

# JBSA

# LEGACY

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JOINT BASE SAN ANTONIO

JANUARY 26, 2018



COURTESY PHOTO

U.S. Army Veterinary Corps officers train Sri Lankan military members in medical techniques for military working dogs.

## Vets share knowledge

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# Chief of Naval Operations stresses leadership

By Jim Garamone

DOD NEWS, DEFENSE MEDIA ACTIVITY

To improve the Navy, the service must turn to commanders at all levels, the Chief of Naval Operations told the Surface Navy Association on Jan. 9 in Arlington, Va.

Like the rest of the military, command is what all officers should aspire to, Navy Adm. John M. Richardson said at the association's annual meeting.

The collision incidents last year involving the destroyers USS Fitzgerald and USS McCain called attention to the need for leadership, the admiral said.

"As we craft our way forward, we must revolve around a Navy that values and treasures command — never lose sight of that," Richardson said.

Service members, he added, must discuss, "the preparation, the support, the execution, indeed, the celebration of command."

Good leadership propels the military forward, said Richardson, who added that all leaders must understand that they are in a competitive environment, and there is no trophy for second place in war.

The Navy in 2018 is in a different environment than just a few years ago, he said. Russia and China are competitors now. Both countries have made significant investments in their militaries and the United States is, again, involved in great power competition, not seen since the Cold War.

The Navy must "develop leaders, especially commanders, who know how to go out into that great power competition and come back winners," the admiral said.

The top leaders or commanders "inspire their teams to perform at or near their theo-



PETTY OFFICER 1ST CLASS KLEYNIA R. MCKNIGHT  
Chief of Naval Operations Adm. John Richardson speaks to Main Propulsion Assistant Lt. Jg. Tony Diaz aboard USS Gridley Nov. 15, 2017, during a tour of the ship's engine room.

retical limits, and by making their team stronger, they relentlessly chase best-ever performance," Richardson said. "They study every text, they try every method, seize every moment and expend every effort to out-fox their competition."

The best commanders challenge their teams and themselves, he said. "They routinely seek out feedback and are ready to be shown their errors in the interest of learning and getting better. When they win, they are grateful, they are humble, and generally feel spent from their efforts. And by doing all these things, great leaders bring their teams to a deeply shared commitment to each other in the pursuit of victory."

Victory and winning must be the focus, Richardson said. "Today's commanders must be prepared for winning in a great power competition war at sea," he said. "They must be preparing their teams on the bridge, in combat, in engineering, at their guns, to win in combat."

This means commanders must be ready

to lead teams into combat against a competent and advanced enemy and win, the admiral said. In naval terms, they must be the ones "to sail away with their crew and leave the enemy out of action, slipping beneath the waves. It's a stark test, but anything else, anything less, is negligence."

Commanders must be confident enough to lead and humble enough to understand they are not the font of all wisdom, Richardson said. "In combat, the best idea is the only thing that matters," he said. "Commanders ask people to challenge their thinking, their ideas, because they know it's much better to find a weakness, much better to find a flaw in the discussion in the ward room or with the Chief's quarters, or in the crew's mess and adjust before finding that flaw in combat. And combat will find that flaw."

Commanders must have complete devotion to their teams, he said. "They bring their teams into their obsession with winning, constantly communicating, constantly building them up, challenging them," the admiral said.

The best commanders always test their teams, the admiral said. "These leaders are always stretching their teams — stretching them to achieve their theoretical limits," Richardson said. "Then the team starts to push themselves and one another, and they build toughness into themselves — toughness focused on defeating an enemy, not toughness as focused on tearing each other down."

Through these efforts, commanders achieve a combination or a shared vision of winning, and a shared commitment to that goal, the admiral said.

## JBSA LEGACY

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## LEADERS MEET 2018 MILITARY AMBASSADORS

Brig. Gen. Heather Pringle (center left), 502nd Air Base Wing and Joint Base San Antonio commander; and Lt. Gen. Jeffrey Buchanan (center right), U.S. Army North (Fifth Army) commanding general, host a meet-and-greet for the 2018 JBSA Military Ambassadors on Jan. 10 at JBSA-Fort Sam Houston. They welcomed the 10 ambassadors who have been chosen to represent their respective military services — Army, Marine Corps, Navy, Air Force and Coast Guard — as part of the 2018 Military Ambassadors Program. Members of the Military-Civilian Club were also present to meet the ambassadors.



OLIVIA MENDOZA

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# Army Medicine fighting opioid overuse

By Ronald W. Wolf

ARMY MEDICINE

Every day, the Centers for Disease Control and Prevention reports more than 1,000 people across the U.S. are treated in emergency departments for misusing prescription opioids. More than 90 Americans die from an opioid overdose each day, a rate of more than 40,000 per year.

While those numbers from the civilian community should sober everyone, opioid abuse among soldiers is a critical matter of concern for the Army and Army Medicine as well.

The leading reason for opioid prescriptions is to alleviate pain, an unfortunate consequence of injuries sustained during training or deployments. Army Medicine has been at the forefront of developing and implementing a strategy for pain management for more than a decade.

A great deal of progress has been made during the past ten years. In the Army, chronic use of opioids (defined as those receiving at least 90 days of opioids in a 180-day period) peaked in 2007, but then decreased 9 percent between 2007



COURTESY GRAPHIC

and 2012.

From 2012 to 2016, additional measures implemented to address opioid overuse led to a further reduction of more than 19 percent in the number of Soldiers who were given one or more opioid prescriptions. The rate of chronic opioid use decreased by an additional 45 percent between these years thanks to these efforts.

The Army's improvement in opioid prescribing contrasts with the worsening trend that currently exists across the nation. What did Army Medicine do to start winning the battle against opioid abuse?

In 2010, the Army Pain Man-

agement Task Force was chartered, and this group published 109 pain management recommendations with the goal of taking a standardized approach to pain management across the Department of Defense and Veterans Health Affairs. The following were among the recommendations made:

- ▶ Determine best practices to treat acute and chronic pain;
- ▶ Provide tools and infrastructure that support and encourage practice and research advancement in pain management;
- ▶ Integrate a culture of pain awareness, education, and proactive intervention together.

In 2017, the Army revised several policies to advance pain management services, including an operations order and concept of operations for the Comprehensive Pain Management Program, or CPMP, and an executive order requiring a profile for every opioid prescription and allowing for the transfer of vital duty-related information from provider to commander.

Integrating substance use disorder clinical care treatment into the Behavioral Health System of Care improves outcomes for soldiers and family members through earlier detection and intervention. With

opioid abuse — prescription or otherwise — and other substance use disorders, the Army Medicine response is patient-centered and evidence-based.

Army Medicine has established five intensive outpatient programs to deliver care to Soldiers who require more treatment than a standard outpatient clinic. These intensive outpatient programs improve care integration, increase the opportunity for command involvement, and provide earlier access to higher level care.

These efforts are moving Army Medicine forward from a safety and surveillance perspective to shaping the health-care provider's approach and prescribing habits.

There is still much to learn regarding pain, traumatic brain injury, post-traumatic stress disorder, and the stress of deployment and their effects on Soldiers and their families.

Army Medicine continues the fight against opioid overuse. The Army and Army Medicine looks forward to developing and sharing ideas for best practices concerning opioid management with the nation as it struggles with this epidemic.

## January is Cervical Cancer Awareness Month

By Beth Hughes

FORT WAINWRIGHT, ALASKA,  
PUBLIC HEALTH

January is the time of year set aside to bring awareness to cervical cancer. According to the Centers for Disease Control and Prevention, cervical cancer used to be the leading cause of cancer deaths in the United States, however these numbers have decreased significantly due in large part to preventive care.

When cancer starts in the cervix, it is called cervical cancer. Cervical cancer is highly preventable in the United States because screening tests and

early detection are the keys to early treatment and high survival rates. There is also a vaccine to prevent human papillomavirus, or HPV, infections, which is one of the leading causes of cervical cancer.

Almost all cervical cancers are caused by HPV, a common virus that can be passed from one person to another during sex. Although there are many types of HPV, some HPV types can cause changes on a woman's cervix that can lead to cervical cancer over time, while other types can cause genital or skin warts.

HPV is so common that most

people get it at some time in their lives. HPV usually causes no symptoms so you can't tell that you have it. For most women, HPV will go away on its own; however, if it does not, there is a chance that over time it may cause cervical cancer.

Other factors can increase a woman's risk of cervical cancer, such as, smoking, having HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems, using birth control pills for five or more years, having given birth to three or more children, and multiple sexual partners.

The good news is there are several things women can do to reduce the risk of getting cervical cancer. The most important one of these is to have an annual Pap Smear starting at the age of 21. If Pap test results are normal, the chance of getting cervical cancer in the next few years is very low. For that reason, doctors often do not recommend another Pap test for as long as three years.

For women 30 years old or older, requesting an HPV test along with the Pap test can be beneficial. If both test results are normal, five years is the recommended timeframe for

the next Pap test, although regular checkups are still a good idea.

Women, aged 21 to 65, should continue getting a Pap test as directed by a doctor, even if they are no longer sexually active. However, women older than 65 who have had normal Pap test results for several years, or have had their cervix removed as part of a total hysterectomy for a non-cancerous condition, like fibroids, can discuss with their doctor about not needing to have a Pap test anymore.

Remember that prevention is the key to early detection and treatment. If you would like to be screened for cervical cancer or HPV, contact your primary care manager.

## Weingarten Rights: The right of bargaining unit employees to request union representation

From 502nd Air Base Wing Public Affairs

The Federal Service Labor-Management Relations Statute gives employees in bargaining units represented by an exclusive labor organization (i.e., a union) the right to request union representation at an examination by a representative of the agency in connection with an investigation if the employee believes the examination may result in disciplinary action.

Specifically, Section 7114 (a) (2) (B) of Title 5, U.S. Code states that an exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a representative of the agency in connection with an investigation if the employee

reasonably believes that the examination may result in disciplinary action against the employee; and the employee requests representation.

Additionally, employees have the right under 7114 (a) (2) (A) to be represented by the union at any formal discussion between one or more employees in the unit or their representatives concerning any grievance or any personnel policy or practices or other general condition of employment.

Questions regarding Weingarten Rights should be directed to the Joint Base San Antonio Labor Relations Officer at 210-808-7579.

*This bulletin fulfills a requirement to annually notify employees of their statutory rights. A copy of this bulletin should be posted on official bulletin boards.*

## JBSA M&FRC's accepting nominations for Volunteer of the Year awards

From 502nd Air Base Wing Public Affairs

Joint Base San Antonio Military & Family Readiness Centers are accepting nominations for awards that recognize the contributions of outstanding volunteers within the JBSA community.

