

# JBSA LEGACY

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JOINT BASE SAN ANTONIO

AUGUST 10, 2018



PHOTO BY PETTY OFFICER 2ND CLASS SHAYLA D. HAMILTON

Rear Adm. Tina Davidson is piped aboard before assuming command during the Navy Medicine Education, Training and Logistics Command combined change of command and retirement ceremony Aug. 3 at Joint Base San Antonio-Fort Sam Houston.

## Navy at JBSA welcomes new admiral

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## DOD training mission emphasizes innovation

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## 12th Operations group welcomes new commander

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# Pentagon: Budget critical to readiness

From DoD News, Defense Media Activity

The Department of Defense applauds the passage of the Fiscal Year 2019 National Defense Authorization Act at the swiftest pace in 20 years, Pentagon officials said Aug. 1.

In a statement, DOD officials noted that this year's bill passed with overwhelmingly bipartisan support — a vote of 87-10 in the Senate and 359-54 in the House.

The bill authorizes a \$717 billion national defense budget that “rebuilds our military, increases lethality, strengthens our alliances and partnerships and reforms the way we do business,” the Defense Department statement said.

“I am grateful for the strong commitment of members on both sides of the aisle to pass this year's NDAA in record time. Together, they have demonstrated the deep and abiding bipartisan support our military enjoys,”



Defense Secretary James N. Mattis said. “It is now our duty to implement these policies responsibly and ensure a culture of performance and accountability.”

The Pentagon statement said the approved bill:

► Increases the military's authorized

active-duty end strength by 15,600;

► Raises service member pay by 2.6 percent, the largest raise in nine years;

► Recognizes the importance of modernizing and strengthening the Committee on Foreign Investment in the United States to more effectively guard against the risk to national security posed by certain types of foreign investments;

► Provides waiver relief to key U.S. partners and allies from certain Russian-related sanctions under the Countering America's Adversaries through Sanctions Act; and

► Strengthens cyber defenses, prioritizes U.S. Cyber Command readiness and affirms the cyber authorities of the secretary of defense.

“The department looks forward to working with Congress in the same strong bipartisan spirit to fund our nation's defense priorities before the end of the fiscal year,” the Pentagon statement said.

## COMMENTARY

# Just breathe

By Tech. Sgt.  
Kimberly Libenby

ROBERT D. GAYLOR  
NONCOMMISSIONED OFFICER  
ACADEMY

One thing I learned and emphasized to others throughout my military career is to keep in check your four pillars (dimensions of wellness): spiritual, social, mental and physical.

Just the other day, I was heading to work early to do my normal running route before the chaos of the day started. As I took off on my 2-mile run, I started thinking about all the things going on in my life. Running helps me clear my head, which helps me make well thought out decisions throughout the day.

I knew, as I hit the mile mark, that I needed to focus on my breathing. I started doing my two-to-four second count, breathing in and out, to help me finish my run and not pass out or give up. Anyone

that does any sort of physical activity will tell you that breathing is the key to being able to finish strong.

As I started counting in my head (because if I counted out loud that would just be weird), it dawned on me, “If we take the time to focus on breathing while we are running or working out, why don't we take the time to do that during the rest of our day?”

Imagine how clear we would think if our body was getting more oxygen. How many times could we have avoided saying something we should not have, or in this day and age, posting something on social media that gets us in trouble? When we are stressed and we slow down to take a big breath, we usually start to feel better.

Whenever my kids are crying or upset, the first thing I tell them to do is, “Take a deep breath in, and slowly let it out.” We repeat this at least three times. Every time I do this with them, they stop

## Imagine how clear we would think if our body was getting more oxygen.

crying and are no longer upset. They even start to feel a little better.

Take a minute to think about the stressors in your life. At times, leadership and/or subordinates can be the source of your stress. This can be a little frustrating at times.

How do you handle your stress?

When life gets too hard to handle, you do not know what to do and you are frustrated beyond belief, why not try to just breathe? Take a deep breath and count to five or ten as you exhale. Try to calm yourself and, if you feel like it, take care of your physical dimension of wellness (go work out)!

If we all take a minute or two to calm ourselves down, I think everyone will be

pleasantly surprised at how well it works! Maybe we will not make that vocal comment we wish we could take back later or maybe we will not post that video that cannot be unseen.

The things we do in our lives affect everyone around us. The impact can be good or bad depending on your actions. Why not try to remain calm through the stressors in life? Maybe then we can pass this skill on to our subordinates and even our leadership. We can make more of a positive impact throughout our lives as opposed to a negative one. Why not give everyone a good habit that helps with stress and decision making?

Take a deep breath and tell me what you think.

## JBSA LEGACY

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# Smoking materials can be a deadly household menace

By Richard S. Campos

502ND CIVIL ENGINEER SQUADRON

A deadly menace to any household is fire, which can result in injuries or death. It can strike anywhere or at any time.

Home is the place where we are supposed to feel the safest. But home is where most smoking materials, structure fires, deaths and injuries occur.

The leading cause of fire deaths is smoking materials. The National Fire Protection Association, or NFPA, has developed some safety tips:

## Smoking safety:

- ▶ If you smoke, use only fire-safe cigarettes.
- ▶ If you smoke, smoke outside. Most deaths results from fires that started in living rooms, family rooms and dens, or in bedrooms.
- ▶ Keep cigarettes, lighters, matches and other smoking materials up high out of the reach of children, in a locked cabinet.
- ▶ Never smoke in bed.
- ▶ Be alert. Do not smoke after taking medicine that makes you tired.

## Put it out:

- ▶ Use a deep, sturdy ashtrays. Place it away from anything that can burn.
- ▶ Do not discard cigarettes in vegetation such as

mulch, potted plants or landscape, peat moss, dried grasses, leaves or other things that could ignite easily.

▶ Before you throw away butts and ashes, make sure they are out. Dousing them in water or sand is the best way to do that.

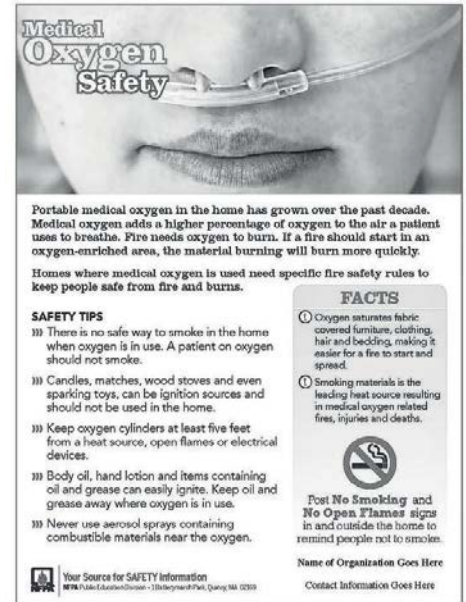
**Smoking and medical oxygen:** Never smoke and never allow anyone to smoke where medical oxygen is used. Medical oxygen can cause materials to ignite more easily and make fires burn at a faster rate than normal. It can make existing fires burn faster and hotter.

**Electronic cigarettes:** Fires have occurred while e-cigarettes were being used, the battery was being charged, or the device was being transported. Battery failures have led to small explosions. Never leave charging e-cigarettes unattended. E-cigarettes should be used with caution.

## Facts on fire:

- ▶ The risk of dying in a home structure fire caused by smoking materials rises with age.
  - ▶ One out of four fatal victims of smoking material fires is not the smoker whose cigarette started the fire.
- For more information about smoking and home fire safety, visit the National Fire Prevention Association website at <http://www.nfpa.org/education>.

Contact JBSA fire prevention offices at JBSA-Fort Sam Houston at 210-221-2727; at JBSA-Lackland at 210-671-2921; or at JBSA-Randolph at 210-652-6915.



GRAPHIC COURTESY OF NFPA

# Stay covered after age 21 with TRICARE Young Adult

From TRICARE.mil staff

Have you recently graduated from college, but you haven't found your dream job yet? Or did you just turn 21, and you're not enrolled in college?

