new Emergency Medicine doctors.” Said physician’s assistant

retired Army Maj. Paul Allen, a former medic.

In another exercise, physicians experienced a simulated passenger compartment of a high-fidelity UH-60 Blackhawk mockup located in the U.S. Army Medical Department Center and School’s Critical Care Flight Paramedic Program. The simulation included blackout conditions with loud noise, cramped space and casualty mannequins.

Doctors who have experience in combat medicine gave didactic presentations on prolonged field care, field anesthesia and pain control and systems of trauma care in deployed locations.

The group also participated in simulated raids at JBSA-Camp Bullis, to practice receiving, planning, rehearsing, conducting and recovering casualties.

## LEADERSHIP CHANGE AT 232ND MEDICAL BATTALION

*Lt. Col. Corey J. Plowden (left) accepts the unit colors from Col. Clinton W. Schreckhise, 32nd Medical Brigade commander, while outgoing commander Lt. Col. Caryn R. Vernon looks on. Lt. Col. Corey J. Plowden assumed command of the 232nd Medical Battalion July 18 during a ceremony on MacArthur Field at Joint Base San Antonio-Fort Sam Houston. At the same ceremony, Command Sgt. Maj. Jodi L. Stanley relinquished responsibility as the 232nd Medical Battalion Command Sergeant Major. The 232nd Medical Battalion is the largest training battalion in the U.S. Army and is responsible for training 68W Combat Medics, the second largest Military Occupation Specialty code in the Army.*



COURTESY PHOTO



# Soldier wins national contest

By David DeKunder

502ND AIR BASE WING PUBLIC AFFAIRS

Being physically fit, going to the gym and living healthy is a way of life for Army Staff Sgt. Bryan Osorio, a member of the 470th Military Intelligence Brigade at Joint Base San Antonio-Fort Sam Houston.

Osorio, a 470th MIB counterintelligence special agent, trains hard every day to keep himself in shape, whether it's lifting weights, walking several flights of stairs or doing other types of cardio.

The many hours of dedicated workouts and training paid off for Osorio when he won two first place trophies in a bodybuilding competition at the Europa Games in Dallas June 16-17. The competition was put on by the National Physique Committee, one of the largest amateur bodybuilding organizations in the nation.

In participating in his first ever bodybuilding contest, Osorio finished first in both the novice category, consisting of 14 contestants, and in his class in the open category, consisting of 11 competitors. The novice category was for first time participants at the bodybuilding competition.

"It was pretty exciting," said Osorio of the moment when he won the competition. "It was more of a 'Wow! I did it.' These weeks of hard work paid off."

Osorio trained for 12 weeks to prepare for the competition, a workout schedule that included getting to

the gym at 4 a.m. to do an hour of cardio before physical training and weight training at lunch. In addition, he ate six meals of day on a strict diet consisting of carbohydrates including egg whites, oatmeal, chicken and rice, and he stayed hydrated by drinking 2.5 gallons of water per day.

Building up muscle through weight training was especially important since the Europa Games competition emphasized physique. Contestants were judged on various parts of their physique including upper torso, shoulders, abdominals, back and "V-line," the shape in the midsection of the body between the oblique muscles and hip flexors.

Osorio said he decided to enter the Europa Games bodybuilding competition in February, after completing Fitness Operatives, or FITOPS, a four-week program that helps service members and veterans become certified trainers.

"I've always wanted to compete," he said. "It's always been a dream of mine. Something was always going on

**BODYBUILDER continues on 11**

*Staff Sgt. Bryan Osorio, 470th Military Intelligence Brigade counterintelligence special agent, holds the two first-place trophies he won while competing at the Europa Games bodybuilding competition in Dallas June 16-17.*



COURTESY PHOTO



# BODYBUILDER

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between deployments, being TDY (temporary duty) or just making excuses. I decided now was the time to stop playing games. It was time to pursue this dream. I hired a trainer and went after it.”

Osorio said his commanding officer, members of the 470th MIB team he works with, friends he graduated with in the Fitness Operatives and his wife supported and encouraged him to take part in the Europa Games.