Military units and volunteer organizations can submit nominations of individuals for the JBSA Volunteer of the Year Awards and the JBSA Volunteer Excellence Award. Award nomination instructions and forms can be downloaded at <http://www.jbsa.mil/Resources/Military-Family-Readiness/Volunteer-Resources/>.

Nominations should be submitted electronically to the e-mail address indicated on the forms. Deadline to submit an awards nomination is Feb. 23.

**Nominees will be honored at the 2018 JBSA Volunteer Awards Ceremony April 18 at the JBSA-Fort Sam Houston M&FRC.**

The Volunteer of the Year Awards recognize individuals who contributed their time and service to JBSA units and volunteer organizations in 2017. Individuals who are eligible for this award are active-duty, military family members, military retirees, Department of Defense civilians, contractors and non-military affiliated volunteers.

The Volunteer Excellence Award honors federal civilians,

military family members, military retirees and federal retirees of all branches who have dedicated a lifetime to community service.

Award nominees and winners will be honored at the 2018 JBSA Volunteer Awards Ceremony April 18 at the JBSA-Fort Sam Houston Military & Family Readiness Center, 3060 Stanley Road, building 2797. The ceremony starts at 1 p.m.

Military & Family Readiness Centers at JBSA locations, including Fort Sam Houston, Lackland and Randolph, are offering workshops on writing nominations for the awards.

For details about the workshops and the JBSA Volunteer Awards, contact M&FRC volunteer offices at JBSA-Fort Sam Houston, 210-221-2705; JBSA-Lackland, 210-671-3722; or JBSA-Randolph, 210-652-5321.

# Pentagon: Human trafficking has no place in DOD

By Terri Moon Cronk

DOD NEWS, DEFENSE MEDIA ACTIVITY

Combating human trafficking is a responsibility the Department of Defense takes very seriously, Anthony M. Kurta, deputy assistant secretary of defense for military personnel policy, said Jan. 11.

Human trafficking is modern-day slavery, he added. "It not only destroys the lives of those victimized, but also destroys countless families and poses a direct threat to the security and well-being of the entire world."

Kurta spoke at the Pentagon Force Protection Agency's Human Trafficking Awareness Day seminar in the Pentagon. January is National Slavery and Human Trafficking Prevention Month.

Those who engage in human trafficking exploit the weak and the vulnerable and capitalize on those who patronize the sex-



COURTESY GRAPHIC

trade industry and those involved in forced labor, Kurta said.

For those reasons, the DOD is committed to continuing its aggressive stance against human trafficking, he said, and will further training its personnel to expand awareness.

"Going forward, the department will continue to partner with the Joint Staff and our combatant commands ... to

conduct joint training exercises that include trafficking in persons scenarios that help ensure our total force understands their role in preventing, recognizing and reporting trafficking in persons incidents," he said.

In addition to joint training exercises, DOD will continue to invest in and develop a variety of robust training resources to help educate its total force to combat trafficking in persons,

Kurta said.

Such training also will include specialized training for DOD law enforcement and acquisition professionals, in addition to toolkits to assist leaders in developing their specialized training, he added.

And while training and awareness are critical to educate the total force, so is research and development, Kurta said, adding that the Defense Advanced Research Projects Agency recently received a presidential award for its development of a program that searches the deep web and connects open-source information to identify tracking patterns.

Known as Memex, the program is being leveraged today by U.S. law enforcement and military and intelligence entities to dismantle human trafficking enterprises and bring traffickers to justice, he said.

"Additionally, our Special

Operations Command, partnered with the National Association to Protect Children and the U.S. Immigration and Customs Enforcement Homeland Security Investigations to establish the Human Exploitation Rescue Operative Child Rescue Corps," Kurta said.

Known as HERO, the group trains wounded, ill and injured service members in high-tech forensic and law enforcement skills to assist federal agents in the fight against online child sexual exploitation, he explained. HERO exemplifies the power of public-private partnerships to help combat trafficking in persons, Kurta said.

Kurta quoted from the proclamation declaring January as National Slavery and Human Trafficking Prevention Month: "There is no place in our world to allow modern slavery to persist," he said. "We will do our part to strive for its total abolition."



# FORT SAM HOUSTON

## AMEDDC&S Veterinary Science Department trains members in partner nations

By Lt. Col. Matthew Levine  
U.S. ARMY MEDICAL DEPARTMENT  
CENTER & SCHOOL

The response of the United States to the Ebola crisis in West Africa highlighted the intricate linkage between human health and national security. Operation Unified Assistance, as it came to be called, demonstrated the power of Global Health Engagement, or GHE, to foster partnerships, address health threats and enhance regional stability.

Today, GHE activities are taking place across every geographic combatant command and include disaster response, humanitarian assistance, military-to-military exchanges of expertise and military-to-civilian collaboration.

Army Medicine contributes to this effort by leveraging its expeditionary healthcare capability as a means to enhance the readiness of Department of Defense medical forces, build partner nation capacity and improve interoperability. To realize the full potential of GHE, it is imperative that the Army develops competent military medical professionals.

The Department of Veterinary Science at the U.S. Army Medical Department Center and School, Health Readiness Center of Excellence at Joint Base San Antonio-Fort Sam Houston is driving change by preparing Veterinary Corps officers, or VCOs, to plan and execute GHE activities in support of theater security cooperation.

As a first step, the Department of Veterinary Science



U.S. Army Veterinary Corps officers train Sri Lankan military members in medical techniques for military working dogs.

added "Global Health Engagement" to its 64A Basic Officer Leader Course, or BOLC, Competency List as well as its 640A Food Safety Warrant Officer critical task list.

This established a requirement for competence and paved the way for the development of GHE lesson plans which are now integrated into four different programs of instruction spanning the VCO training and education lifecycle.

For example, the BOLC "veterinary track" includes a block of instruction on basic

GHE concepts and definitions. This foundational class is designed to create awareness, generate excitement and encourage self-study.

Later in their careers, VCOs return for functional courses which expose them to more advanced topics such as "why" GHE matters at the strategic level (i.e., national interests) as well as "how" to effectively conduct GHE at the operational and tactical levels, such as with subject matter expert exchanges.

The Department of Veterinary Science is also developing

exportable standardized training packages, or STPs, to assist AMEDD officers tasked with executing GHE missions with allied/partner medical forces.

This effort was initiated by Regional Health Command-Pacific due to concerns with the delivery of non-standardized training. Without centralized oversight, GHE training on any particular subject varied over time and from one country to the next.

The process placed an excessive burden on U.S. trainers who were often obligated to create the training material

from scratch. The result was a disjointed and inconsistent GHE deliverable. To address this problem, veterinary science personnel envisioned, designed and developed a first of its kind standardized training package based on the veterinary service's food protection capability.

To date, three separate geographic combatant commands have leveraged the food protection STP to supply U.S. trainers with standardized yet tailorable academic content aligned with a five year engagement strategy. In all cases, the STPs demonstrated their ability to deliver actionable and adaptable content to AMEDD officers thereby improving GHE execution.

Going forward, these products can serve as a field-tested template for future STP development by other dental, behavioral health, radiology, physical therapy, nutrition and medical functional areas.

Global Health Engagement is often called a strategic enabler; in effect, it allows Army Medicine to serve on the frontlines of health diplomacy in support of the DOD's security cooperation strategy. To improve execution, the Department of Veterinary Science is delivering training that cultivates competent health practitioners fully capable of supporting DOD policy.

By incorporating GHE training into the institutional domain, the AMEDDC&S HRCoE fulfills its vision to be the foundation on which Army Medicine is built, sustained and transformed.

# Naval medical research could lead to better bone regeneration

By David DeKunder

502ND AIR BASE WING  
PUBLIC AFFAIRS

A research project being conducted at Naval Medical Research Unit San Antonio, or NAMRU-SA, at Joint Base San Antonio-Fort Sam Houston, could lead to a better method for bone regeneration and improve treatment for service members and patients whose bone tissue has been damaged by a traumatic injury.

The project, which started in 2015, is incorporating the use and researching the effectiveness of biological therapeutics, including stromal cells, in promoting bone regeneration and growth in damaged bone tissue.

Dr. Alexander Burdette, NAMRU-SA principal investigator, said the objective of the research project is to find out if biological therapeutics can provide a better and effective way of healing critical size bone defects — a bone defect size that is too large to heal on its own — than the current treatment of bone grafting, living bone tissue that is transplanted from one part of the body to the defect site located at another part of the

body.

Burdette said bone grafting can heal damaged bone tissue over time, but it has several disadvantages for the patient, particularly a service member with a traumatic injury. Bone grafting requires multiple surgeries, is dependent on the limited availability of bone that can be used as graft, can result in donor site morbidity and prolongs inpatient care, which can lead to higher healthcare costs.

“Someone who is exposed to an IED (improvised explosive device) blast can have a lot of trauma on them,” Burdette said. “The last thing they need to experience is another surgery to harvest the bone to do grafting on them.”

To come up with other options for treating damaged bone tissue, NAMRU-SA researchers utilized a biological therapeutic from amnion-derived multipotent progenitor, or AMP, cells known as secretome. The secretome contained secreted proteins that are vital to the process of bone regeneration and bone growth.

Researchers placed the secretome in a collagen scaffold. A collagen scaffold



MICHAEL WATKINS

*Dr. Alexander Burdette, Naval Medical Research Unit San Antonio principal investigator, is involved in a research project at Joint Base San Antonio-Fort Sam Houston to discover if the use of biological therapeutics can provide a better method for bone regeneration.*

contains the main structural protein found in various connective tissues in the body, including tendons, ligaments and skin. The scaffold serves as a framework or structural element that

allows cellular infiltration to the defect site with cell adhesion to the scaffold, followed by proliferation and osteogenic differentiation.

Burdette said the scaffold with the secretome is put in the bone defect area and includes growth factors that attract and enhance the growth of mesenchymal stromal cells, which are cells that differentiate into a variety of cell types, as well as osteoprogenitor cells, which are found in the bone marrow and work in the growth or repair of bones.

Once they are in the scaffold, the cells get signals from host cells surrounding the bone defect area to begin proliferating and differentiating, starting bone regeneration and producing new bone tissue.

Research done in in vitro pre-clinical studies show that the secretome biological therapeutic improved the proliferation and migration of mesenchymal stromal cells, Burdette said. In addition, utilizing the collagen scaffold with the secretome in vivo increased bone volume and improved quality and connectivity and healed the bone at a quicker rate in a span from one to three months.

# MICC remembers Dr. Martin Luther King Jr.

By Ryan Mattox

MICC PUBLIC AFFAIRS

Nearly 50 years after his death, Dr. Martin Luther King Jr.'s message continues to challenge the nation to recognize that individuals should not be judged by the color of their skin, but by the content of their character.