If you're worried about your health care coverage as a military dependent, TRICARE Young Adult or TYA, may give you the coverage you need. TYA eligibility begins when regular TRICARE coverage ends at age 21, or up to age 23 if enrolled in college.

TYA is an option for unmarried, young adult dependents who have aged out of regular TRICARE coverage. It's only available for individuals and isn't offered as a family plan.

The TYA benefit includes either TRICARE Prime (a managed care option available in Prime Service Areas in the United States, you have an assigned primary care manager who provides most of your care), or TRICARE Select (a fee-for-service option in the United States that allows you to get care from any TRICARE-authorized provider. Enrollment is required to participate)

The sponsor's status and the dependent's geographic location determine eligibility to purchase TYA Prime or TYA Select. TYA coverage includes medical and pharmacy benefits, but excludes dental coverage.



You qualify to purchase TYA if you're:

- ▶ An unmarried, adult child of an eligible uniformed service sponsor
- ▶ At least age 21, but not yet 26 years old
- ▶ Not eligible to enroll in an employer-sponsored health plan based on your own employment
- ▶ Not otherwise eligible for TRICARE program coverage

To participate, you're required to pay monthly premiums. Your plan options (for example, TYA Prime or TYA Select) and sponsor's military status determine what you pay for covered services. Check out TRICARE Young Adult Costs at <https://tricare.mil/Costs/HealthPlanCosts/TYA> to

learn more about TYA costs and fees.

If you qualify for TYA, you must actively enroll in and purchase the plan. There are four ways to enroll in TYA:

- ▶ Online: Go to the Beneficiary Web Enrollment website (<https://bwe.dmdc.osd.mil/appj/bwe>) and log on.
- ▶ By phone: Call your regional contractor in the U.S. or your TRICARE Overseas Program Regional Call Center overseas to enroll and set up your payment.
- ▶ By fax: Download the TRICARE Young Adult Application at <https://tricare.mil/FormsClaims/Forms/Enrollment/TYA> and fax it to your regional contractor.
- ▶ By mail: Download the TRICARE Young Adult Application and mail it to your regional contractor.

Before deciding if TYA is right for you, you should review all of your health care options. Visit Children Becoming Adults (<https://tricare.mil/LifeEvents/ChildAdult>) for more about coverage once TRICARE eligibility ends for dependent children. You can also find other health care coverage options through the Health Insurance Marketplace at <http://www.healthcare.gov/>.

Take command of your health, and learn more about TYA and TRICARE coverage at any age. Download the TRICARE Young Adult Fact Sheet (<https://tricare.mil/publications>) and browse other TRICARE publications.

# Don't let the bugs bite this summer

By Alison Gwinn

KENNER ARMY HEALTH CLINIC

Warmer temperatures of summer mean more outdoor family activities. It's important to make sure that time is safe for everyone, especially children.

Most parents do a good job of protecting their kids from the sun, but they also need to consider why it's important to guard against potentially harmful insect bites and stings.

Youngsters may come in contact with spiders, ticks, mosquitoes, ants, bees and wasps when they play outdoors. The stings and bites of these insects are the most common types reported to health care providers.

While most insect bites/stings only result in mild, local reactions, some are far more serious. Ticks, for instance, can infect their hosts

with Lyme disease as well as other illnesses, and mosquitoes can transmit West Nile, Zika or Chikungunya viruses.

West Nile and Zika are the most recent mosquito-borne illnesses in the news. They can cause flu-like symptoms, but they also can bring on serious complications in some cases.

Lyme disease is the most common infection from deer ticks, and reported cases are on the rise. Symptoms include fever, aches and fatigue. There also may be a bullseye rash around the site of the bite. The Centers for Disease Control and Prevention reports 30,000 cases of Lyme disease diagnosed every year in the U.S. Virginia is among the top three states with confirmed cases.

To discourage insect stings and bites and better protect family members from their harmful effects, follow these

tips from the American Academy of Pediatrics and the CDC:

- Wear repellent containing DEET when outside. It is safe for children as young as 2 months old. The AAP recommends using insect repellents with up to 30 percent DEET. Parents should choose the lowest concentration that provides the required length of coverage. Keep in mind 10 percent DEET provides about two hours of protection, increasing to about five hours with 30 percent.

- There are products available for parents worried about the safety of DEET. Repellents made with Picaridin, oil of lemon eucalyptus, and IR3535 are alternatives. Products containing oil of lemon eucalyptus should not be used on children under age three.

- Always follow directions

as they appear on the product label. Generally, repellent with DEET should not be applied more than once a day. Apply only to exposed skin and clothing. Repellents should not be applied under clothing.

- Keep repellents away from the mouth or eyes, and apply sparingly around ears. Also avoid areas with cuts, wounds or irritated skin.

- For greater control, use your hands when applying repellent to the face. Never spray it directly at your face.

- Never allow children to handle the repellent. Parents should apply it on their skin using the spray-on-hands method. Keep repellent away from children's hands because they are more likely to put them in or near their mouth or eyes.

- Do not use products containing insect repellent and sunscreen. Because it should be used more frequently, apply sunscreen separately.

- After returning indoors, use soap and water to wash

off repellent. If a child develops a rash or other reaction, stop using the repellent, wash it off with soap and water, and call the poison control center for further guidance if severe (1-800-222-1222) or call your health care provider if mild.

- Wearing long pants tucked into socks and a long-sleeved shirt will help protect against mosquitoes and tick bites. Light colored clothing makes ticks easier to spot and also makes children less attractive to bees.

- Make sure there is no standing water in your yard. This includes empty containers, fire pits and birdbaths. Mosquitoes like to lay their eggs in standing water.

- Do not use sweet-smelling perfumes/sprays, lotions, or hair products on children when outdoors.

- Be careful near woodpiles, sheds, dark corners of the garage and other places that spiders may hide.

# Program helps service members exercise their right to vote

By David DeKunder

502ND AIR BASE WING  
PUBLIC AFFAIRS

Service members at Joint Base San Antonio who are away from home can vote in the Nov. 6 general election through the Federal Voting Assistance Program, or FVAP, which provides them a convenient way to cast their ballots.

FVAP ensures that service members, whether they are stationed in the U.S. or overseas, their eligible family members and U.S. citizens residing overseas are able to exercise their right to vote by providing the tools and resources they need to do so from anywhere in the world.

The program is administered following the guidelines of the Uniformed and Overseas Citizens Absentee Voting Act, or UOCAVA, on behalf of the Secretary of Defense. UOCAVA requires that states transmit

requested absentee ballots to voters covered by the act no later than 45 days before a federal election.

Ann Mancillas, FVAP voting assistance officer and work/life consultant at the JBSA-Fort Sam Houston Military & Family Readiness Center, said the FVAP program provides two options for service members and their eligible family members to cast ballots for the Nov. 6 election, in which federal and state offices throughout the U.S. will be decided.

One option is to go to FVAP.org to register and request an absentee ballot by downloading the Federal Post Card Application, or FPCA, form. Once it is completed, the FPCA form or forms must be sent to the local election office in the state the service member and their family member is a resident of. The FVAP website has links to election offices in all U.S. states and territories.



Service members will then receive their ballots and after casting their votes return the ballot to the state they reside in.

Also, service members or their family members can request an FPCA form from a voting assistance officer at Military & Family Readiness Centers at JBSA-Fort Sam Houston, 3060 Stanley Road, building 2797; JBSA-Lackland, 2160 Kenly Ave., building 1249; and JBSA-Randolph, 555 F Street West, building 693.

A FVAP voting assistance officer helps service members and their family members in making sure they understand

their voting rights, including how to register as an absentee voter and having access to nonpartisan voting information and assistance.

To vote absentee, service members and their family members must meet registration, ballot request and return deadlines, which vary from state to state. For service members who are Texas residents, registration must be received by Oct. 9 and ballot requests by Oct. 26, with ballots mailed and returned by Election Day.