At first, Osorio wanted to compete in a local contest, but his personal trainer, Louie Diaz, persuaded him to compete in the Europa Games, one of the biggest bodybuilding shows in Texas.

“My trainer said, ‘You got the physique for it. Let’s go for it,’” Osorio said.

By winning at the Europa Games contest, Osorio qualified to compete in a national competition next year sanctioned by the International Federation of BodyBuilding and Fitness, the international governing organization for bodybuilding.

If he wins or places at the national

competition, Osorio could then compete at future competitions as a professional.

Osorio said he got into working out and weight training in high school. He said going to the gym has become a big part of his life and daily routine.

“It’s just something I love to do,” he said. “I’ve been doing it for so long now if I don’t do it, I don’t feel right.”

Osorio leads the reconditioning program for the 312th Military Intelligence Battalion, Charlie Detachment, the unit within the 470th MIB he is assigned to. In that role, he oversees both the overall and remedial physical training programs for the Soldiers assigned to the detachment and helps them with questions they have about nutrition, dieting, working out and how to live a healthier lifestyle.

As a certified personal trainer and head of the program, Osorio said he gets satisfaction out of helping servicemembers achieve their fitness goals.

“I like educating, seeing people improve and being that mentor,” he said. “Everyone needs to start somewhere. You don’t need to be the person lifting the most weights, just knowing the fundamentals and having confidence to be in the gym.”

# NAMRU-SA focuses on improving filtration device to remove dental waste

By David DeKunder

502ND AIR BASE WING  
PUBLIC AFFAIRS

Improving filtration devices that capture dental waste and keep the environment safe is the focus of a project being conducted at the Naval Medical Research Unit San Antonio, located at Joint Base San Antonio-Fort Sam Houston.

Dental researchers at NAMRU-SA are testing and developing options for Navy dental facilities, which use chairside amalgam separators to remove amalgam particulate waste from the wastewater so that it isn't released into the environment.

The amalgam separator is a cylindrical device attached to a dental chair that filters amalgam, a mixture of metals including mercury, which is used by dentists for large teeth restorations and to fill in cavities.

The amalgam separator uses a pleated filter inside of it, which, because it is folded, provides a very large surface area in a small space. This large surface area allows it to filter out most of the amalgam waste, while extending the service life of the separator.

Dental amalgam is an alloy comprised of 40 to 50 percent mercury along with silver, tin and copper. The amalgam is made by combining liquid mercury with the other metals in powdered form, yielding a paste which sets hard in minutes. The mixing is done in self-contained, pre-measured capsules which ensure optimal alloy formulation and prevent any leakage of mercury.

Dr. Dorian Olivera, NAMRU-SA Environmental Surveillance Department research toxicologist and principal investigator, said amalgam is effective and safe when used for teeth



DAVID DEKUNDER

*Lt. Cmdr. Nicholas Hamlin, Naval Medical Research Unit San Antonio Environmental Surveillance Department head and research dentist, demonstrates how an amalgam separator is attached to a dental chair and how it works in removing amalgam waste to prevent it from going into the wastewater system.*

restorations, but waste particles from its placement or removal can be harmful if they enter the environment through disposal into wastewater.

A large number of cavities are filled each year by Navy dentists to ensure Sailors are ready for deployment. The dental amalgam waste produced from placing or removing amalgam restorations can result in a release of mercury into publically owned wastewater streams if it is not controlled at the dental clinic site.

Exposure to mercury can cause neurological damage in humans and symptoms may include muscle weakness, loss of peripheral vision and impairment in speech, hearing

and walking. Exposure to methylmercury, an organic form of mercury, can affect a child's brain and nervous systems and could impact their cognitive thinking, memory and motor skills.

"When mercury is in amalgam, it's safe, it's immobile. It's not going anywhere," Olivera said. "But when the amalgam is installed or removed, particulate is generated and mercury can sneak out of that amalgam waste, especially when it's out in the wastewater where bacteria facilitate that process. Our main concern is to keep amalgam waste out of the effluent waste stream, meaning the water that leaves the dental facility."

The amalgam separator used in Navy dental facilities, the DD2010P model, has been certified 99.6 percent efficient in removing and filtering amalgam particulate waste, including mercury. The device helps prevent waste sludge buildup in the vacuum lines and central filtration systems of dental facilities, prolonging the life of the filtration system.