That is what the Soldiers and civilians from the Mission and Installation Contracting Command demonstrated by hosting the 2018 Joint Base San Antonio-Fort Sam Houston Martin Luther King Jr. Day Observance attended by more than 300 military and community members Jan. 17.

The national theme of the observance is, "Remember! Celebrate! Act! A day on, not a day off" to encourage individuals to dedicate the day to community service.

The observance honored King by remembering his actions, the strength of his leadership, the power of his words and the inspiration of his call for justice.

"The Army is committed to the ideas endorsed by King — treating every individual with dignity and respect," said Brig. Gen. Bill Boruff, the MICC commanding general. "Today, our Soldiers are mentally, physically and emo-

tionally strong. This internal strength and perseverance reflect the Army's values. As King once said, 'the ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.'"

King was a prominent leader of the African-American civil rights movement during the 1950s and 1960s. He led multiple nonviolent movements to achieve legal equality for African-Americans in the United States. King, who was assassinated in April 1968, was awarded the Nobel Peace Prize in 1964 for his iconic efforts to end racial segregation and discrimination in America.

Highlights of the observance included guest speaker Command Sgt. Maj. Thomas Oates, the 32nd Medical Brigade command sergeant major, and music from the Hamilton Brothers, who sang "Lift Every Voice" and "Take My Hand, Precious Lord."

According to biographer Taylor Branch, King's last words on April 4, 1968, were to musician Ben Branch, who was scheduled to perform that night at a planned event. King said, "Ben, make sure you play 'Take My Hand, Precious Lord' in the meeting tonight. Play it real pretty."



DANIEL P. ELKINS

*Command Sgt. Maj. Thomas Oates speaks Jan. 17 about the impact of Dr. Martin Luther King Jr.'s words and wisdom during the 2018 Joint Base San Antonio-Fort Sam Houston Martin Luther King Jr. Day observance.*

The Rev. Otis Mitchell re-enacted excerpts from two of King's speeches. The first was King's April 3, 1968, "I've Been to the Mountaintop" address at Mason Temple in Memphis, Tennessee, and then his "I Have a Dream" speech, in which he detailed his vision of racial equality in America at a 1963 civil rights march on the nation's capital.

Oates, who was chosen as this year's guest speaker, said that the ability of King's message to transcend time is the reason we should continue to honor him.

"Dr. King was full of imagination," Oates said. "Dr. King was beaten and slain, but he had a belief beyond his torment. His imagination allowed him to see a better outcome — it allowed him to see this nation rise and live the true meaning of his creed. It also allowed him to see his four children grow up in a nation where they are not judged by the color of their skin but by the content of the character."

He added that King helped lay the foundation for social equality, but that individuals must continue the struggle to end racial discrimination.

Boruff said he believes that the Army and its leadership is dedicated to leveraging the strength of its diverse force and ensuring equality for all its members.

"It is important that we do not lose sight of the fact that our common mission has been made possible only through the struggles of many who came before us," Boruff said. "And nearly 50 years after his death, Dr. King's example continues to guide us today. Let us all commemorate Doctor King's memory — by recommitting ourselves to our profession of arms and to serving something bigger than ourselves. And remember to keep dreaming."

## New school liaison officer passionate about education

By David DeKunder

502ND AIR BASE WING

PUBLIC AFFAIRS

Since growing up in Detroit, education has played a vital role in the life and career of Quiana Abner, the newest school liaison officer at Joint Base San Antonio-Fort Sam Houston.

Abner values the importance of education, especially since it made it possible for her to become the first member of her family to graduate from college, have a career of helping military families while she was a military spouse raising children, and giving her the motivation to go to graduate school to earn a master's degree.

In her role as a school liaison officer with the Joint Base



DAVID DEKUNDER

*Quiana Abner is the newest school liaison officer at Joint Base San Antonio-Fort Sam Houston.*

San Antonio Military Child Education Program, a position she started in November 2017, Abner helps provide resources, information and services for students of transitioning service members who are transferring to a new school in the San Antonio area.

As a military spouse with

three children, Abner knows the challenges and obstacles military schoolchildren and parents face when transitioning to a new duty station, including who to contact, what school to go to and what documents are needed before the child can attend school.

"I have had to do a lot of these things for my children," she said. "Our military members serve our country. I think the least we can do is to make sure their children are settled into school and have the least amount of challenges as possible."

Abner has worked in programs serving military families for 17 years, including one year as a program educator in the Family Life Program at the JBAS-Fort Sam Houston Mil-

itary & Family Readiness Center. In that position, she organized and was an instructor in several courses, including child car seat training, time management skills, coping with stress, domestic abuse and domestic violence prevention, communication and conflict resolution.

Her career experience includes working as an education relocation specialist at the Fleet and Family Support Centers at Naval Station Norfolk and Naval Air Station Oceana, Virginia. Her husband, Melvin, a 24-year Navy service member, was stationed at both locations.

Abner said she looks forward to coming to the school liaison office every day and working with fellow school liaison officer Nita Ford-Hightower in helping military fami-

lies get connected to the resources and services they need to get their children prepared for school.

"I love what I do every day," Abner said. "Every day is different. There is always something unique and challenging about it and that's where I thrive. 'I just know that I'm going to help a military family and I like being able to work with my partner (Ford-Hightower).'"

Transitioning service members at JBAS-Fort Sam Houston who need assistance in getting their children into a new school can come by the JBAS Military Child Education Program office at 2484 Stanley Road, building 2263, suite 107-B, or call 210-221-2256 or 210-221-2214.



# Navy offers new online options for continuing education units

By Larry Coffey

NMETLC COMMAND PUBLIC AFFAIRS

Continuing Education Units, or CEUs, may now be earned online via the Veterans Health Administration, or VHA, "Train," said Capt. Ethan Josiah, head of the Navy Medicine Education, Training and Logistics Command, or NMETLC, Staff Education and Training Program Management Office, or SEAT PMO, at Joint Base San Antonio-Fort Sam Houston.

"One of our goals is to provide an array of free continuing education topics from which healthcare providers can choose in order to meet their licensure and professional needs," Josiah said. "Offering 'Train' as an option for Navy Medicine directly supports that goal."

This option also directly supports Navy Surgeon General Vice Adm. Forrest Faison's partnership priority.

"The Program Management Office is always looking for ways



LARRY COFFEY

*Cmdr. David A. Deike, NMETLC Staff Education and Training east region liaison (right), and Thomas B. Doke, NMETLC SEAT west region liaison, discuss the web-based Veterans Health Administration (VHA) "Train" system.*

to maximize the partnership aspect of the NMETLC education and training mission," Josiah said. "One way we can do that is to partner with the VA and leverage the VHA learning management system to offer CEUs. There's very little variance across the VHA and Navy Medicine enterprises when it comes to the clinical aspect of what we do, and there's no cost, so it's a natural fit."

A learning management system, or LMS, is a software appli-

cation that administers, documents, tracks, reports and delivers e-learning courses or training programs. Swank/Relies is Navy Medicine's LMS, and Train is the VHA's. CEUs are required for both military and VHA providers.

Cmdr. David Deike, NMETLC SEAT department assistant head, said most Navy Medicine officers and civilian employees are required to earn a specific number of continuing education points annually to maintain

credentials and licensure. This is especially true for licensed healthcare providers.

"The annual CEUs are required to maintain credentialing and licensure," Josiah added. "The specifics are dependent upon the certifications and licensures required for the specialty and are mandated by their governing organization."

NMETLC SEAT participates in a working group that includes the Bureau of Medicine and Surgery, or BUMED, and VHA. Deike said the working group did the leg work needed to facilitate the Navy Medicine and VHA Train partnership.

"We're working to see how to best simplify the opportunities to earn CEUs on the Train system," Deike said. "We're want to ensure Swank/Relies and VHA Train talk to each other, and we want to ensure each side can capture their data. In the end, we want a single sign-on so Swank/Relies will take you right to Train without a unique, sep-

arate sign in via the VHA."

While the single sign-in is being worked, there are already advantages to using VHA Train. Perhaps the greatest is the cost — zero. There are online pay sites Navy Medicine personnel may use for CE courses, but Deike said Navy Medicine strongly encourages using non-pay sites like Train.

As the work continues to improve the Train experience, Josiah said NMETLC's SEAT department will continue finding ways to support Navy Medicine's mission and the Navy Surgeon General's priorities.

"The Surgeon General has articulated three priorities," Josiah said, referring to Faison's three priorities: Readiness, Health and Partnerships. "He often speaks about partnerships. Working with VHA no doubt aligns with the SG's partnership priority."

VHA Train can be accessed at <http://www.train.org>.

# BAMC launches Army Virtual Medical Center

By Lori Newman  
BAMC PUBLIC AFFAIRS

Army Medicine bolstered its virtual health initiative by launching the Army Virtual Medical Center at Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston on Jan. 4.

The kick-off ceremony featured demonstrations of cutting-edge virtual medical capabilities and a virtual ribbon-cutting ceremony highlighting locations around the globe. The guest speaker for the event was Lt. Gen. Nadja West, the Army Surgeon General and commanding general, U.S. Army Medical Command.

BAMC Commanding General Brig. Gen. Jeffrey Johnson welcomed everyone to the ceremony and thanked West for choosing BAMC as the site for the Army Virtual MEDCEN.

"Our team has been working diligently to make this mission a success," Johnson said. "The team has traveled a long way in under a year. They have already achieved much and the plans they have for the future of Army virtual medicine are grounded in expanding operational support and garrison health delivery efficiency.

"BAMC is already making great strides in leveraging virtual technology to benefit patients in garrison and in remote locations," Johnson added.

"This is an amazing opportunity for BAMC to leverage state-of-the-art technology to support military medical facilities and patients around the world and for our medical professionals to benefit from a readiness standpoint, always being connected to a network of health professionals with a unifying mission and sense of purpose," Johnson said.

The general provided examples of how virtual health technology is being applied within the hospital, at the 232nd Medical Battalion to support Soldiers during morning sick call, and in Puerto Rico after



EVE MEINHARDT

*Navy Lt. Cmdr. C. Long, a Special Operations Forces physician assistant, performs a surgical procedure on a manikin during training using augmented reality glasses on May 11.*

Hurricane Maria.

"This is just the beginning of what is yet to come," Johnson said. "We are looking forward to building a virtual health capability here that will support operational forces anytime, anywhere in the world, bringing the full might of Army Medicine to the greatest point of need."

The commander thanked Army Lt. Col. Sean Hipp, Army Virtual Medical Center director, and his team for making the Virtual MEDCEN "another jewel in the BAMC crown."

The Army Surgeon General also highlighted the importance of virtual medicine on the battlefield and in garrison.