"We want to encourage people to vote," Mancillas said.

"Your voice matters, every voice matters."

D.C. Lanier, FVAP voting assistance officer and community readiness specialist at the JBSA-Fort Sam Houston Military & Family Readiness Center, said it is important for service members to exercise their right to vote and have their voices heard.

"It determines the direction of our country and as military members who are bestowed for the defense of our country, it's even more important we participate in the process," Lanier said.

For information about the FVAP program, contact the JBSA-Fort Sam Houston Military & Family Readiness Center at 210-221-2705, the JBSA-Lackland Military & Family Readiness Center at 210-671-3722, and the JBSA-Randolph Military & Family Readiness Center at 210-652-5321.

# FORT SAM HOUSTON

## Former child actor is testament to resilience as Soldier, civil servant

By Daniel P. Elkins

MISSION AND INSTALLATION  
CONTRACTING COMMAND  
PUBLIC AFFAIRS

You need not look further than the headlines of the latest tabloids in the grocery checkout line or scroll through social media viral videos that often find their way to television broadcast entertainment news to see the destructive paths taken by some child actors following stardom.

Access to practically anything they want while under the spotlight of Hollywood movie sets and paparazzi tempers reality and can lead to treacherous choices when transitioning to and accepting the real-life consequences of growing up.

For the Mission and Installation Contracting Command's Joe Todd, it was a combination of the short-lived acting role along with typical boyish pursuits that contributed to a different direction after co-starring with brothers Mike and Dan as the young Douglas triplets during the final two season of "My Three Sons."

As a native of San Diego, it was Todd's grandmother in Los Angeles who spotted a newspaper ad seeking twins to join the cast of long-running series "My Three Sons" in 1970. And as boastful grandmothers often do, promptly informed show producers that she could do one better.

"Because the show was

called 'My Three Sons,' they thought it was cool to put triplets in the show," said Todd, the youngest of the three brothers who turn 51 later this month. "So while most people get into acting because they're talented, we got into it more because of the novelty of being triplets than anything else."

Baby boomers and those born on the front decade of Generation X are most likely familiar with the show. It ran 12 seasons on both ABC and CBS and starred one of Hollywood's top paid actors of that time, Fred MacMurray, who played widower Steve Douglas raising his three sons with the aid of his father-in-law. One of those boys, Robbie, eventually left home to marry his high school sweetheart who had triplets, leading to the role as Charley Douglas for Todd from 1970 to 1972.

Todd readily admits that because of his young age, he recalls little about taping the series.

"We were just young kids, so everybody was real nice and friendly," Todd said. "It wasn't until later on that I realized that show had a big impact on people because it ran for a lot of years."

Following the two seasons on the show, his family remained in San Diego where the Todd triplets went on to tape a few commercials.

"There was never a strong desire to stay in the business. Hollywood always portrays itself as lollipops and rainbows, but there's more to



DANIEL P. ELKINS

Joe Todd co-starred with his brothers as the grandsons of actor Fred MacMurray during the final two season of "My Three Sons" before going on to join and retire from the Army. He continued his service as a civil servant.

it. If you're interested in that, then you're willing to overlook some things. It's not for everybody," Todd said. "But if you're kids, you just want to be outside and do normal kid stuff. Acting was just something to do, and again, it goes back to the talent versus the novelty of being triplets."

The Todd brothers made an appearance on "The Joan Rivers Show" in 1989 to recount their experiences on "My Three Sons," but have since been absent from the small screen.

Their father's job relocated the family to Houston during the triplets' senior year. All three finished high school and began college.

"We realized we weren't mature enough to handle

college, and decided to join the Army. It was the best thing we could have ever done," Todd said. "Some people believe we all joined the Army for the same reason. Well, we did, to find our own individuality. When you're always lumped in with your brothers, sometimes you want to stand on your own two feet, and the military let us do that."

The three brothers joined the service at age 19 electing different military occupational specialties but unexpectedly were all assigned to different areas of Germany for their first tour of duty.

"We were not known as the triplets. Even though it is a blessing and truly great growing up as a triplet, it allowed us to all stand on our

own and establish our own identities more so than if we had stayed together and just hung out in the same town and same jobs," he said.

Todd served as an Army medic for 20 years before retiring in March 2007 and accepting a contract position to teach Soldier medics at Joint Base San Antonio-Fort Sam Houston. Soon after, he accepted a civil service position to continue training Soldiers.

Today, as a training and readiness manager for the MICC, his attention is squarely on Soldier-oriented tasks but also supports the acquisition career management of the command's civilian workforce. He is responsible for the update of key data in the digital training management system, the commander's portal and other career management systems that all contribute to the Army top priority of readiness.

"We're in an organization where there aren't too many military, but the care and feeding of these military folks is pretty substantial when you look at the man-hours it takes to support the military folks instead of the civilian folks," Todd said.

And while successfully avoiding the consequences many child actors often cope with, Todd instead teaches the value of resiliency to the uniformed and civilian members of the MICC workforce as one of his duties.

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# ACTOR

From page 6

“The Army has a great resiliency program for Soldiers who have trouble with coping skills. If you use and implement 12 of the 14 skills, there are two soft skills, it’s got to help people. And this goes for any age,” Todd emphasized. “Even though we’re all able to manage ourselves, a lot of times we don’t focus on the simple things and simple tasks or give them the attention they need and lose sight of priorities.”

He added the Army mandates resilience training for Soldiers but believes many civilians across the MICC could also benefit from such training.

“I look at myself as less of a child actor since

I did it for such a short period of time and during some innocent years,” he said. “I don’t think I would have fallen into any of the pitfalls that occur during teenage years when you could make bigger mistakes or if you had a large amount of money associated with your success or perceived success when you have the potential to do a lot of stupid things. If you’re broke, dumb, happy and satisfied, the potential to make those stupid decision aren’t that available.”

His brother, Mike, retired from the Army as a combat engineer and now teaches at the U.S. Army Medical Department at nearby JBSA-Camp Bullis. Dan separated from the service after eight years and went on to graduate from the University of Houston before starting

up his own small business in Houston.

“When we get together, we feel like we’ve never been apart. We take up just where we left off,” Joe Todd said.

And while Todds’ recollection of acting remains fuzzy at best after more than 40 years, there is one thing of which they are quite sure.

“People ask me about royalties and if I get paid. If you were part of the Screen Actors Guild and you were represented and paid dues, there was a way to get residual money, but I do know I’m not getting paid,” he said with a hearty laugh. “I don’t watch TV Land or those channels where I might find an old episode of ‘My Three Sons,’ but I do like to catch ‘Rockford Files’ now and again.”



# Joint Base San Antonio has a new admiral

By Larry Coffey

NAVY MEDICINE EDUCATION,  
TRAINING AND LOGISTICS COMMAND  
PUBLIC AFFAIRS

Command of Navy Medicine Education, Training and Logistics Command, or NMETLC, changed Aug. 3 when Rear Adm. Tina Davidson relieved Rear Adm. Rebecca McCormick-Boyle during a combined change of command and retirement ceremony at JBSA-Fort Sam Houston.

Davidson reported from Washington, D.C., where she served as director, Medical Resources, Plans and Policy, Office of the Chief of Naval Operations, and as director of the Navy Nurse Corps, a leadership role she'll continue as NMETLC commander.

"I know I have some big shoes to fill, and just as you turned the reins of the Navy Nurse Corps over to me last year, it is once again a true honor to follow in your footsteps," Davidson said, speaking directly to McCormick-Boyle during the change of command.

Davidson told her new command, "At NMETLC, we support the warfighters so the United States can win wars. And while many Americans may not be aware of exactly what we do here, and may have never even heard of NMETLC, we owe it to the American people as well. They expect that their service members will return home to them, safe and sound. That is the 'why,' why we are here. I am excited to get started."