Olivera said the Navy requires the use of chairside amalgam separators because that puts them closest to the source of where the amalgam waste is coming from. He said having the filtration device as a chairside application is the most effective way to control the amalgam waste close to its

source and limit contamination of other plumbing.

"When you consider a dental chair and putting waste down, if your source is at one location and the amalgam separator at another location, it can contaminate all the plumbing in between the source and the separator," Olivera said.

"Eventually, the pipes can fill with amalgam sludge to the point that the vacuum systems don't work. In that case, the plumbing must be carefully removed in segments to avoid the sludge spilling, and the plumbing then replaced. This can be a very expensive repair."

Lt. Cmdr. Nicholas Hamlin, NAMRU-SA Environmental Surveillance Department head and research dentist, said the Navy has worked for years to respond to this complex environmental challenge. Since the 1990s, he said the Navy has required its dental facilities to utilize the chairside amalgam separator.

Dr. Mark Stone, a dentist at the Naval Institute of Dental and Biomedical Research in Great Lakes, Illinois, designed the first chairside amalgam separator in 1995.

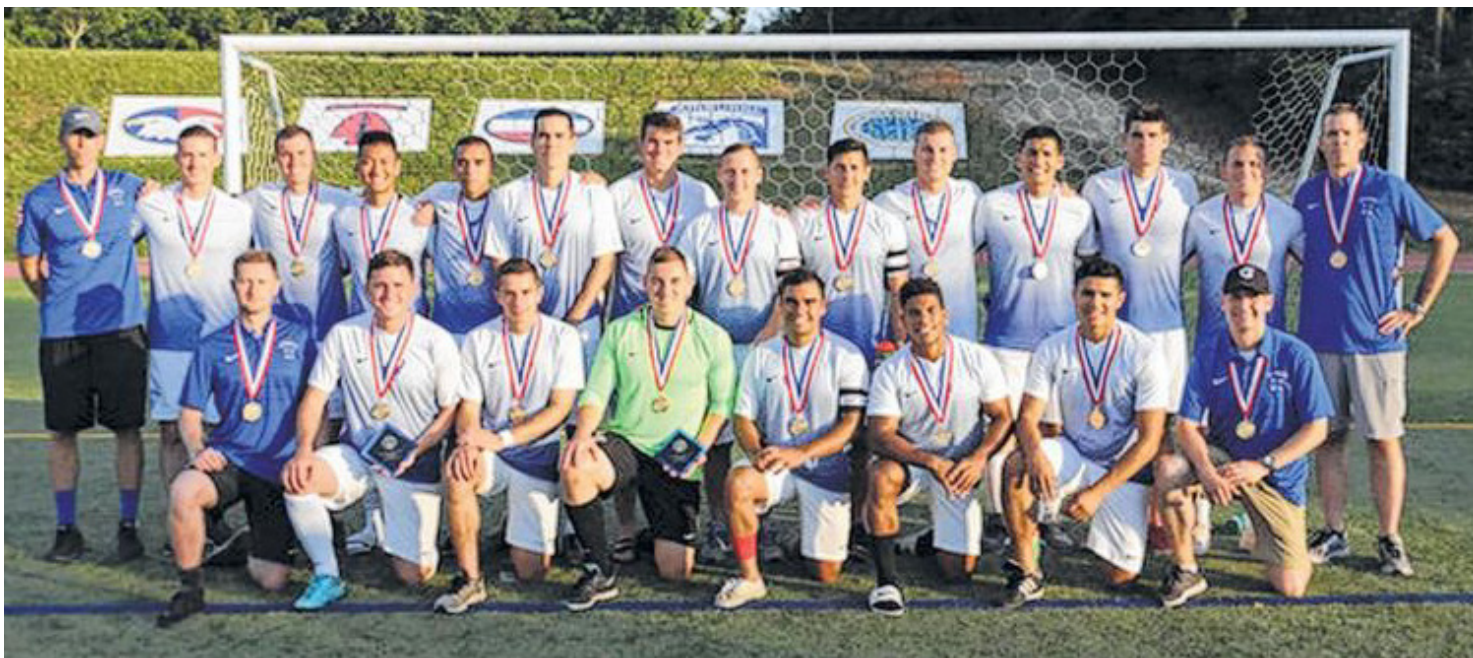
"Mark Stone designed the amalgam separator in the mid-1990s to address what he thought was an ethical need," Olivera said. "It was not a regulatory requirement, it was just the right thing to do."