"Virtual health is the future of where we are going in our nation," West said. "To remain successful and to face future challenges we must be relentless in our pursuit of innovation and our commitment to bring care closer to our patients while leveraging cutting-edge tech-

nology."

West described a scenario of how virtual medicine can be used to save Soldiers on the battlefield.

"This capability will be increasingly critical to ensure that Soldiers will survive war wounds and make it home," West said. "Our primary focus is care for our Soldiers, and also our Sailors, Airmen and Marines, because in this joint environment the bullets, injuries and illnesses know no boundaries or uniform color.

"We have to be mobile, we have to be fast and we have to be ready to support them in a full range of military operations," she noted.

West said the concept of virtual health care is not new.

"We have used virtual health and virtual technology to support healthcare since the 1990s," she said. "Although the virtual medical center is a relatively new concept, it builds upon

Army Medicine's previous 20 years of experience as another important step along its path."

The virtual MEDCEN at BAMC will serve as the organizational structure for medical providers to build virtual health services using new tools in garrison and in deployed settings across all roles of care. It will also be the test site for new capabilities and create a centralized program structure for the global mission of Army virtual health.

"The establishment of the virtual health center is just the beginning," West said. "The future of virtual health is going way beyond connecting healthcare providers to patients; it connects patients to machines and machines to other machines and eventually real-time medical condition assessments through remote monitoring."

During the event, a team of Mobile Medics demonstrated some of the equipment they use

**"Virtual health is the future of where we are going in our nation. To remain successful and to face future challenges we must be relentless in our pursuit of innovation and our commitment to bring care closer to our patients while leveraging cutting-edge technology."**

**Lt. Gen. Nadja West, Army Surgeon General and U.S. Army Medical Command commanding general**

to complete a patient assessment and communicate with a health care provider via video conferencing.

"The mobile medic program leverages training with cutting-edge, virtual technology to meet our service members' medical needs worldwide all the while maintaining the medic's proficiency and state of readiness necessary for their success on the battlefield," said BAMC Command Sgt. Maj. Diamond Hough.

The event also featured artwork by Fort Sam Houston Elementary School students, who displayed their concepts of virtual health.

West, a self-proclaimed "Trekkie," compared some of the virtual health care innovations to those presented on Star Trek many years ago. "I think we are going to be there fairly soon," she said.

"I'm really excited about being part of the activities today, but I'm even more excited about the future of Army Medicine," West concluded.





# Joint Base San Antonio FORCE SUPPORT SQUADRON

## Monthly Events

## February

### Bowling

#### Sweethearts play in a tournament

Celebrate Valentine's Day at the JBSA-Randolph Bowling Center Feb. 11, 12:30 p.m., with the Sweethearts Mixed Doubles Tournament. Teams must include one male and one female and participants must register in advance. Cost is \$30 per couple and doors open at noon. For more information, call 210-652-6271.

#### Presidents Day brings bowling specials

Celebrate the Presidents Day holiday at the JBSA Bowling Centers. The special bowling rate is \$2.50 per game, per person with a \$2.75 shoe rental. Cosmic Bowling is not included. This special runs during normal business hours, Feb. 17-18 at the JBSA-Fort Sam Houston Bowling Center and Feb. 17-19 at the JBSA-Randolph Bowling Center. For more information, call JBSA-Fort Sam Houston at 210-221-3683 or 210-221-4740 and JBSA-Randolph at 210-652-6271.

#### Lunch is combined with bowling

Stop by the JBSA-Fort Sam Houston Bowling Center Tuesday through Friday, 11 a.m. to 2 p.m., for a lunch special and a friendly bowling competition. Games and rental shoes are \$1.50 each. For more information, call 210-221-3683.

#### Bowling gets cosmic

Be sure to check out JBSA Bowling Centers for Cosmic Bowling music and light show every Saturday, 7-11 p.m. at the JBSA-Fort Sam Houston Bowling Center and 7-10 p.m. at the JBSA-Randolph Bowling Center. For more information, call JBSA-Fort Sam Houston at 210-221-3683 or 210-221-4740 and JBSA-Randolph at 210-652-6271.

#### Party packages offered

JBSA Bowling Centers offer multiple party packages to enjoy during normal business hours. Customers can choose from different party packages based on group size. For more information, call JBSA-Fort Sam Houston at 210-221-3683 or 210-221-4740 or JBSA-Randolph at 210-652-6271.

### Clubs

#### Nightlife entertainment offered at the club

Join the JBSA-Lackland Gateway Club for entertainment throughout February. DJs spin favorite tunes at Variety Night, 5 p.m. to 1 a.m., in the Lone Star Lounge. DJs include DJ LJU Feb. 2, DJ Tony Style Feb. 9 and 23 and DJ J Rock Feb. 16. Relax in the lounge or enjoy the cooler weather out on the patio with pool tables and big-screen televisions. For more information, call 210-645-7034.

#### Football fans watch the "Big Game"

Join the JBSA-Randolph Kendrick Club for the "Big Game" Feb. 4. The Nite Club is open 11 a.m. to the end of the game for a tailgate party. The food special offered all day is a rib-eye steak with roasted potatoes and mixed vegetables for \$10 for members or \$15 for nonmembers. Customers can also enjoy \$5 Bud Light\* pitchers or \$10 Bud Light\* buckets. For more information, call 210-652-3056.

#### Bingo fun is at the club

Bingo takes place every Saturday and Sunday at 3 p.m. and Monday through Thursday at 7 p.m., at the JBSA-Randolph Kendrick Club in the ballroom. Admission is free to members and \$10 for nonmembers.

Join the JBSA-Randolph Kendrick Club for Bingo Extravaganza Feb. 5 and 26 with \$15,000 in total jackpots, a complimentary buffet at 5 p.m. and Early Bird bingo at 6 p.m.

Birthday Bingo is held Feb. 14, 7 p.m., at the JBSA-Randolph Kendrick Club. Birthday members receive one free machine and cake. This event is for Randolph club members only and an ID card is required. For more information, call 210-652-3056.

#### Valentine's Day is celebrated early with a meal

Visit the JBSA-Lackland Gateway Club for a pre-Valentine's Day buffet Feb. 8, 11 a.m. to 3 p.m. Cost is \$11.50 per person and the menu includes roast beef au jus, chicken breast with mushroom sauce, fried chicken, cranberry-kissed pork chops, baked tilapia with lemon dill, mixed wild rice, whipped potatoes, brown gravy, macaroni and cheese, corn O'Brien, glazed baby carrots, soup, a salad bar, fresh fruit, velvet cake, carrot cake, cherry cobbler, chocolate cake and Valentine's Day cake. For more information, call 210-645-7034.

#### Sky Lounge hosts live entertainment

Stop by the Sky Lounge on the second floor of the JBSA-Randolph Parr Club for musical entertainment Feb. 9, 6-10 p.m. Admission is free for club members and \$10 for nonmembers. For more information, call 210-658-7445.

#### Guests fly into the Auger

Join the party at the JBSA-Randolph Parr Club Auger Inn for "old school" camaraderie, free light refreshments and great music Feb. 16, 5 p.m. Meet neighbors, folks from other squadrons and leadership. There is no cover to join the fun. For more information, call 210-658-7445.

#### February birthdays are celebrated with a buffet

The JBSA-Randolph Parr Club offers a complimentary buffet every month for members with birthdays in that month. Members with February birthdays are honored Feb. 21, 11 a.m. to 1:30 p.m. This is free for birthday

members. Cost is \$10 for members without a birthday in January, \$5 for members' children, 6-12 years, \$12 for nonmembers and \$6 for nonmembers' children, 6-12 years. Children 5 years and younger eat for free. Coupons are not accepted. For more information, call 210-658-7445.

#### Club appreciates members

The JBSA-Lackland Gateway Club hosts Customer Appreciation Night in the Fiesta Ballroom Feb. 27, 5-8 p.m., with entertainment provided by DJ LJU. The cost for members is \$12.50 and \$15.50 for nonmembers. The menu features a salad bar, crème of asparagus soup, beef tenderloin with Burgundy au jus, crab meat stuffed tilapia with a white wine sauce, Chicken Gentle Home, steamed broccoli spears, brandied baby carrots, mixed wild rice, rosemary roasted potatoes, rolls, fresh fruit, red velvet cake and cherry cobbler. For more information, call 210-645-7034.

### Community Programs

#### The Harlequin Theatre puts on a show

The JBSA-Fort Sam Houston Harlequin Theatre shows "Mousetrap" written by Agatha Christie through Feb. 17. The scene is set when a group of people gathered in a country house and cut off by the snow discover, to their horror, that there is a murderer in their midst. One by one the suspicious characters reveal their sordid pasts until at the last, nerve-shredding moment, the identity and motive are finally revealed. This show is sponsored by Security Services Federal Credit Union. No Federal endorsement of sponsor intended. Make reservations today. Group rates are available. For more information, call 210-222-9694.

#### Harlequin Theatre hosts casting calls

The JBSA-Fort Sam Houston Harlequin Theatre always welcomes new talent either behind the stage or on it. Actors are asked to do a brief monologue, one to three minutes, as well as a cold read from the current script. Anyone with knowledge of lighting or sound is welcome to join. The Harlequin relies on the talents of volunteers. Please call to schedule a date and time. For more information, call 210-222-9694.

### Equestrian Center

#### Horseback riding lessons offered

The JBSA-Fort Sam Houston Equestrian Center offers horseback riding lessons for beginners and advance riders in both English- and Western-style riding by appointment only. Therapeutic riding lessons are also available and taught by certified instructors. Horses, saddles and tack for lessons are provided if needed. Patrons must be at



# JBSA FSS

least 7 years old. The cost is \$60 per hour for a private lesson, \$175 for five group lessons, \$225 for five semi-private lessons and \$250 for five private lessons. For more information, call 210-224-7207.

## Trail rides are for all ages

JBSA-Fort Sam Houston Equestrian Center offers trail rides for patrons 7 years and older for \$30. Departures are at 8:30 a.m., 10 a.m., 12:30 p.m. and 2 p.m., Saturdays and Sundays by appointment only. No experience is required. Adults must accompany children under 13 years. Riders must be at least 4 feet, 6 inches tall and weigh no more than 200 pounds. Call to make reservations. For more information, call 210-224-7207.

## Pony rides available

The JBSA-Fort Sam Houston Equestrian Center offers parent-led pony rides Saturdays and Sundays for patrons 6 years and younger for \$10. Adults must accompany children and availability is on a first-come, first-served basis. For more information, call 210-224-7207.