NMETLC's new commander is a St. Louis native with a bachelor's and master's in nursing, a master's in Health Services Management, and a Doctor of Nursing Practice. Her operational assignments include ship's nurse on the aircraft carrier USS John C. Stennis (CVN 74), and a deployment to Kuwait as director of Nursing Services

**"I know I have some big shoes to fill, and just as you turned the reins of the Navy Nurse Corps over to me last year, it is once again a true honor to follow in your footsteps."**

Rear Adm. Tina Davidson, new commander of Navy Medicine Education, Training and Logistics Command



*Rear Adm. Rebecca McCormick-Boyle (center) is relieved by Rear Adm. Tina Davidson (left), as commander, Navy Medicine Education, Training and Logistics Command, or NMETLC, during a combined change of command and retirement ceremony Aug. 3 at Joint Base San Antonio-Fort Sam Houston.*

for Expeditionary Medical Facility Portsmouth.

Davidson has also served at Navy hospitals and clinics in San Diego, Great Lakes/Chicago, Virginia, Tennessee, and overseas in Italy and Japan. Her executive assignments include officer in charge of the Adm. Joel T. Boone Branch Health Clinic Little Creek, Virginia; U.S. Fleet Forces Command as the first fleet nurse; executive officer, Naval Health Clinic Annapolis, Maryland; and commanding officer, Naval Health Clinic New England, Newport, Rhode Island.

Vice Adm. Forrest Faison, the Navy surgeon general, served as the presiding officer for the change of command and guest speaker for the retirement ceremony. He

described the responsibility of a Navy commanding officer to an audience ranging from current, former and retired members of all five military services to civilians and community leaders with no military service.

"It is said that an entire command reflects the personality and drive of a single individual, the commanding officer," Faison said. "In the Navy, it is known that command is absolute, and with it comes absolute responsibility and accountability, which can never be shared, delegated, transferred or escaped."

Addressing McCormick-Boyle, Faison added, "Rebecca, I could not be more proud of you for fostering a command that led



MELISSA PETERSON

*Rear Adm. Tina Davidson, incoming commander, Navy Medicine Education, Training and Logistics Command, salutes after assuming command during a ceremony Aug. 3 at Joint Base San Antonio-Fort Sam Houston.*

the Navy in so many areas. That would not have happened without your unparalleled leadership."

McCormick-Boyle retires after almost 37 years of Navy service, all as a Navy nurse. She served as the Navy Nurse Corps director from April 2014 to March 2017 before turning over the position to Davidson. She described her passion for nursing during the retirement ceremony.

"I am a Navy nurse through and through, and I am so very grateful to have this calling, this work worth doing," McCormick-Boyle said. "Nurses have the privilege of and responsibility to touch lives at the most profound moments, from birth through life."

McCormick-Boyle retires as the Navy's senior nurse and the senior Navy officer in Texas. She has commanded NMETLC and represented the San Antonio Sea Services — Navy, Marine Corps and Coast

Guard — since June 2014.

As NMETLC commander, she was responsible for Navy Medicine's education, training and logistics, essentially educating, training and equipping Navy Medicine. Her legacy will include leading Navy Medicine through its greatest and most complex education and training growth and change in decades.

McCormick-Boyle addressed her passion for service and leadership, quoting President Theodore Roosevelt.

"Teddy got it right. 'Far and away, the best prize is the opportunity to work hard at work worth doing,'" McCormick-Boyle said. "That prize has been mine, and I am so grateful for having served as a Nurse Corps officer in the United States Navy. To be of service, to support a mission and to believe fully in the organization's principles; to love and be loved by my shipmates. What could possibly more fulfilling?"



# FSH ISD notice of public meeting to discuss budget

## From Fort Sam Houston Independent School District

The Fort Sam Houston Independent School District will hold a public meeting at 10:15 a.m. Aug. 23 in the Professional Development Center located at 1908 Winans Road at Joint Base San Antonio-Fort Sam Houston. The purpose of this meeting is to discuss the school district's budget.

Public participation in the discussion is invited. Immediately following the public hearing, the Board of Trustees will hold a public meeting that will include in the agenda an action item to adopt the 2018-2019 budget.

Additional information regarding the proposed budget is available on the school district's website at <http://www.fshisd.net>.

## Comparison of Proposed Budget with Last Year's Budget

The applicable percentage increase or

decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:

➤ Maintenance and Operations — 4.45 percent increase.

➤ Total Expenditures (Maintenance/Operations and Child Nutrition Funds) — 4.33 percent increase.

## Fund Balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

➤ Maintenance and Operation Fund Balance - \$7,500,000

➤ Interest and Sinking Fund Balance - \$0 (District has no debt.)

# BAMC receives accreditation as CenteringPregnancy site

By Lori Newman

BROOKE ARMY MEDICAL  
CENTER PUBLIC AFFAIRS

Brooke Army Medical Center is now accredited by the Centering Healthcare Institute as a CenteringPregnancy site.

According to the Centering Healthcare Institute website, CenteringPregnancy decreases the rate of preterm and low weight babies, increases breastfeeding rates, and leads to better pregnancy spacing. Engaging activities and facilitated discussions help patients to be more informed, confident and empowered to make healthier choices for themselves, their children and their families.

"The whole goal of centering is to provide support through group sessions for pregnant women and their partners so they get rich discussion and evidence-based education," said Air Force Lt. Col. Kristi Norcross, certified nurse midwife.

"Nationally, Centering group prenatal care is very popular and it's becoming a growing trend in the Military Health System," Norcross explained. "To maintain the certification and the

training is rigorous, but once you have the training completed and the program established the costs are significantly less."

BAMC began using the CenteringPregnancy model in May 2017 and since then more than 170 women have completed the program. On average, there are eight to 12 patients per group with multiple groups at various gestational ages running simultaneously.

The expectant mom starts in a centering group at the beginning of her prenatal care and remains in the group until she delivers.

Each group has a reunion about six weeks after their delivery dates where birth stories are shared and memories are captured in photos.

Agnieszka Chauviere decided to join the centering group because she was new to the military family and to San Antonio.

"I thought it would be a good idea not only to have good prenatal care but also to meet new people at a similar stage in life," she said. "I attended the first session and met with a group of great women and providers. I enjoyed it a lot."

Most of the classes

were attended by husbands or partners, which helped to build understanding, better communication and solid relationships within the family, Chauviere added.

Books are provided to participants so they can review the topics that will be discussed and prepare questions for the group facilitator or the provider. At Brooke Army Medical Center, facilitators are midwives, women's health nurse practitioners, residents and obstetric doctors.

"My favorite session included the tour of Labor and Delivery," she said. "It was very helpful to see the rooms' appearance and the available equipment likely to be used during labor. It helped me feel more prepared and confident."

Chauviere said the group was very supportive when she shared news about another health-related issue she was dealing with during her pregnancy.

"Many women in the group turned out to have other health-related challenges now or in the past, and my honesty helped them to open up with the group," she said. "As a result, some reached out with offers of support,

and new friendships were formed."

The program has proved to be beneficial for the expectant families and military medicine, Norcross noted.

"In Texas the average rate for preterm births is 10 percent, as compared to our Centering participant average ... only 5 percent from May 2017-2018," she explained.

Preterm birth is when a baby is born prior to 37 weeks. The estimated cost savings for BAMC in 2017 was more than \$275,000.

"It is a huge advantage to the community of beneficiaries for Brooke Army Medical Center to offer a centering model of care," Norcross said.

BAMC is one of 10 medical treatment facilities working toward and earning accreditation.



COURTESY PHOTO

*Agnieszka Chauviere holds daughter Emilia Jennifer. Chauviere decided to join the CenteringPregnancy group because she was new to the military family and to San Antonio.*

# DOD training mission emphasizes innovation

By Lt. Col. Angela Wallace  
ARMY RESERVE MEDICAL COMMAND  
PUBLIC AFFAIRS

They were ready. U.S. Army Reserve Soldiers from the 277th Engineer Company based out of San Antonio and the 7235th Medical Support Unit based out of Orlando, Florida, had planned alongside partners with U.S. Army North, the Texas A&M Colonias program and Hidalgo county for nearly a year in preparation for their upcoming missions in the lower Texas region.