Hamlin said the first amalgam separator designed by Stone has evolved into several commercial models, including the DD2010P model used at Navy dental facilities.

Olivera said a yearlong study conducted on the DD2010P amalgam separator model at the Budge Dental Clinic, located at JBSA-Fort Sam Houston, concluded that the device functions adequately under



# LACKLAND



PETTY OFFICER 2ND CLASS JOHN P B

*Members of the U.S. Air Force Men's Soccer Team gather for a group photo following the final match of the 2018 Armed Forces Men's Soccer Championship.*

## 502nd Airman helps AF soccer team reach gold

**By Airman 1st Class Dillon Parker**

502ND AIR BASE WING PUBLIC AFFAIRS

Airman 1st Class Abdias Palacios, a 502nd Communications Squadron client systems technician, helped the Air Force soccer team score a 5-2 victory over the Navy in the 2018 Armed Forces Men's Soccer Championship June 11 at Fort Bragg, North Carolina.

The team fought back from a 2-1 halftime deficit in the championship to defeat the Navy, earn gold and stay undefeated for the entire tournament.

"It felt amazing to be able to win and remain undefeated for the whole tournament," said Palacios. "This is only the 3rd time in about 30 years that

a team has done it. I reached the 1-year mark in my Air Force career shortly after the tournament so it was a good way to celebrate."

Palacios imparted the key to the Air Force squad's success was their consistent commitment to professionalism.

"I've played on a lot of high-level teams before," said Palacios. "The thing that really set this team apart was the professionalism. That was the emphasis in everything we did. It's absolutely crucial to keep that high level of professionalism, not only to help us win but any time we're representing the Air Force."

While going undefeated was an amazing experience, meeting Airmen

with vastly different backgrounds and experiences was just as important, said Palacios.

"When I played in college we were all the same age and generally from the same areas," said Palacios. "The oldest guy on the [Air Force] team was around 32. As the youngest player on the team, I gained a lot of knowledge playing with older guys and people with different experiences."

At just 20 years old, Palacios said the experience is something he will never forget.

"It was awesome and it was definitely nice to get to do something different for the Air Force," said Palacios. "There's a big tournament coming up next year with a combined

Armed Forces team so hopefully I get the opportunity to represent the Air Force again."

The U.S. Armed Forces Men's soccer team will compete against several other nations at the Conseil International du Sport Militaire (CISM) Military World Games in Wuhan, China. Founded in 1948, CISM's 136-member nations makes it the largest military organization in the world and the second largest multi-sport organization after the International Olympic Committee.

"It was great just playing against the other services," said Palacios. "To get to go all the way to China and compete against other countries as a united team would be a dream come true."

## DEVICE

From page 12

heavy use, with a service life of 3-5 months. In addition, the device meets and exceeds new Environmental Protection Agency regulations for removing dental waste from water systems that take effect in July 2020.

Those EPA regulations, which were published in 2017, will require that all existing dental facilities where amalgam is used be equipped with amalgam separators that remove 95 percent amalgam particulate waste from wastewater and employ several best practices to reduce mercury release from amalgam waste.

The DD201P amalgam separator exceeds the new EPA requirement with a 99.6 percent efficiency rating in removing amalgam particulate waste from wastewater.

In recommending the DD201P model to Navy dental facilities for usage, the NAMRU-SA researchers emphasize further research and development is needed to improve the operation and performance of the device.

Based on the findings brought up during the study at the Budge Dental Clinic, additional work at NAMRU-SA will focus on producing a prototype of an amalgam separator

that will reduce the size of the device so it is not in the way of dentists who are treating patients, and balancing the size, life expectancy and disposal costs of the devices.