## Fitness

### Men and women compete in lifting challenge

The Fitness Center on the JBSA-Fort Sam Houston Medical and Education Training Campus is looking for the fastest male and female to complete 1,000 meters on the row machine in the fastest time possible. Competitors have from Feb. 1-28, during normal business hours, to try to win this challenge with one attempt per day allowed. Prizes are awarded to the top male and top female. Participation in this challenge is free and all Department of Defense ID cardholders, 16 years and older, can join. See the METC Fitness Center front desk staff to compete. For more information, call 210-808-5709.

### Patrons participate in pushup challenges

The JBSA-Lackland Chaparral Fitness Center hosts a pushup challenge Feb. 8, 11 a.m. Participants have one chance to complete as many pushups as possible in one minute. Fitness Center staff is present to assist and record results. Prizes are awarded to the winners. For more information, call 210-671-2401.

Join the JBSA-Lackland Gillum Fitness Center for a pushup challenge Feb. 12-15, during normal business hours. Participants are challenged to see how many pushups they can complete in one minute. Stop by the front desk and sign up any time during the challenge. The Fitness Center staff keeps track of the number of pushups competitors complete. For more information, call 210-977-2353.

### Fitness celebrates Valentine's Day

Push the limits with the JBSA-Randolph Rambler Fitness Center during a Valentine's Day Run, Bike, Run Feb. 10, 8 a.m., at Heritage Park. Participants run a 5K, bike 10 miles and run an additional 1.5 miles. For more information, call 210-652-7263.

### Zumba® gets the body moving

Join the JBSA-Fort Sam Houston Jimmy Brought Fitness Center Feb. 10, 9:30-11:30 a.m., for a Zumbathon. Experience a two-hour, nonstop fitness party and

dance away the calories. This event is free and open to all Department of Defense ID cardholders. For more information, call 210-221-1234.

**JOINT BASE SAN ANTONIO RANDOLPH**

**BIG GAME PARTY**  
February 4  
KENDRICK CLUB

**GIL'S CLUB • 3 p.m.**  
Private VIP party for those who participated in the Football Frenzy program all season long.

**NITE CLUB • 11 a.m.**  
There will be a tailgate party open to everyone.

For more information, please call (210) 652-3056.

at&t | | | | | | | |

### Lifters compete in challenge

Join the JBSA-Randolph Rambler Fitness Center and try to join the 100-Ton Club Feb. 14, during normal business hours. Stop by the front desk to pick up a 100-Ton logbook to track progress and use any free weights or plate-loaded machine to lift 100 tons of weight in one day. Take the amount of weight used for an exercise and multiply it by the number of repetitions completed. Then, add up the totals of every exercise performed throughout the day. Once the total equals 100 tons, turn the logbook in at the front desk and become a member of the Rambler 100-Ton Club. For more information, call 210-652-7263.

### Runners take on Valentine 5K

The JBSA-Fort Sam Houston Jimmy Brought Fitness Center hosts a Valentine 5K run or walk Feb. 20, 8 a.m. Come dressed in valentine attire and enter a drawing to win prizes. This is a free event open to all Department of Defense ID cardholders, family and guests. Pets are also invited. For more information, call 210-221-1234.

### Men and women compete in lifting challenge

The Fitness Center on the JBSA-Fort Sam Houston Medical and Education Training Campus hosts a 1,000- and 500-pound challenge Feb. 24. Men lift 1,000 pounds and women lift 500 pounds. Bench press, dead lift and squat totals are combined to calculate the total weight lifted. Participation in this challenge is free and all Department of Defense ID cardholders, 16 years and older, can join. Preregister at the METC Fitness Center no later than Feb. 23. For more information, call 210-808-5709.

## Golf

### Golfers compete in a scramble

Golfers are invited to play in the monthly JBSA-Fort Sam Houston Golf Course Warrior Four-Person Scramble Feb. 2, with a 12:30 p.m. shotgun start. Cost is \$25 for members and \$35 for nonmembers. The fee includes green fee, golf cart, prize money and a social after the round. For more information, call 210-222-9386.

### The "Big Game" is honored with a tournament

The JBSA-Lackland Gateway Hills Golf Course hosts the thirteenth annual "Big Game" Tournament Feb. 3, with an 8:30 a.m. shotgun start. Sign up no later than Feb. 1 for this two-person scramble. Cost is \$30 per person plus cart and green fees. For more information, call 210-671-3466.

### Two-person scramble held

JBSA-Fort Sam Houston Golf Course hosts a Two-Person Scramble Feb. 10, 12:30 p.m. The cost is \$25 for members and \$35 for nonmembers. Price includes green fee, cart, prize fund and food after the event. For more information, call 210-222-9386.

### Presidents Day is celebrated with tournaments

The JBSA-Fort Sam Houston Golf Course hosts a Presidents Day Tournament Feb. 19. Participants pick their own tee time. The fee is \$25 for members and \$35 for all others and includes green fee, cart and food after the event. This is a JBSA Cup Qualifier. For more information or to sign up, call 210-222-9386.

Visit the JBSA-Randolph Oaks Golf Course for a Presidents Day tournament Feb. 19, with 7-9 a.m. tee times. This is a low-net, low-gross tournament and entry fee is \$10 per person plus green fees and cart rental. For more information, call 210-652-4653.

**JBSA-Lackland • Outdoor Recreation**

**Valentine's Day**  
paintball special

**Feb. 10, 9 a.m. to 12 p.m.**  
\$36 per couple • \$20 per single player

500 paintballs per player, equipment rental, compressed air refills and one box of chocolates per couple (while supplies last).

**Must be age 10 or older to play.**

For more information, call (210) 925-5532.



## Information, Tickets and Travel

### Disney® offers Discounts to Military

Patrons can purchase tickets from all of the JBSA Information, Tickets and Travel locations. Disney® is once again providing the Military Salute Tickets to eligible service members and has extended special admission tickets for active-duty military and retirees through Dec. 19, which means tickets must be used by Dec. 19. The number of tickets that can be purchased is six per military member or retiree ID card. The military member or retiree must accompany their party at the gate to activate the tickets. The only DisneyWorld® Salute tickets available to order right now are the hopper tickets. Cost for the four-day tickets range from \$224 to \$264. The five-day range from \$244 to \$284; each price is per person. ITT also carries Disneyland® three-day park hopper admission tickets for \$168 and the four-day hopper for \$188. Both parks have blackout dates so please inquire about the dates prior to purchase. For more information, call the JBSA-Fort Sam Houston ITT at 210-808-1376 or 210-808-1378 or the JBSA-Randolph ITT at 210-652-5142.

### Discounted tickets offered to patrons

The JBSA-Fort Sam Houston Information, Tickets and Travel has discounted tickets to the San Antonio Stock Show and Rodeo. For more information, call 210-808-1376 or 210-808-1378.

### Discounted sports tickets available

JBSA-Fort Sam Houston Information, Tickets and Travel office offers discounted Spurs, Rampage and Stars tickets. Discounted tickets are also available online by going to <http://spurs.com/fortsamhoustonitt> and using the discount code: FORTSAM. For more information, call 210-808-1378.

### Tickets for Majestic Theatre shows available

The JBSA-Lackland Information, Tickets and Travel has tickets available for shows at the Majestic Theatre with prices ranging from \$26.25 to \$79.50. Upcoming shows include Power Rangers Live, LaLa Land in Concert, Rain-Tribute to the Beatles and Pirates of the Caribbean with the San Antonio Symphony. Prices and availability are subject to change without notice. For more information, call 210-671-3059.

### Getaway to Punta Cana during Memorial Day

The JBSA-Lackland Information, Tickets and Travel Leisure Travel office offers an all-inclusive, four-night and five-day package that travels from San Antonio to Punta Cana, Dominican Republic May 25-29. Price includes round trip airfare, airport transfers, and all-inclusive hotel accommodations. Rates start at \$1,500 per person. A \$200 per person deposit and a \$10 service fee are due at the time of booking. Final payment is due April 10. For more information, call 210-671-7111.

### Sandals Ocho Rios vacation package available

The JBSA-Lackland Information, Tickets and Travel Leisure Travel office offers a way to start the summer off with a six-night, seven-day vacation, traveling from San Antonio to Montego Bay, Jamaica. This all-inclusive package includes round trip airfare, airport transfers and

all-inclusive hotel accommodations. Rates start at \$2,000 per person, based on a family of four. An \$800 per person deposit and a \$10 service fee are due at the time of booking. Final payment is due April 19. For more information, call 210-671-7111.



## Military & Family Readiness

### Parents prepare for baby

Active-duty expecting parents receive information on financial planning from conception to college, support programs offered within the community and parenting skills during the Bundles for Babies workshop Feb. 2, 8:30 a.m. to 12:15 p.m., at the JBSA-Lackland Military & Family Readiness Center. To register, call 210-671-3722.

### Key spouses attend training

The Key Spouses Initial Training Feb. 8, 8:30 a.m. to 2:30 p.m., is mandatory for all newly appointed Key Spouses and highly recommended for Key Spouse Mentors. For more information, call the JBSA-Randolph Military & Family Readiness Center at 210-652-5321.

### Service members transition from boots to business

The Small Business Administration is offering a two-day entrepreneurial workshop Feb. 13-14, 8 a.m. to 4 p.m., at the JBSA-Lackland Military & Family Readiness Center. Participants review steps for evaluating business concepts, foundational knowledge on developing business plans and information on SBA resources to help access start-up capital and additional technical assistance. Boots to Business is open to all service members and their spouses. Registration is required. For more information, call 210-671-3722.

### Retirement is on the way

Service members planning retirement or in the last re-enlistment period before retirement are encouraged to sign

up for the JBSA-Lackland Military & Family Readiness Center Four to Go workshop Feb. 20, 9-11:30 a.m. Subject matter experts present information on finance, post-retirement, legal issues, employment, veteran's benefits and survivor benefits. Class sizes are limited. To register, call 210-671-3722.

### Workshop provides professional development skills

Whether providing a desk-side briefing to a commander or tasked to provide information to a diverse audience, the Briefer Training Course addresses how to prepare for and present an effective briefing. BTC is slated for Feb. 21, 8:30 a.m. to 3:30 p.m., at the JBSA-Fort Sam Houston Military & Family Readiness Center and is open to all Department of Defense ID cardholders. There is limited seating and registration is required. For more information, call 210-221-2418.

### Patrons take the Military Saves pledge

As part of Military Saves Week, Feb. 26 to March 3, the JBSA Military & Family Readiness Centers encourage all patrons to take the Military Saves pledge at <http://www.militarysaves.org>. Throughout the week, M&FRC hosts free financial workshops to help patrons reach their savings goals and review available resources. For more information, visit <http://go.usa.gov/xnUr9>, or call JBSA-Fort Sam Houston M&FRC at 210-221-2705, JBSA-Lackland M&FRC at 210-671-3722 and JBSA-Randolph M&FRC at 210-652-5321.