The first of their teams arrived on the ground June 14, received their equipment and began setting up for their missions, determined to make a difference while honing their individual and collective skills.

And then, it rained and poured.

Only a few days in to both the medical and engineer missions, Mother Nature had intervened, delivering waist-deep flood waters to Hidalgo County and surrounding areas, bringing the road reconstruction projects to a grinding halt, and keeping residents off the roads instead of visiting the established medical clinic at Clinton Elementary School in Penitas, Texas.

But weather happens when units deploy, and this is where innovation took lead, providing new opportunities to train while assisting local residents.

2nd Lt. Cornelio Castanon, the officer-in-charge of the engineer mission said it was a learning process for him. "We've been planning for this mission since last October. We planned for a lot of things, but weather isn't something we can control even if we plan for it."

The engineer company brought over 35 personnel to help improve an estimated three-mile stretch of roadway on Loma Alta Road and a little over two and a half miles of roadway on Palmetto Hill

Road. The project would allow emergency vehicles easier access to residents along those roads where currently it can be more difficult to reach them. The heavy equipment wouldn't create the desired results on the flooded dirt roads.

But with challenges, came opportunities.

A local public works representative reached out to the engineer company to see if they could help with growing flood issues.

"We got approval from our leadership, and we were able to address the needs of this community in a different aspect by pumping out about 66,000 gallons of water at one of their local pump stations which helped reduce issues at that site, and they were able to get their pumps going," Castanon said.

At the elementary school, medical personnel and volunteers faced a similar challenge.

Close to 50 medical professionals including doctors, dentists, nurses, optometrists, nurse practitioners, and combat medics stood ready to provide much-needed medical services including general exams, school exams, eye exams, dental exams, x-rays, general cleaning and extractions. But three days into the medical mission, local residents were seeking safety to ride out the torrential downpour flooding their neighborhoods.

"Our precinct 1 offices are flooded inside and out. Please avoid the office and surrounding areas in Weslaco as roads are not safe to travel on. #turnarounddontdrown," read a local announcement from Hidalgo County on social media sites.

Undaunted, the 7235th MSU Soldiers packed up their equipment at the elementary school, and moved on to the second location planned in their two-week mission at Betty Harwell Middle School,



LT. COL. ANGELA WALLACE

Maj. Riz Khan, an optometrist, completes an eye exam for a local resident receiving medical services at Betty Harwell Middle School in Edinburg, Texas.

in Edinburg, Texas. Once set up, the storm cleared and Soldiers opened their doors to steadily growing lines of people seeking their assistance.

"I've had the opportunity to help many, many people with their medical issues. We're providing residents a lot of education on what they can get locally that's affordable instead of living with diseases that go untreated," said Capt. Estelle Storm, a physician assistant assigned to the 7217th Medical Support Unit.

This mission was the first annual training experience for Storm, and though she admits it isn't what she expected, she loved the experience. "I just have great joy being here and am very honored to be a part of this. We are making a huge difference to the population

here," Storm said.

For Laura Trevino, the Texas A&M University Colonias Program Lower Rio Grande regional director, despite the storm, the missions were a big success.

"I've had the opportunity to talk with different residents to get a feel for how things have been going here, and many have shared that they have consistently prioritized their children over themselves over the years, so we've positively impacted a lot of adults during this IRT mission that really needed these services," she said.

Residents took advantage of checkups, vision screenings and dental services they wouldn't have otherwise been able to afford, Trevino said.

Dental services were the

most popular medical service being provided for the mission, drawing lines outside the school entrance that started as early as 3:00 a.m. a few mornings in order for individuals to make sure they would be seen by a dentist before the daily cut-off was reached.

"We've been taking care of around 45 patients a day for the past two weeks," said Pvt. 1st Class Indasia Lopez, a dental assistant with the 7235th MSU.

But the long hours were worth it, Lopez said. "A lot of these residents have multiple issues in their mouth and we're trying to take care of as many things as we can. I love the reaction we are getting from

TRAINING continues on 13



# Army Reserve medical personnel improve readiness

**By Lt. Col. Angela Wallace**  
ARMY RESERVE MEDICAL COMMAND  
PUBLIC AFFAIRS

During a time where readiness is at the forefront of every military leader's mind, unit commanders are focused on creative ways to ensure their unit and Soldiers get the best training possible while meeting requirements at both the individual and collective levels. For some medical units, this is where the Department of Defense's Innovative Readiness Training, or IRT, missions come in.

Nearly 50 U.S. Army Reserve Soldiers assigned to Army Reserve Medical Command's 7451st Medical Backfill Battalion, and U.S. Army medical personnel assigned to the 166th Medical Detachment (Optometry), both based out of Joint Base Lewis-McChord, Washington, offered health care services at the Escontrias Early Childhood Center in Socorro, Texas, and Project Vida Health Center in Fort Hancock, Texas, during the Western Rio Grande IRT mission from June 18-28.

Lt. Gen. Jeffrey Buchanan, commanding general for U.S. Army North (Fifth Army), shared the impact this mission

made based on what he saw firsthand during his visit to Socorro.

"The Soldiers I visited today are providing prescription eyeglasses, audiology, immunizations, dental care and general wellness services to many people who haven't seen a doctor in years," Buchanan said. "It's a true partnership with the city, county, state, academic institutions and many volunteers. Great work being done by all."

Army North has a unique relationship with the Texas A&M Colonias Program forged through a private public partnership signing in 2017. For this IRT mission, once the project application was approved by the Department of Defense, Army North's Army Reserve Engagement Cell coordinated with Army and Army Reserve units to find the right capabilities to meet specific needs in economically disadvantaged communities along the southern border of El Paso county.

This mission provides critically needed services to America's citizens while increasing Soldiers readiness. Col. Jarrett Sands, a family medicine physician assigned to 7451st MBB and the

officer-in-charge for the mission, explained the positive impact it has made for his Soldiers who are providing medical services.

"For an Army Reserve medical unit to pull together, gather all the gear that's needed, go through the process of ordering equipment, medications and supplies; packing all of that up and loading your team up to go somewhere else, set up shop in the new location and delivering healthcare? That makes this mission a great opportunity for team building, working on processes and communication. Working together as a team getting here and getting it all set up — that's what's hard," Sands said.

Aside from preparation, movement and building team efficiencies, Sands believes the mission also provides a good opportunity to refine individual Soldiers skills.

"Normally our annual training is typically focused on Soldier care — young, relatively healthy troops out in the middle of wherever the mission is. Here we are seeing diabetes, high blood pressure, and even babies. This is a far more diverse patient population which is great, and there's something extra special

about coming into a community and helping the American people like this," Sands said.

Maj. Sheri Loveland, an audiologist assigned to 7451st MBB echoed Sands' sentiments regarding the personal satisfaction of helping those in need.

"I had a patient yesterday who was 85 years old, and her daughter brought her in. Her hearing thresholds were so low that she wasn't hearing anyone talking to her, so she's just sitting there. I fit a set of hearing aids on her, and immediately she was a different person. She was smiling, she was talking to us and telling jokes. Her daughter started crying and soon all six of us in the room were crying," Loveland recalled.

"It's amazing to do that, to get that instant gratification that you helped someone and made that person's life better. That's why we do what we do," Loveland said.

Capt. Barron Davis, a general dentist assigned to 3rd Special Forces Group who assisted with the mission, believes that his conviction to serve others is why he serves as a dentist in the U.S. Army today.

"When I initially decided to

be a dentist, one of the things I wanted to do was to travel into isolated areas in the mountains where I'm from and provide services to elderly people, and those who are medically compromised who have difficulty making it into the clinic. I haven't had the opportunity to do that yet, but this IRT mission is a step in that direction and it's very rewarding," Davis said.