Past research at NAMRU-SA has led to changes that have made the filtration devices easier to operate. Those include injection molded quick-disconnect fittings that have made it quicker to change the amalgam separator, reducing change times from 20 to 3 minutes.

Olivera said the quick disconnect fittings helped the NAMRU-SA researchers in their study at the Budge Dental Clinic, as they were disconnecting and reconnecting the amalgam separators frequently to collect wastewater samples for analysis. Dental staff at the Budge Clinic and others have asked for the quick disconnect fittings and provided feedback that they are durable, easy to use, and a great time-saver.

Since NAMRU-SA is the lead agent for the Navy's Dental Mercury Abatement Program, it is providing guidance and technical support to Navy dental facilities in adhering to current local and state guidelines on the disposal of amalgam scrap and the use of amalgam

separators and the new EPA regulations that take effect in 2020.

The abatement program allows personnel from Navy dental facilities to contact NAMRU-SA researchers and specialists about questions they have on the installation, maintenance and operation of amalgam separators.

Olivera said continued research into developing amalgam separators that are better will benefit the environment, help keep military dental facilities in compliance with regulations and benefit the service members and their families that utilize the dental facilities.



# IAAFA continues decades-old tradition with “Alamo Wing” visit

By Tech. Sgt.

Carlos J. Treviño

433RD AIRLIFT WING PUBLIC AFFAIRS

A 24-year tradition continued as 40 students from the Inter-American Air Forces Academy visited the 433rd Airlift Wing July 18, at Joint Base San Antonio-Lackland, to learn more about the maintenance mission and how the Reserve Citizen Airmen maintainers keep the Air Force Reserve Command C-5M Super Galaxy aircraft battle operational.

The visit enabled the IAAFA class, composed of maintenance officers from Colombia, Ecuador, Mexico, Panama and Peru, to have familiarity with the fabrication, propulsion and sheet metal shops and an opportunity to enhance the partnership between the two units.

“Visiting your organization greatly enhances students’ understanding and knowledge of the [U.S. Air Force’s] maintenance structure and management,” said Mateo M. Gonzalez, an IAAFA instructor who teaches maintenance and superintendent courses. “As a premier training organization, our mission is to provide engagement through education and training.”

While attending IAAFA, students receive 10 weeks of instruction in technical and academic courses, such as aircraft maintenance management, in their native language of Spanish.

“The curriculum provides maintenance management skills to execute, prepare, and sustain maintenance activities,” said Gonzalez. “The courses are designed for maintenance officers and superintendents in leadership



TECH. SGT. CARLOS J. TREVIÑO

*Tech. Sgt. James Gomez (right), 433rd Aircraft Maintenance Squadron machinist and welder, explains to students from the Inter-American Air Forces Academy how he makes aircraft parts using a computer numerical controlled machine for the C-5M Super Galaxy July 18 at Joint Base San Antonio-Lackland.*

and management positions.”

The largest aircraft the IAAFA students maintain is the C-130 Hercules J. Being able to tour the C-5M was the highlight of the visit, said Gonzalez.

During the visit, the group toured different areas of a C-5M, to include the cargo compartment, flight deck and exterior of the aircraft. They also learned more about the aircrafts range and capabilities from a C-5M pilot.

“In addition to humanitarian missions, this is one of my

favorite things I get to do,” said Maj. Brandi King, a 356th Airlift Squadron C-5M Super Galaxy instructor pilot. “For them to come here to our jet and show interest, that means the world to me. I love to share what I love, and that is flying the C-5.”

One student, Colombian air force Master Sgt. Yurge Trujillo, had a different opinion on his favorite part of the tour; viewing the GE CF6-80C2 turbofan engine.

“I work in engines, so this is the best part for me,” Trujillo

said. “The biggest aircraft we have is the C-130, seeing the C-5 was wonderful.”

The machine shop was another favorite stop for Trujillo.

“The way they can make any types of parts of the aircraft and how the technicians use the water jet machine, that was great,” said Trujillo.

IAAFA academy was founded in 1943, predating the U.S. Air Force, making it the first U.S. training course in Latin America.

Today IAAFA graduates 800

partner station students annually while fostering inter-American relations and building nation partnerships.