### New spouses acclimate to military lifestyles

Spouses new to the military learn about the mission, lifestyle, protocol and available programs during Heart Link, a spouse orientation workshop, Feb. 28, 8:30 a.m. to 2:30 p.m., at the JBSA-Lackland Military & Family Readiness Center. To reserve a seat, call 210-671-3722.

## Outdoor Recreation

### Concealed handgun license class offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center offers concealed handgun license classes Feb. 10 and 18, 8 a.m. to 1 p.m. Successful completion of this class is required for a Texas CHL. To register for a class, visit <http://www.chlregistration.com>. Once on the website, select "register for class." Then select "Dan Willis-Leatherneck Arms." Class details are available online at <http://www.myjbasa-fss-mwr.com>. For more information, call 210-363-2332.

### Archery takes on another dimension

The JBSA-Camp Bullis Rod-N-Gun Recreation Center hosts a 3-D archery competition Feb. 24-25, 8 a.m. to 1 p.m. Registration is 8-10 a.m. The Fun Shoot registration is 8-11 a.m. Fun shoot cost is \$5 for E1-E4, active duty or medically retired, \$15 per person for all others 13 years and older and youth, 12 years and younger, shoot for \$5. The competition fee is \$10 for E1-E4, active duty or medically retired and \$20 per person for all others 13 years and older. For more information, call 210-295-7577.



**Guests stay two nights and get the third night free**

During February, guests can rent any lodging unit at the JBSA Recreation Park @ Canyon Lake and stay three nights for the price of two. For more information, call 1-830-964-3576.

**Half price boat special**

Rent any boat at the JBSA Recreation Park @ Canyon Lake for half price in February. Cost includes all required safety equipment such as life vests, but does not include fuel. The rentals are on a first-come, first-served basis. Participants must have taken the Boater's Safety Course through the State of Texas. JBSA offers the course at the JBSA Recreation Park @ Canyon Lake or the Outdoor Recreation locations on JBSA installations. For more information, call 1-830-226-5357.

**Annual passes offer savings**

Purchase an annual JBSA Recreation Park @ Canyon Lake pass for \$65 and receive access to both the Sunny Side and Hancock Cove Side of the park with a vehicle and boat or tailor pass, valid for one year from the date of issue. Daily entry fee without an annual pass is \$7 per visit, per vehicle. For more information, call 1-800-280-3466.

**Winter boat special is available**

Spend time on the open water while the weather is cooler and avoid the crowd. JBSA-Lackland Outdoor Recreation offers all weekend boat rentals for half off regular rates through February 2018. Rentals can be picked up on Friday, between 8 a.m. to 3 p.m. and returned Monday between the same times. This offer does not include canoe or kayak rentals. For more information, call 210-925-5532.

**Youth and Children**

**Sports registration is here**

JBSA-Fort Sam Houston Youth Sports registration for baseball, softball and t-ball is Feb. 1 to March 2. Youth 3-14 years are eligible to participate. The cost for youth 3-4 years is \$35 per participant. The cost for youth 5 years and older is \$50 per participant. A current physical and immunization records with a flu vaccination are required. Practices begin after spring break in March. Sign up at building 1630. For more information, call 210-221-5519.

Youth, 5-18 years, are invited to sign up for baseball, softball and t-ball Feb. 1 to March 2 at JBSA-Lackland Youth Programs. Register Monday through Friday, 8:30 a.m. to 5:30 p.m. The cost is \$50 per participant. Athletes must have a current physical and immunization record at the time of registration. Practices begin March 18. For more information, call 210-671-2388.

Spring sports registration for JBSA-Randolph Youth Sports is Feb. 5 to March 2, during normal business hours. Coed t-ball is for youth 5-6 years; youth must be 5 years by March 15. Coach pitch is for youth 7-8 years. Baseball and softball are for youth 9-18 years. The cost is \$50 per participant. All youth must have a current annual physical, immunizations record and sports registration form on file to participate. For more information, call 210-652-3298.

**Basketball clinic focuses on improving skills**

All JBSA military dependents can join JBSA-Lackland Youth Programs Sorts to improve basketball skills Feb. 2 at the Annual African American Heritage Committee Youth Basketball Clinic. Youth, 5-9 years, practice 4:40-6 p.m., and youth, 10-15 years, practice 6-7:30 p.m. The cost is one canned food donation per participant. All participants must bring a basketball and a parent or guardian must be in the building with all children 9 years and younger. For more information, call 210-671-2388.

**Youth attend football party for the "Big Game"**

Cheer on a favorite football team and enjoy food and games at the JBSA-Fort Sam Houston Youth Programs football party Feb. 4, 4:30-9:30 p.m. Wear team colors and come up with a new cheer. All middle school and high school youth, 11-18 years, are invited to attend. The party is held in building 1630. For more information, call 210-221-3502.

**Middle school lock-in held**

All JBSA-Fort Sam Houston middle school youth are invited to attend the middle school lock-in Feb. 9, 9 a.m. to 7 a.m. Cost is \$20 per youth and participants must be a registered member. Permission slips are required to attend and sign up ends Feb. 5. For more information, call 210-221-3502.

**Sweethearts celebrate Valentine's Day early with a dance**

All preteens, 9-12 years, are invited to celebrate Valentine's Day early at the JBSA-Randolph Youth Programs Feb. 9, 6-9 p.m. Bring dancing shoes and dance the night away with friends. Cost is \$3 for members and \$5 for nonmembers. For more information, call 210-652-2088.

**Spring break camp registration begins**

The JBSA-Fort Sam Houston Youth Program hosts Spring Break Camps for youth 11-16 years March 12-16. Registration begins Feb. 12 and runs through March 5. The cost is \$130 for the full week, which includes breakfast, lunch, snack and a field trip. Camp is 7 a.m. to 3 p.m., and then open recreation runs 3-6 p.m. A current physical and immunization record to include a flu shot are required at registration. Camp is held at the Patch/Chaffee Youth Center, building 2515. For more information, call 210-221-3502.

The JBSA-Randolph Youth Programs School Age Spring Break Camp Registration starts Feb. 12 and continues until full. Registration is handled through <http://www.militarychildcare.com>. Camp runs March 12-16, 6:30 a.m. to 6 p.m., and youth, 5-12 years, can participate. Fees are based on total family income and all required paperwork must be on file including immunization records with a flu vaccination. For more information, call 210-652-2088.

**Youth talent showcase held for youth and families**

The JBSA-Fort Sam Houston Youth Programs hosts a Youth Talent Showcase Feb. 17, 6-10 p.m. This family-friendly event is an opportunity for all JBSA youth and families to perform. If patrons can sing, dance, play an instrument, read poetry or a story, whistle a tune, tumble across the stage or just stand and recite, they are invited to participate. This event is held in building 2797

on Stanley Road. For more information, call 210-221-3630 or 210-221-3502.

**Basketball is played until midnight**

Youth, 11 years and older, are invited to participate in Midnight Madness Feb. 17, 7 p.m., to midnight, at the JBSA-Fort Sam Houston Youth Center. Youth, 11-13 years, play 7-9 p.m. Youth, 14-18 years, play 9 p.m. to midnight. For more information call, 210-221-3502.

**Parents offered a break**

JBSA-Lackland Youth Programs gives parents a much needed break through the Give Parents a Break or Parents' Night Out program Feb. 24, 1-5 p.m. Children, 5 years and in kindergarten to 12 years, are provided snacks and entertained with activities and games. The cost is \$25 per child with a multiple child discount or free with a GPAB referral. Late pickup is subject to \$5 for the first five minutes, then \$3 for every minute after that. A minimum number of participants is required. Call 210-671-2388 to register children 5-12 years and to register children 6 weeks to 4 years call 210-671-3675.

**Membership cards are renewed for the new year**

Remember to renew JBSA-Randolph Youth Programs open recreation membership cards. Membership cards are for children 9 years and older and can be used to participate in clubs, activities or open recreation during the year. Check out the preteen game room or the Teen Zone and join in club meetings and other fun activities. This program does not include instructional classes, league sports or School Age Care programs. For more information, call 210-652-3298.

**Volunteer coaches needed**

JBSA-Randolph Youth Programs is looking for volunteer coaches for all leagues. Completed application including background checks must be on file prior to the first practice. For more information, call Youth Sports at 210-652-3298.

**Youth go for the gold**

JBSA-Youth Programs offers help to youth, 14-18 years, wanting to sign up for the Congressional Award Program. Youth set goals in personal development, voluntary public service, physical fitness and expeditions or explorations. Once youth reach the bronze, silver or gold medal level, they earn an award that is presented by a member of Congress. For more information, call JBSA-Fort Sam Houston at 210-221-3502, JBSA-Lackland at 210-671-2388 or JBSA-Randolph at 210-652-3298.

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Stay current on Joint Base San Antonio 502d Force Support Squadron events, specials and daily activities.

<http://www.myjbsa-fss-mwr.com>





# Influenza activity increasing, flu shot a key step in prevention

By Robert Goetz  
502ND AIR BASE WING  
PUBLIC AFFAIRS

The Centers for Disease Control and Prevention reports that influenza activity is increasing across Texas and the United States, but it appears active-duty members and other beneficiaries at Joint Base San Antonio are taking the initial step to protect themselves against the flu.

They are receiving their annual flu shot — which the CDC recommends as the first and most important step in preventing the infectious disease that typically peaks between December and February.

“The Department of Defense sets a goal of a 90 percent influenza vaccination rate by Dec. 15 for active-duty members,” said Maj. Randi Hamm, 359th Aerospace-Medicine Squadron Public Health Flight commander. “We’ve achieved that goal at the three major JBSA locations.”

In addition to ensuring active-duty members are immunized, JBSA clinics target the high-risk population, Hamm said. These are children 6 months to 5 years old, pregnant women, beneficiaries over 65 years of age or who have medical conditions that make them more at-risk for hospitalization.

“At the JBSA-Randolph



MASTER SGT. KERRI SPERO

*Vials of flu vaccine are ready for clinic patients. Joint Base San Antonio immunization clinic phone numbers are: JBSA-Fort Sam Houston, 916-3077 for pediatrics and 916-3011 for adults; JBSA-Lackland, 292-2345; and JBSA-Randolph, 652-3279.*

clinic, 78 percent of our high-risk patients have been vaccinated,” she said. “There may be more out there who have received their flu shots but have not reported it yet.”

An 80-90 percent vaccination rate for the entire base

community is also a goal, Hamm said.

“This helps establish herd immunity and protects the community, even those unvaccinated, from an influenza outbreak,” she said.

Although seasonal flu virus-

es can be detected year-round, flu activity is most common during the fall and winter months, according to the CDC.

This season’s flu vaccine protects against two types of influenza A — the H1N1 and H3N2 viruses — as well as an influenza B virus strain.