"You stay busy all day not only providing needed dental care, but also providing education on oral hygiene and preventing further damage to their teeth which is a big part of our mission, and they're so thankful for everything we can do for them," Davis added.

IRT missions require a partnership between civilian communities and the military personnel providing support in order for these missions to be successful. For medical missions, an important piece is having an organization in place that can provide continuity of care for patients receiving services. For the Western Rio Grande mission, Centro San Vicente Health Center stepped forward to support that need.

Army Reserve Medical Command's mission is to provide trained, equipped, medically proficient units and Citizen-Soldiers to meet global requirements across unified land operations.

## TRAINING

From page 12

the community, so many positive remarks and thank-you's."

Another dental assistant, Sgt. Maxjeremy Rodriguez, echoed Lopez's experience.

"I think we've improved lives here. People come here who have never seen a dentist, and haven't really received any medical care before. Especially kids who are sitting in a dental chair for the first time, and they're nervous, but when you create a calm environment for them, they're able to sit down

and feel good about their experience," Rodriguez said.

Over the course of the two-week period, both Army Reserve projects made significant progress for the region which met the objective according to Brig. Gen. John Hashem, U.S. Army North's deputy commanding general for support, and director for the ARNORTH Army Reserve Engagement Cell.

"It's a wonderful feeling as a Soldier when training not only increases unit readiness but allows us to provide essential services in support of our own citizens and communities," Hashem said.

Army North has a unique relationship with the Texas A&M Colonias Program forged through a private public partnership signing in 2017. For this IRT mission, once the project application was approved by DOD, Army North's Army Reserve Engagement Cell coordinated with Army Reserve units to find the right capabilities to meet specific needs along the southern border in Hidalgo County.

"The Army Reserve, Army North and Texas A&M are creating lasting community relationships and bonds, while providing direct benefits to

America's local communities," Hashem added.

In addition to the 227th Engineer Company's support of the water-pumping mission, once the skies cleared they were able to return to making road improvements to a mile and a half stretch of roadway on Palmetto Hill Road.

During the two week period, first at the elementary school from June 16-20, and then at the middle school from June 23-27, the 7235th MSU cared for more than 1,125 residents, and provided more than 2,000 medical and dental services including general exams, school exams, eye exams,

nutrition counseling, dental exams and X-rays, general cleaning and extractions.

Services provided by U.S. Army Reserve personnel were done through the Department of Defense's Innovative Readiness Training, a civil-military program that builds mutually beneficial partnerships between U.S. communities and the military.

Missions like this one are selected because they meet training and readiness requirements for active, Guard and Reserve service members while integrating them as a joint and whole-of-society team to serve America's citizens.

# FSHISD board names new superintendent

Newly hired superintendent credits experience as a U.S. Navy Reservist

**From Fort Sam Houston Independent School District Board**

The Fort Sam Houston Independent School District Board of Trustees announced, by unanimous decision, Dr. Gary Bates as its new Superintendent of Schools July 31.

The board chose Bates for his established instructional leadership, strength in collaboration, and focus on student learning and achievement. He will begin his new role Aug. 6.

“Dr. Bates has a proven track record of making student-focused decisions that support high levels of academic success. His strength as a communicator and collaborative leader will be an asset as he advocates for the needs of the military child,” said Willie E. White, Board President. “We want to thank our school community for their support during this transition, and we believe Dr. Bates will be a visionary leader and great match for our staff, students and community.”

For the past four years as superintendent in Goodrich ISD, Bates reduced budgetary expenses through an energy efficiency project, operated on a balanced budget, decreased teacher absenteeism, increased student performance and increased the number of students taking advanced coursework.

“I am both humbled

and blessed to work in a district whose mission is to serve military-connected children and their families,” Bates said. “I look forward to working with faculty and staff, building on current innovative practices and standards for academic rigor to create new ways of doing business that lead to new opportunities for students.”

Bates has more than 18 years of experience in public education, having served as an instructional aide, professional educator, athletic coach, athletic coordinator, assistant principal and principal.

Earning his doctorate in educational leadership from Prairie View A&M University in 2007 and his master's degree from Texas A&M University in Corpus Christi, he has also contributed to the educational community through his role as adjunct professor at Prairie View A&M University and St. Thomas University.



COURTESY PHOTO

*Lt. Col. Aaron J. Braxton II (from left), secretary, Fort Sam Houston Board of Trustees; Deborah E. Seabron, vice president; Dr. Gary Bates, FSHISD superintendent; and Willie E. White, Jr., president. The board chose Bates for his established instructional leadership, strength in collaboration and focus on student learning and achievement. He begins his new role Aug. 6.*

The new superintendent credits his experience as a U.S. Navy Reservist with helping him develop as an effective leader, striving to show that success is earned, not given, and that with faith, hard work and determination, all can

reach the level of success they aspire to.

**RANDOLPH FIELD ISD  
PUBLIC NOTIFICATION OF  
NONDISCRIMINATION IN CAREER  
AND TECHNICAL EDUCATION  
PROGRAMS:**  
RFISD offers career and technical education programs in Arts, A/V Technology, and Communications; Business Management and Administration; Finance; and Health Science; and Information Technology. Admission to these programs is based on interest and class space availability. It is the policy of RFISD not to discriminate on the basis of race, color, national origin, sex, handicap, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended. RFISD will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs. For information about your rights or grievance procedures, contact the Title IX Coordinator, Mr. Lance Johnson, at P.O. Box 2217, Universal City, TX 78148, 210-357-2300, and/or the Section 504 Coordinator, Christina Petoff-Casal, same address and phone number.



## LACKLAND

# JBSA cyclists put the pedal to the pavement

By Mary Nell Sanchez

502ND AIR BASE WING  
PUBLIC AFFAIRS

Some flats, throw in some sprints, add some climbs while enjoying the great outdoors, and you've got yourself a great cycling ride.

More than 140 U.S. Air Force cycling enthusiasts — including personnel from Joint Base San Antonio — spent more than a week cycling in the 46th Register's Annual Great Bicycle Ride Iowa, or RAGBRI.

This year, the tour, which started with a parade of Air Force Cycling Team members through Onawa, Iowa, followed a 468-mile path and concluded in Davenport on July 28.

The event is the oldest, largest and longest recreational bicycle touring event in the world, according to the RAGBRI website. It started in 1973 as a six-day ride across Iowa by two Des Moines Register newspaper columnists who invited a few friends along.

The AFCT members have participated in the last 24 annual rides and serve as road and bike marshals, said Andrew Patterson, 502nd Air Base Wing Public Affairs photographer. Serving as marshals, requires riders to be able to bike the totality of the cycling tour and have vast knowledge in bike mechanics and basic lifesaving skills.

For some of the Texas-based riders, this was the first time they made the trek for the world-famous ride.

"This is an exciting time for them; to see their reactions and expressions as we tell stories from the past and what to expect on the trip is priceless," Patterson said.

The six-day ride averages



PHOTOS BY ANDREW PATTERSON

*Members of the Air Force Cycling Team participate in the 46th Register's Annual Great Bicycle Ride Iowa, July 23-28. More than 130 AF cyclists committed to the 468 mile ride, with some acting as road and bike marshals.*

anywhere from 40 to 70 miles on each leg. Stops along the way included Denison, Jefferson, Ames, Newton, Sigourney and Iowa City. Community members helped keep cyclists fueled by providing food and water along the journey. Shelter was also provided; local camp sites opened their grounds to riders as well as local churches. Some riders stayed with friends they have met over the years.

There were several stretches where endurance was put to the test when each rider traveled up climbing roads. The AFCT

spent time along the route assisting with numerous bike repairs and medical emergencies, which are routine for cyclists who tackle these trails.

"We have all given to this 'bigger than us' event and have received something even bigger in return," Patterson said. "It is truly humbling to hear and read some of the responses from fellow cyclists as to what my team has done for them."