“This objective is reached by exposing our Latin American students to organizations like the 433rd Airlift Wing where the student not only understands the maintenance structure and development, but also acquires the understanding of our coordination and communication with agencies outside the active duty world,” said Gonzalez.

# Med Techs to nursing program now available

Those interested in the program should speak with their functional manager

**By Daniel Calderon**

59TH MEDICAL WING PUBLIC AFFAIRS

The 59th Medical Wing is partnering with the Baptist School of Health Professions in San Antonio to provide an opportunity for Aerospace Medical Service Technicians to participate in a program that leads to certification as a Licensed Vocational Nurse.

Over the last year, nine Airmen graduated, passing National Council of State Boards of Nursing examinations, and were the first LVNs in the 59th MDW's inaugural transition course.

After acceptance into the program, Airmen complete three months of in-residence training through the partnership with the civilian health professionals' organization.

"The partnership is based upon a common commitment to excellence, a shared core value of safety and a desire for quality outcomes," said Donna Wallis, director of Vocational Nursing Education. "The primary challenge prior to implementation of the program was to ensure the curriculum design will enhance the existing knowledge base, meet state criteria, and incorporate credit for prior college work. The solution was to complete an assessment and statistical evaluation of gaps in knowledge, address the

educational findings and design an evidence-based curriculum."

Ordinarily, completing the program would take a year. With the cooperation of the Baptist Health System, the didactic and clinical portions of the curriculum recognizes the Airmen's previous training and education, reducing completion time by 75 percent.

After successfully completing the training and the licensure exam, the LVNs engage in nine months of hands-on training at a local BHS facility, which is critical to certifying the skill sets needed as an Air Force LVN.

"The LVNs are able to work within, and expand their scope of practice in their training, and will be able to continue delivering high quality care to our CONUS and deployed population once they complete it," Chief Master Sgt. Alando Respress, aerospace medical technician functional manager said. "The certification allows our LVN medical technicians the opportunity to easily roll into any civilian platform for additional training or sustainment of skills."

Currently, four additional Airmen have begun phase two and are now conducting the hands-on portion, with the next available course scheduled to begin in spring 2019.

Course qualifications include passing of exams, a



solid record of performance, skill level commensurate with rank and recommendations by flight and squadron commanders. Those interested in signing up for the program should speak with their functional manager.



# RANDOLPH

## Ground power at 12th MXG shop supports air power

By Tech. Sgt. Ave I. Young  
502ND AIR BASE WING PUBLIC AFFAIRS

From troubleshooting to final fitting, the 12th Maintenance Group's metals technology shop fabricates and custom-makes the metal components critical to the functioning of the T-1A, T-6C and T-38C aircraft.

"There's a lot of things that go on behind the scenes that nobody gets to see, whether it's our nondestructive inspection folks looking for discrepancies or cracks that nobody else is going to see other than with an X-ray," said Darryl Rios-Maldonado, 12th MXG Fabrication Branch chief. "Our corrosion guys are fantastic, they're the ones that make the aircraft look pretty when they're flying around."

The 12th MXG executes more than 40,000 flight hours annually supporting six training operations squadrons. The agency is responsible for the overall fleet health of 187 aircraft assigned at both Joint Base San Antonio-Randolph and Naval Air Station Pensacola, Florida. The 12th MXG provides on-equipment and off-equipment maintenance support for T-1A, T-6C and T-38C aircraft.

"If an aircraft encounters a bird strike, that can destroy so many parts of the aircraft, the skin and the structure underneath the skin," Rios-Maldonado said. "So we basically have to take all the old parts out and replace them with new ones. We also manufacture parts to rebuild the aircraft to better than factory conditions."

No matter what piece needs to be fabricated or fixed, the metals technology shop will get it done.

"I think just knowing what goes on

**"I think just knowing what goes on inside the airframe and knowing all the different hands that touch it to make it fly, that's what amazes me, and how everyone can make this thing work so well, almost like a big concert."**

Darryl Rios-Maldonado, 12th MXG Fabrication Branch chief

inside the airframe and knowing all the different hands that touch it to make it fly, that's what amazes me, and how everyone can make this thing work so well, almost like a big concert," Rios-Maldonado said. "We're all working a different instrument but our end goal is to give a 100 percent product to put up in the air to train our pilots."