“This year’s surveillance finds influenza A viruses are most common and genetically similar to virus types in this year’s vaccine,” Hamm said.

The CDC is again recommending only injectable flu shots this year, she said.

“The nasal spray is no longer used at our clinics,” Hamm said. “Shots have been found to be more effective.”

Not everyone should receive the flu shot, she said.

“People who should not be vaccinated are those who are younger than 6 months old, who have an allergy to vaccine components or who have had an allergic reaction to flu vaccine in the past,” Hamm said.

In addition, people who are sick should wait until they are well to receive the flu shot, she said.

Because flu viruses circulate in places where people are in close proximity and are transmitted by contact or by tiny droplets made when people with flu cough, sneeze or talk, good hygiene is another important preventive measure.

“To keep the flu away, wash your hands frequently with

soap and water or use a hand sanitizer, cover your coughs and sneezes, stay home if you’re sick and have a plan to care for sick family members at home,” Hamm said.

Described by the CDC as “a contagious respiratory illness caused by influenza viruses that infect the nose, throat and sometimes the lungs,” the flu can cause mild to severe illness and at times can lead to death.

Symptoms can include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue.

Although flu immunizations begin in the early fall, it’s not too late to receive a flu shot, Hamm said. With rare exception, everyone 6 months of age and older should get a flu vaccine every year before flu activity begins.

At military installations, influenza prevention helps ensure mission readiness.

“We want our active-duty members to be vaccinated so they don’t lose duty time and impact the mission,” she said. “For our high-risk population, we want them to be immunized so they don’t get sick and have to be hospitalized.”

JBSA immunization clinic phone numbers are: JBSA-Fort Sam Houston, 916-3077 for pediatrics and 916-3011 for adults; JBSA-Lackland, 292-2345; and JBSA-Randolph, 652-3279.

## New JBSA-Fort Sam Houston Exchange making progress

From 502nd Air Base Wing  
Public Affairs

The Army and Air Force Exchange Service, or AAFES, is making great headway on the first phase in a multi-phased development, according to the 502nd Civil Engineer Squadron’s project manager, Abraham Goodwin.

The new Exchange shopping center will occupy 210,000

square feet and is expected to be complete in early 2020.

“Although much of the work remains, the contractor is making pretty good progress,” Goodwin said. “Soil excavations will continue into the spring and will be followed suit with foundation/utility work.”

The shopping center will replace the current Exchange, which was built in 1971 and most recently remodeled in 2010.

The new center will consist of the main Exchange, mall and food court (replacing the current one), and separately located Exchange and PXtra stores to provide modern, convenient one-stop shopping. The food court will include eight restaurants: Starbucks, Sarku Japan, Freshens, Subway, Charleys, Boston Market, Qdoba and Arby’s. The mall will include 12 convenient services, 10 kiosks, a

dental clinic and a pharmacy.

“Approximately 263,000 authorized shoppers live in the greater San Antonio area and will benefit from a modern shopping experience, while helping improve the quality of life for those who call JBSA-Fort Sam Houston home as 100 percent of Exchange earnings support service members and their families,” according to AAFES officials.

Two-thirds of Exchange earnings support Army Child Development Centers, Youth Programs and Fitness Centers, Air Force Outdoor Recreation, school lunches for Warfighters’ children overseas and combat uniforms. The remaining earnings support improving the shopping experience, including new shopping centers like the one currently under construction.

# LACKLAND

## IAAFA students benefit from learning English

By Mary Nell Sanchez

502ND AIR BASE WING  
PUBLIC AFFAIRS

Each year the Inter-American Air Forces Academy at Joint Base San Antonio-Lackland graduates a certain number of students who leave the academy with an added bonus that will assist them in future international endeavors.

IAAFA recently completed its English language course taught to students interested in expanding their knowledge. The course is offered three times a year and is in big demand, according to Tech Sgt. Alfredo Miranda Rosales, 837th Training Squadron and IAAFA Training Management and Development flight chief.

"I think that when we talk about a common language in the Western Hemisphere, it just helps what we call inter-operability," said Miranda Rosales.

Not every student is able to take the English language course. It is offered on a first-



COURTESY PHOTO

*Airmen Laura Mendez Murcia (right) displays her English class certification of completion during an Inter-American Air Forces Academy ceremony held recently at Joint Base San Antonio-Lackland.*

come, first-served basis and it fills up fast. Approximately 60 out of 300 students attending each semester are selected after being interviewed and given a written test.

The course is taught by volunteers from across JBASA-Lackland, 44 volunteers this past year. Students take the class two hours a night, 15 evenings during the semester, after

they have completed their technical courses during the day.

"What they do in the classroom during the day further expands it at night by exposing them to a little bit more Inter-Americanism," said Miranda Rosales.

Airman Laura Mendez Murcia was one of them. The Colombian aircraft technician student completed the course

in December 2017.

"The English course is necessary because I am a student now and I can put this certificate in my records and this can open doors in the future," said Mendez Murcia.

Her class consisted of learning the language basics, but it was also customized to fit her technical training course she was taking.

"In my course, all the technical manuals were in English," said Mendez Murcia who spent a lot of time in her class speaking English. "If you want to learn English, you have to practice it and make it part of you."

The volunteers who teach the course assist students whose knowledge proficiency ranges from knowing the basics of the English language to others who are more advanced in their understanding of English.

"I think the student is grateful to be able to be exposed to the language and be able to

hear native speakers and the lingo that some of them use," said Miranda Rosales.

Each student could be doing something else after class with their time, Miranda Rosales adds, but they know the benefits a course like this brings to them.

While it's not always an easy road to maneuver, it is definitely worth it.

"I encourage you to go out of your comfort zone," he said.

The learning continues well after the students return to their native countries.

"I have to practice with the computer, books and my friends," said Mendez Murcia.

Miranda Rosales said they are always looking for new volunteers but added many of their past instructors keep volunteering.

"[The instructors] realize how important it is to have a language that can communicate across the seas," he said, adding both instructor and student benefit from the experience.

## 25th Air Force officials release revised mission, vision and priorities statements

From 25th Air Force

Twenty-Fifth Air Force officials released new mission, vision and priorities statements today, highlighting the capabilities 25th Air Force Airmen provide the Air Force and Joint teams and how 25th Air Force is postured to adapt to a dynamically-changing national security environment.

The new mission statement is: "We execute worldwide intelligence, surveillance and reconnaissance to protect and defend the United States and its global interests."

The new vision statement is: "We will employ innovative ISR, Cyber, & EW capabilities, fully integrated into joint multi-domain operations, to detect, disrupt, deter, destroy and defeat our adversaries."

The new priorities are: Plan and Execute Today's Fight; Restore Readiness, Drive Innovation, and Anticipate Tomorrow; Develop and Strengthen our Dedicated Professionals and their Families; and Integrate 24th Air Force and 25th Air Force Missions and Capabilities.

"These new mission, vision and priorities statements more accurately reflect

who we are and the capabilities our Airmen provide," said Maj. Gen. Mary O'Brien, 25th Air Force commander.

"Unpredictable fiscal resources, emerging technologies, and an increasingly complex and dangerous world are some of the variables driving us to revise these fundamental statements. What hasn't changed is our Airmen - they're incredible and doing amazing things."

The new mission, vision and priorities statements form the foundation for the 25th Air Force Strategic Plan, which O'Brien anticipates releasing in March 2018.



COURTESY GRAPHIC /

# JBSA offers various resources to deal with harassment, assault

By Mary Nell Sanchez

502ND AIR BASE WING PUBLIC AFFAIRS

Programs and resource assistance offer members in the Joint Base San Antonio community with available help in dealing with harassment and assault.

Two years ago, the Green Dot program was rolled out at JBSA. It is the result of the Air Force listening to the community where such acts can occur.

"The Air Force, in response to listening to the people, surveys ... looked for more user-friendly, effective ways to deliver the message that power-based personal violence is not tolerated," said Dr. Michael W. Campbell, implementer of the Green Dot program.

The program's focus is to look at ways of changing the conversation and is more reactive.

Campbell said people often aren't willing to get involved when situations arise for a variety of reasons. Some reasons include people not having the temperament to step in, being afraid of jeopardizing someone's career, or fearing retaliation for speaking up.

Previous training was focused on "if you see something, do something," said Campbell. The Green Dot program now takes a different approach.

"We want you to do what you are comfortable with," he added.

Such approaches include taking direct action if you feel comfortable confronting the situation, distracting the person in the throes of committing harassment or delegating to someone else such as a supervisor or friend. Because everyone's personal barriers are different, it is often difficult to step in.

The available training, however, is helping.

"People have reacted positively to Green Dot training," said Campbell.

Across JBSA, green dots located on outdoor building signs often greet visitors as a reminder that staffers have been trained with the mission of keeping things professional in and out of the workplace.



GRAPHIC BY AIRMAN 1ST CLASS RYAN SPARKS

*The Green Dot program offers members of the Joint Base San Antonio community programs and resource assistance in dealing with harassment and assault.*

Green Dot is taught Air Force wide and is mandatory. Training begins as soon as new recruits join the military.

"This [training] happens in every gender, every race, every religion, every sexual preference," said Campbell.

Training takes about an hour to an hour and a half, depending on the group. Refresher courses are also taught every year.

Despite training aimed at preventing harassment and assault, there will be cases that do escalate. That is where Master Sgt. Victoria Miller steps in.

Miller is a victim advocate for JBSA, a community advocate for the JBSA Sexual Assault Response Team, and she volunteers her time.

"No matter what has been said or reported, we all have the responsibility to maintain respect and dignity," said Miller.

Miller said there are two ways to report cases. They include non-restrictive reporting and restricted reporting. Once reported, an advocate is dispatched.

A restricted report allows a sexual assault victim to confidentially disclose the details of his or her assault and receive medical treatment and counseling. This does not include an investigation and the victim's chain of command

is not notified.

"For restricted reporting, eligible members are active duty, active duty dependents from 18 years plus," said Miller. She added victims can always change their report to an unrestricted one.

An unrestricted report also allows the victim to disclose the details of his or her assault and receive medical treatment and counseling. However, law enforcement is notified in these cases, as well as someone in the victim's chain of command.

Miller is not involved in either reporting process to ensure that any exchanges between herself and the victim remain between them.

"Once they tell a victim's advocate something, it's private and confidential. We're here to help and support them," said Miller, who sometimes accompanies a victim to an appointment during the investigation.

Victims at JBSA-Lackland can contact the Sexual Assault Response Coordinator located at 1880 Carswell Ave. Ste. 3, building 9020 for assistance.

If you need to report a sexual assault, Miller said the first thing to do is get to a safe location. Then, call 210-888-7272. Support is also available at JBSA-Fort Sam Houston and JBSA-Randolph.