For more information on the Air Force cycling team, visit <http://www.afcycling.com/>



*A member of the Air Force Cycling Team works on a wheel during the 46th Register's Annual Great Bicycle Ride Iowa, July 22-28.*



# AFCEC launches dashboard

## Tool allows sharing status of military construction projects

By AFIMSC Public Affairs

A new tool puts the status of Air Force military construction projects at your fingertips.

The tool, known as MILCONnect, provides an efficient way for the Air Force Civil Engineer Center Facility Engineering Directorate to share MILCON project information with its stakeholders around the world.

“Knowledge is power,” said Col Scott Matthews, AFCEC Facility Engineering director. “We want to ensure accurate, timely and consistent information is available for our stakeholders anytime, anywhere.”

MILCONnect Spiral 1, which officially launched July 30, 2018, on the civil engineering portal known as CE DASH, uses information from existing MILCON data management tools to create custom data views and reports. Users can filter information by stakeholder group, location, initiatives and other factors, and are able to view both summary and detailed information for a project or group of projects.

The tool allows for an enterprise-wide look at the MILCON portfolio, helping leadership and other stakeholders track projects and enhance installation



GRAPHIC BY GREGORY HAND

*A new tool, known as MILCONnect, provides an efficient way for the Air Force Civil Engineer Center Facility Engineering Directorate to share military construction project information with its stakeholders around the world.*

and mission support decisions. The system is accessible to anyone with a common access card and includes a forum for submitting feedback or questions and participating in discussions.

“MILCONnect allows us to be proactive and

transparent with our project information,” said Carlton Hendrix, AFCEC Facility Engineering project management subject matter expert and lead for the effort. “Instead of our directorate primarily providing this information at quarterly program management reviews or on an ad hoc basis, the information is now available 24/7 and is refreshed weekly.”

The directorate is considering options for enhancing the tool in the future, such as adding additional MILCON Project Key Performance Indicators, an option to track facility sustainment, restoration and modernization (FSRM) projects, as well as expanding the scope of the tool to provide information on projects still in the early planning stages.

“The idea is to start small with basic project data and continually identify opportunities to improve and expand the system” Hendrix said. “We expect the user feedback area to play a big part in shaping future development efforts on the tool.”

The tool is available on CE DASH at <https://cs2.eis.af.mil/sites/10758/MILCONnect>. For more information, contact the AFCEC Facility Engineering Directorate at [afcec.cf.workflow@us.af.mil](mailto:afcec.cf.workflow@us.af.mil).

# JBSA community planners detail mission support for next 20 years

By Mary Nell Sanchez

502ND AIR BASE WING

PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas — As Joint Base San Antonio continues to evolve and support its many missions, so does the planning that goes with how they will grow for the next 20 years and do so in partnership with the cities that surround JBSA.

"It's a detailed plan that includes an illustrated plan, a regulated plan and an implementation plan," said James Wimberley, JBSA community planning chief.

JBSA is divided into 13 districts, and an area

development plan is being constructed for each of them. Community planners are reaching out to each district to identify what is needed in those districts over the next two decades.

Workshops are being conducted to gather information about each district and what kind of growth or reduction is coming. Mission partner participation in those workshops are critical.

Some of the components being considered include creating long-term goals for each site, which will consolidate campuses for key missions. This would create unit cohesion, reduce travel, increase walkability and

optimize space utilization. JBSA planners are also looking at developable land in each district.

Architects and engineers have gathered data from workshop participants for districts at JBSA-Fort Sam Houston and JBSA-Lackland. That data is being reviewed. Meanwhile, workshops are about to get underway at JBSA-Randolph, the Services district at JBSA-Fort Sam Houston and for the Port of San Antonio, where several JBSA mission partners reside.

Once all the information is compiled, it will be sent to JBSA planners and the Civil Engineer Group for review.

In the workshops, the Air

Force isn't the only military operation that is currently being assessed at JBSA.

"We also look at the Army, Navy and Department of Defense; all those missions that we support," said Wimberley. "We look at goals and objectives and try to align our objectives with those."

As planning for the next 20 years continues, planners will include new phases of projects already in progress. One of those is the JBSA-Lackland Airman Training Complex. Four of those complexes were completed in phase one. The second phase will include four more Airman Training Complexes and a dining facility.

"The success story is this (Airman Training Complex) was actually planned in our area development plan 20 to 30 years ago. It is the 20-year planning horizon," Wimberley said.

The plans for phase two for the next 20 years are ambitious.

"They're trying to project their student loads and their mission requirements. They're trying to reserve space for programming funds to support those requirements," said Wimberley.

"We want to know what our installations are looking at," said Amber Lamm, JBSA

JBSA continues on 23

# RANDOLPH

## AETC candidates selected for Defender Challenge

By Senior Airman  
Stormy Archer

502ND AIR BASE WING  
PUBLIC AFFAIRS

The top security forces defenders from across Air Education and Training Command gathered at Joint Base San Antonio-Camp Bullis and JBSA-Lackland Medina Annex July 23-27 for the opportunity to represent AETC in the upcoming Air Force Defender Challenge.

Set for Sept. 10-14 at JBSA-Camp Bullis, the Air Force Defender Challenger will be taking place for the first time in 14 years and will pit security forces teams from Air Force major commands, Great Britain and Germany against each other in realistic weapons, dismounted



PHOTOS BY SEAN M. WORRELL

*From left: Senior Airman William McLaughlin, 502nd Security Forces Squadron; Capt. Nathan Spradley, 902nd SFS; Tech. Sgt. Cory Irvin, 37th Training Support Squadron; Senior Airman David Hightower, 56th SFS; Officer Jonathan Vance and Master Sgt. James Murray of the 802nd SFS stand for a photo after being chosen as the representatives of Air Education and Training Command's Defender Challenge team July 27 at Joint Base San Antonio-Randolph.*

**CHALLENGE** continues on 21



*Murray jumps over an obstacle during the Air Education and Training Command's Defender Challenge team selection July 23 at Joint Base San Antonio-Camp Bullis.*



*McLaughlin climbs an obstacle during the Air Education and Training Command's Defender Challenge team selection July 23 at Joint Base San Antonio-Medina Annex.*



## CHALLENGE

From page 20

operations and relay challenge events.

The team with the most combined points will win the

Sadler Cup, named for Maj. Gen. Thomas Sadler, who served as Air Force chief of security police from 1975-1977.

Six of the 15 applicants were selected based on their performance on the obstacle course, marksmanship,

leadership and overall physical conditioning.

"The tryouts were physically and mentally demanding," said Capt. Nathan Spradley, 902nd Security Forces Squadron director of operations and Team AETC captain. "I think the biggest thing for me at the end of the week was that it was difficult to whittle the 15 down to six because at that point we had become a team. Everyone nominated was the best our career field had to offer across the command."

The six members selected to represent AETC at the 2018 Air Force Defender Challenge are:

- » Capt. Nathan Spradley, 902nd SFS, JBSA-Randolph
- » Master Sgt. James Murray, 802nd SFS, JBSA-Lackland
- » Tech. Sgt. Cory Irvin, 37th Training Support Squadron, JBSA-Lackland Medina Annex
- » Senior Airman William McLaughlin, 502nd SFS, JBSA-Fort Sam Houston



Senior Airman William McLaughlin, 502nd Security Forces Squadron, performs a physical training exercise during the Air Education and Training Command's Defender Challenge team selection July 27 at Joint Base San Antonio-Randolph.

- » Senior Airman David Hightower, 56th SFS, Luke AFB, Arizona
- » Jonathan Vance, 802nd SFS, JBSA-Lackland

In the weeks leading up to the event, the members of Team AETC will return to their home stations to work on their physical conditioning and marksmanship skills. On Aug. 27, the team will regroup

to train together in the days before the event.

"This event represents camaraderie across the career field and it's a way to sharpen our skill set," said Spradley. "Everyone taking part in this event is going to be a better warrior Airman. They will be more confident and able to train others on what they have learned here."