With lives in their hands, the metals technology shop's number one goal is to get pilots trained and ready for the war fight.

"There has to be 100 percent trust with everything that we do because lives are in our hands, so a lot of trust has to go into it," Rios-Maldonado said. "We don't want any distrust from anybody; otherwise we wouldn't be able to operate."

It's been said that "there's no air power without ground power."

"Everybody sees the Chuck Yeagers flying their jets and when they come back everybody's hooting and hollering, but the mechanic's off to the side



TECH. SGT. AVE I. YOUNG

Carlos Casasola, 12th Maintenance Group metals technology shop machinist, forms a flat surface on a block of metal using a vertical milling machine, July 2 at Joint Base San Antonio-Randolph.

getting ready to put fuel in, check the oil, put air in the tires and just get the mission done," Rios-Maldonado said. "The mechanics are the ones that make this happen."

The favorite part of Rios-Maldonado's job is that every day is different.

"There's something different every day," he said. "Nothing is ever the same."

# 12th FTW welcomes new commander

**By Randy Martin**

12TH FLYING TRAINING WING  
PUBLIC AFFAIRS

Hangar 4 at Joint Base San Antonio-Randolph was packed with friends and family July 27 to welcome the 12th Flying Training Wing's new commander.

Col. Mark Robinson assumed command on a stage flanked by aircraft and in front of four formations of Airmen. Each represented the wing's groups which conduct or support flying training at JBSA-Randolph, as well as the U.S. Air Force Academy in Colorado Springs, Colorado, and Naval Air Station-Pensacola, in Pensacola, Florida.

"I can't think of anyone better to take the reins and continue to lead this awesome wing," said Col. Travis Willis, 19th Air Force vice commander. Willis listed Robinson's accomplishments as he presided over the ceremony.

Robinson received a commission from the U.S. Air Force Academy in 1996. He attended undergraduate pilot training at Columbus Air Force Base in Columbus,

Mississippi. He then served in numerous leadership positions throughout his career. Robinson recently returned from a deployment where he was the vice commander for the 380th Expeditionary Wing in Al Dhafra Air Base, United Arab Emirates.

"Training Airman in the fundamentals of airmanship, innovation and leadership will remain my focus as your commander," said Robinson in his remarks after receiving the wing's flag from Willis.

Brig. Gen. Joel Carey relinquished command May 19, 2018 and was subsequently deployed. Col. Randy Oakland, the 12th FTW's current vice commander, assumed command in the interim.

"Our nation is counting on us to remain the source of America's air power. So to that end, let's get to work," Robinson said.

The ceremony concluded with the ceremonial reveal of Robinson's name, etched on the side of a white T-1A Jayhawk followed by the singing of the Air Force Song.



MELISSA PETERSON

*Col. Mark S. Robinson (right) assumed command of the 12th Flying Training Wing in a ceremony July 27 at Joint Base San Antonio-Randolph. Col. Travis Willis (left), 19th Air Force vice commander, presided over the ceremony.*

# Toastmasters help public speakers find their voice

By Senior Airman Stormy Archer  
502ND AIR BASE WING PUBLIC AFFAIRS

The Joint Base San Antonio-Randolph Toastmasters Club is now holding meetings Wednesdays from noon to 1 p.m. in Room 24 at the Base Education Center.

Toastmasters is an organization that helps its members improve their communication, public speaking and leadership skills.

“The biggest benefit to joining is being able to improve your self-confidence in public speaking and to be able to fine-tune the leadership skills you already have in an environment you feel safe to do so,” said Adrian Huddleston, JBSA-Randolph Toastmasters vice president for education. “We have a presence on base because we want to give military members skills and confidence they need to get promoted.”

Membership to Toastmasters is available to all Department of Defense employees including active duty and Reserve military personnel, family members, contractors and Department of Defense civilians.

“The people who can benefit the most are those who are struggling with their confidence in public speaking and are looking for a way to improve their public speaking skills,” Huddleston said. “Anyone looking to improve their communication skills and their ability to stand in front of an audience and deliver a presentation should attend our meetings.”