PHOTOS BY SEAN M. WORELL

Tech. Sgt. Cory Irvin, 37th Training Support Squadron combat arms training and maintenance instructor, inserts a magazine into his M-4 rifle during the Air Education and Training Command's Defender Challenge team selection July 23 at Joint Base San Antonio-Medina Annex.

## 12TH OPERATIONS GROUP WELCOMES NEW COMMANDER

Col. John R. Ludington (right) receives the guidon and assumes command of the 12th Operations Group from Col. Mark S. Robinson, 12th Flying Training Wing commander, during a ceremony Aug. 1 at Joint Base San Antonio-Randolph. Col. Jupe A. Etheredge relinquished the 12th OG command to Ludington, who was the former vice commander of Headquarters Civil Air Patrol — United States Air Force.



AIRMAN SHELBY PRUITT

# Registration underway for Rambler 120 race

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

The Rambler 120, Joint Base San Antonio's annual adventure race at JBSA Recreation Park at Canyon Lake, is just around the corner.

Set for 7:30 a.m. Oct. 13, the Rambler 120, which began in 2006, challenges individuals and teams with a 6-mile run, 22-mile bike race and 2-mile raft race, as well as a mystery event.

Early bird registration – which offers discounts ranging from \$5 to \$30 – is underway and continues through Sept. 14.

The Rambler 120 exemplifies the wingman concept, said Ashley Lopez, JBSA community programs and partnership specialist.

“There’s camaraderie involved,” she said. “Even though the Rambler 120 hasn’t changed much in all these years, it’s still challenging. When you’re on a team, you have other people to rely on, so no man is left behind.”

Tech. Sgt. Abraham Lopez, Air Education and Training Command NCO in charge, commander



TECH. SGT. AVE I. YOUNG / 502ABW/PA  
*A team participates in the rafting portion of the Rambler 120 at Joint Base San Antonio-Recreation Park at Canyon Lake last year.*

support staff, also emphasized the teamwork aspect of the event.

“The thing I like most about competing in the Rambler 120 is the camaraderie and teamwork everyone shows regardless of team or individual status,” he said.

“It was a great challenge for me, and the ability to train and complete the event serves as my motivation to keep competing.”

The Rambler 120 also provides a great sense of accomplishment, Ashley Lopez said.

“It’s awesome seeing people cross the finish line with their arms held high,” she said.

The Rambler 120 includes four-person “Xtreme” teams with at least one Department of Defense cardholder and five- to eight-person relay teams with at least two DOD cardholders, as well as all-active-duty Xtreme and relay teams. Xtreme and relay teams compete in all-male, all-female and coed categories. It also features a category for individual competitors.

Last year’s Rambler 120 featured nearly 250 participants: 29 individual competitors, 17 relay teams and 21 Xtreme teams.

The only change in this year’s event is the route for the 6-mile run. Due to construction, competitors will not be able to run across the dam.

“The run will start, as usual, on the sunny side of the pavilion, but the middle section of the run will be different,” Ashley Lopez said.

## Patience and defensive driving key to using Washington Circle

By Tech. Sgt. Ave I. Young

502ND AIR BASE WING  
PUBLIC AFFAIRS

Driving through Washington Circle can pose a serious safety challenge for motorists who use the intersection to get around Joint Base San Antonio-Randolph.

“One of the biggest problems we notice are people who fail to yield the right of way when entering the circle, primarily coming from Harmon Drive,” said Richard Coon, 902nd Security Forces Squadron assistant operations officer.

Harmon Drive and four other feeder roads connect into Washington Circle. In Washington Circle, traffic travels one way, counterclockwise. Traffic entering the circle must yield to traffic already in the circle. When entering the circle, motorists exiting at the first or second exit should stay in the outside or right lane. If they are exiting at the third or beyond they should use the inside or left lane. If two vehicles are side by side, the vehicle in the outside or right lane has the right of way. All vehicles in the circle must signal for turns out of the circle.

“Traffic is one of our biggest concerns, especially when school is in

### Driving around Washington Circle safely

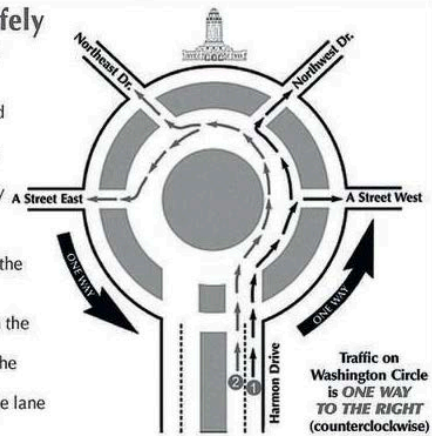
Base safety and security officials want people to be aware of the procedures for driving in and out of Joint Base San Antonio-Randolph’s Washington Circle.

Officials want to ensure motorists know which lanes they should be in when entering and exiting the circle.

The biggest safety issue occurs when vehicles try to directly exit the circle from the left lane instead of moving to the right lane in advance of their exit turn. Officials urge people to drive defensively and use caution in and around Washington Circle.

#### TRAFFIC RULES FOR WASHINGTON CIRCLE

- Traffic entering the circle must yield to traffic already in the circle.
- When entering the circle:
  - ① If you are exiting at the first or second exit, stay in the outside lane or right lane.
  - ② If you are exiting at the third exit or beyond, use the inside or left lane until ready to exit
- If two vehicles are side by side, the vehicle in the outside lane has the right of way.
- All traffic must signal for turns when exiting the circle.



COURTESY GRAPHIC

Base safety and security officials want people to be aware of the procedures for driving in and out of Joint Base San Antonio-Randolph’s Washington Circle. Officials want to ensure motorists know which lanes they should be in when entering and exiting the circle. The biggest safety issue occurs when vehicles try to directly exit the circle from the left lane instead of moving to the right lane in advance of their exit turn. Officials urge people to drive defensively.

session,” Coon said. “We ask that drivers on base slow down and be patient with other drivers.”

With the new school year starting soon, the safety office reminds motorists to be aware of school buses moving throughout the base, and obey the law and stop when their red lights are flashing and stop signs are posted,

signifying the loading and unloading of children.

“We also want motorists to be aware of the children walking to school in the hours of darkness,” said Anthony Lightner, 502nd Air Base Wing safety and occupational health specialist. “Some children may not use the provided crosswalks and enter the

streets from between parked cars. Motorists must be vigilant, always on the lookout for our little people.”

“We ask that drivers on base slow down and be patient with other drivers,” said Coon. “Finally, coming through the base entry points drivers need to take their time ... it’s not a race.”

# JBSA

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community planner and lead for the area development plan effort. She added that there are many issues to consider.

As part of the planning effort, planners are also looking at a possible flight line at JBSA-Randolph being constructed in the next 20 years, but considerations as to where to find space for it are a challenge because the military installation is landlocked.

At JBSA-Lackland, planners are exploring ways to help visitors navigate around the

## “We also look at the Army, Navy and Department of Defense; all those missions that we support. We look at goals and objectives and try to align our objectives with those.”

James Wimberley, Joint Base San Antonio community planning chief

property.

“We’ll have blue signs. ... Follow the blue signs and you’ll get to the parade field or the graduation and that will help anyone coming in,” said Lamm.

Each plan will be comprehensive and flexible.

“The key is stakeholder involvement. It’s a continuous communication process,” said Wimberley.

Those stakeholders aren’t

limited to projects inside JBSA. As planners look to the next 20 years, they are considering relationships outside the base in the spirit of keeping the advocacy positive and supporting the mission.

“We are inside the fence, but as the mission grows we do have to think about external. How do we still continue supporting our mission and at the same time manage the encroachment piece?” said Lamm.

Each area development plan will be updated and reviewed in the future. As data is collected from each workshop, JBSA commanders are updated on the conclusions and recommendations.

The area development plans are part of the overall JBSA installation development plan, which is scheduled for review and approval this September.