The JBSA-Randolph Toastmasters Club is approaching its 60th year at JBSA-Randolph and is part of an international organization with 16,400 clubs in 141 countries around the world.

To become a Toastmasters member, visit <http://www.toastmasters.org>.



SEAN M. WORRELL

Adrian Huddleston, Joint Base San Antonio-Randolph Toastmasters vice president education, speaks to other members during a club meeting July 18 at JBSA-Randolph.

## AETC leaders, instructors change flying training curriculum

By Marilyn C. Holliday  
AETC PUBLIC AFFAIRS

Instructor pilots from across Air Education and Training Command Undergraduate Pilot Training bases came together March 7-8, after brainstorming for eight months on ways to improve the quality of flying training.

The final touches to the new syllabuses were adjudicated and are now in the initial stages of execution. AETC officials are starting to see the early results of the first few classes implementing the BETA redesign that allows squadron commanders the ability to refine training to better meet the needs of individual students.

“The opening discussion and question to the instructor corps was how can we make better pilots in the future,” said Maj. Gen. Patrick Doherty, 19th Air Force commander at Joint Base San Antonio-Randolph. “The team of active duty and Air Force Reserve instructor pilots and civilian simulator instructors worked the homework assignment for

eight months and culminated with a syllabi conference to brief the results and recommendations.”

The team’s first change involved downloading generic aviation fundamentals at an earlier point in Introduction to Flying Training and eliminating other redundant academics and training. At the same time, the IPs front-loaded all simulators into a simulator instrument phase with a simulator check ride before hitting the flight line. The check ride focuses on basic aircraft control and local-area instrument procedures in preparation for what pilots will see in the aircraft.

“The conference was truly groundbreaking,” said Capt. Eric Sullivan, 47th Operations Group standards and evaluation T-1 branch chief at Laughlin AFB. “We were empowered to make changes. At Laughlin we face many challenges that are unique to our location. Weather places an even greater strain on our timeline here. It was crucial for us to ensure these types of challenges were mitigated

when we were all working on a combined solution. Opening up the syllabus with more options on each flight helps us to streamline the timeline for all three airframes.”

The more robust simulator training enabled the instructors to combine the previous aircraft contact and instrument phases into a single phase of training called transition.

“This allows students to fly either contact or instrument maneuvers, depending on the weather, getting rid of any weather-related bottlenecks,” said Lt. Col. Tracy A. Schmidt, 71st Operations Group standardization and evaluations chief at Vance AFB in Oklahoma. “This alone will accelerate training timelines and negate the need to fly additional sorties to regain flying proficiencies after a break in training. The proposed syllabi design also puts students in the cockpit with significantly more proficiency than they had in the past, which allows them to multi-task and prepare for and execute a more robust

complement of mission sets much earlier in the flight training, as well as helps the instructor corps to identify talent and specific skill sets sooner. This allows the students to select their follow-on training track earlier in the program, and allows the Air force to produce better focused skill sets and aviators.”

In the past, students went back and forth from the simulators to the flightline. The new syllabus moved in simulators that had been previously spread out over a three- to four-month time frame into a single block of training prior to the first flight in the aircraft.

“The new syllabus incorporates several best practices from advanced military flight training and civilian flight training,” said Col. Lee Gentile, 71st Flying Training Wing deputy commander at Vance AFB and director for the syllabus team. “By front-loading simulator training, the instructors have noted that students are more proficient with basic aircraft maneuvers and basic

procedures. As a comparison, students on their first flight in the new syllabus are performing at a proficiency level that was normally achieved in the sixth or seventh sortie in the old syllabus. This increased student proficiency has allowed instructors to focus on more advanced maneuvers and concepts sooner, and improved the safety of the early block of flight training.”

“When students move to the flightline, instructor pilots can tackle contact and instrument training with more flexibility and less time delay,” he said. “Meaning, if the weather conditions are not conducive for contact, they can train on instrument and vice versa. Before, instructors and students waited for better weather if in the contact phase. Keeping a student out of an aircraft for an extended period of time is the worst thing you can do to a fledgling aviator.”

Syllabus changes are expected to decrease the time required to train from 54 to 49 weeks once the redesign has been fully implemented.