# Driving safe, smart in school zones still a priority for JBSA

By Tech. Sgt. Shane A. Kinman  
802ND SECURITY FORCES SQUADRON

With the second half of the school year underway for 2018, it is important to remind everyone to drive smart and obey all traffic laws while driving on Joint Base San Antonio, especially around the schools and housing areas.

Vehicle drivers are required to slow down to the posted speed limit within a school zone. Drivers should be able to stop in time at the posted speed limit if a child should dart out in front of them.

Drivers are also required to stop on both sides of the road when school bus stop signs are out and red lights are flashing.

Vehicle drivers must be observant and obey all speed limits, traffic signs, crossing guards and other signals including those on school transport vehicles to promote safety within a school or child safety zone.

Some common violations and fees encountered by military law enforcement regarding pedestrian and school zone safety include utilizing a cellphone in a school crossing zone with a \$50 fine for civilian, three driving points for military and passing a stopped school bus with up to \$2,000 on a second offense for civilian, four driving points for military.

According to the National Highway Traffic Safety Administration, from 2004 to 2013, nine bicyclists

and more than 116 pedestrians were killed while traveling on their way to school. There were more school-age pedestrians killed between the hours of 7 and 8 a.m. and between 3 and 4 p.m. than any other hours of the day.

To further enhance school transportation safety, NHTSA offers the following traffic tips for everyone (motorists, children and their parents):

Walking to school is safer when children:

- » Walk with an adult, responsible older sibling, or in a group.
- » Walk focused and alert. Never use electronics when crossing the street.
- » Pay attention to their surroundings and don't play with, push or shove others.
- » Cross at a corner, in a crosswalk, or with a pedestrian WALK signal.
- » Stop and look left-right-left for all traffic, including bicycles, before crossing. Cross only when it is clear.
- » Wear bright colors and/or use lights or reflective gear to be more visible to motorists.

Biking to and from school is safer when children and adults alike:

- » Wear and buckle a properly fit helmet every ride.
- » Wear bright colors and/or use lights or reflective wear to be more visible to motorists.
- » Ride focused and alert — never using electronics or both ear buds while riding.

Be smart for 2018 and drive safe.



COURTESY PHOTO

# RANDOLPH

## Enlisted Character Development Center at JBSA-Lackland raises the bar for Airmen

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

The Enlisted Character Development Center, located within the Enlisted Heritage Museum at Joint Base San Antonio-Lackland, has now served the local Air Force community for three years.

Their mission is to preserve and honor the history and heritage of the enlisted force while educating current service members and the general public on their sacrifices to safeguard America. Through their work, they underscore the importance of foundational character traits such as courage, resilience, sacrifice and duty.

"The importance of the Enlisted Character Development Center lies in the fact that we don't want to just continue developing only technically sound Airmen," said Master Sgt. Jorge Cortijo, U.S. Air Force Airman Heritage Museum & Enlisted Character Development Center command military training instructor. "The focus is to create an Airman with the right qualities, with the right character traits who then becomes a specialized technician."

The program's creator, Gen. Robin Rand, former commander of Air Education and Training Command, understood that the path of character development for an enlisted member is entirely different from that of an officer and wanted to bridge the gap.

"The program is doing that today," Cortijo said. "Working



Retired U.S. Navy Adm. William H. McRaven speaks to service members during a Profiles in Leadership seminar Jan. 10 at Joint Base San Antonio-Lackland.

TECH. SGT. AVE YOUNG

with entities like the Center of Character and Leader Development at the Air Force Academy, we're starting to bridge the gap," he said. "Now a young leader graduating from the Air Force Academy can meet a young enlisted leader and both can be speaking the same language when it comes to character development."

Pride comes from the history and heritage that is shared among a group, Cortijo said.

"You see that a lot in sports, where somebody's pride really has nothing to do with their membership to that team," he said. "It has to do with how they feel connected with the past, with the previous wins, with the previous victories."

That is an area that we believe is highly untapped because of

the nature of what we do, which is mission first, learning how to do your job ... but then we lose the essence of what Airmanship is.

"Profiles in Leadership is an event that stands on its own, separate from the enlisted character development series," Cortijo said. "The enlisted character development series is more focused on the audience of the enlisted members because these are stories shared by enlisted individuals or individuals that have been very involved in the enlisted community. Profiles in Leadership is open for all audiences, because the idea here is that anybody can benefit from the perspective of character of a high-level leader."

During the latest Profiles in Leadership seminar, retired

Adm. William McRaven, the guest speaker, said there really can't be a great leader without great character.

"Those attributes of duty, honor, country, integrity ... these are important to a good leader, and if you have those qualities, you will probably be a good leader," he said.

Cortijo said he hopes everybody understands that every time one of these events is conducted, they can change the world.

"Some people may have a hard time relating to a speaker such as a top Navy SEAL or commander of special forces because they do not believe they can measure up to that person," Cortijo said. "But once that individual starts speaking, you realize they're a human

being that went through similar struggles as the rest of us.

"They have similar decisions to make as the rest of us and that somewhere in there, through the help of mentors, through the help of the community, through internal introspection they gained a sense of what they needed to do in order to change their own world and eventually the world around them," he continued.

Individuals who have attended the seminars or have seen the seminars through the center's YouTube channel have wanted to do everything from being involved from far away to bringing the program to their installations.

"We are not yet at a stage where we can deliver this internationally," Cortijo said. "However, entities like the Profession of Arms Center of Excellence have partnered with us so that we can develop a curriculum together since we speak on the same areas when we're talking about character development."

Feedback about the program indicates it is useful and necessary.

"A lot of commanders say that is what has been missing," Cortijo said. "But we're still at a stage where we're trying to look for the best way to say we're going to weaponize character development."

"I feel privileged about the fact I get to create and help the Air Force continue its mission of creating better Airmen, not just through tasks and technical savvy, but through the transformation of the individual," Cortijo said.

# Veterans Affairs dental clinic opens at JBSA-Randolph

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

A partnership between the Department of Defense and the U.S. Department of Veterans Affairs is allowing veterans to receive dental care at the Joint Base San Antonio-Randolph Medical Clinic.

The satellite VA dental clinic, which occupies a suite of rooms on the second floor of the 359th Medical Group facility on 3rd Street West, opened Nov. 1 and served more than 400 VA dental enrollees by the end of the year.

"This is groundbreaking for the 59th Medical Wing," said Col. Kristen Beals, 359th MDG commander. "It's a template for other bases and their medical facilities. We want to use this partnership with the VA as an example to spark interest at other clinics."

One of the advantages of the satellite clinic is accessibility to eligible veterans who live closer to JBSA-Randolph than to the main VA dental clinic on Data-point Drive in the medical center area, said Maj. (Dr.) Sarah Wheeler, 359th Aerospace-Medicine Squadron Dental Flight commander.

"This clinic gives the VA the ability to see more patients and improve their access to care," she said.

The VA clinic is contiguous to the 359th MDG's dental clinic, which serves an active-duty population but also supports the VA clinic by providing patient treatment items — restorative materials, infection control items and other supplies — as well as sterilization and processing of all instruments, Wheeler said.

"The VA has been supplying any

additional specific patient care items and lab support for VA patients," she said.

One of the reasons the JBSA-Randolph clinic was an ideal location for the partnership was the availability of space, Wheeler said.

"The Randolph dental clinic was a squadron until 2013," she said. "The transition from squadron to flight resulted in a decrease in the number of dentists in the clinic, leaving available space and equipment."

The VA clinic consists of a waiting room, five dental treatment rooms and rooms dedicated to dental instruments, a wheelchair-accessible panoramic X-ray machine and computer equipment.

The staff, which is employed by the Department of Veterans Affairs, is led by one dentist, Dr. Jake Williams, and also includes two dental assistants, one hygienist and one receptionist who also schedules appointments. Due to the success of the partnership, the VA is planning to add another dentist and hygienist.

"The purpose of our clinic is to better serve veterans in the area," Williams said. "It's working out well."

The clinic provides general dentistry services such as cleanings, fillings, implants, X-rays and dentures, but not orthodontics or oral surgery.

Setting up the clinic posed a few challenges, including the installation of a separate computer system and providing base access to veterans seeking dental services, said Maj. Stuart Fillmore, 359th MDG administrator. But the process has been facilitated with the cooperation of the 502nd Security and

Readiness Group, including the JBSA-Randolph Visitor Control Center and 502nd Security Forces Squadron.

"We could not have done this without them," Beals said.

In addition to providing veterans with more access to dental services, the VA clinic offers other advantages.

"The DOD and VA are partnering on space, a new electronic medical record in the future and shared purchasing to better serve the veterans and active-duty service members, all with the goal to better use taxpayer resources," Wheeler said.

A patient comment board reveals the clinic has received accolades from patients.

"We've had nothing but enthusiastic, positive remarks from our veteran patients," she said. "They are happy to be seen closer to home and at a clinic on a military installation."

The VA dental clinic's hours of operation are 7:30 a.m. to 4 p.m. Monday-Friday; the appointment line number is 652-1707.



SEAN WORRELL

*Dr. Jake Williams, Veterans Affairs dentist, inspects a patient's teeth Jan. 9, 2017, at Joint Base San Antonio-Randolph.*





COURTESY PHOTO

*Airmen medics wearing mission-oriented protective posture gear load a mannequin onto a transport vehicle during nighttime training at Joint Base San Antonio-Camp Bullis. The training focuses on teaching Airmen medics about the challenges that might occur during a chemical or biological event.*

## Equipment training prepares Airmen medics

**By 1st Lt.  
Geneva Croxton**  
AETC PUBLIC AFFAIRS

With support from Air Education and Training Command and various major commands, the AETC surgeon general has implemented new scenarios for Airmen to use individual protective equipment during the Expeditionary Medical Support Course and Aeromedical Evacuation & Patient Staging Course at Joint Base San Antonio-Camp Bullis.

The newly implemented training focuses on helping Airmen medics improve critical thinking skills, strengthen information sharing and communications, endure mental and physical exertion and execute medical surge capabilities while wearing IPE.

"These scenarios drive the students to don their IPE by using the steps outlined for the appropriate mission-orientated protective posture level,

while receiving a scenario brief and rules of engagement," said Lt. Col. Jennifer Garrison, AETC Surgeon General's Office Medical Readiness Division chief. "This prepares students for the critical thinking needed to execute task requirements during the exercise scenarios."

During the courses, students experience scenarios consisting of field triaging suspected contaminated casualties, forward stabilizing and resuscitative care, casualty evacuation prep, casualty transport, loading and unloading casualties from various transportation platforms and learning to mitigate harmful exposures.

Airmen medics have found the new training beneficial.

"Students embraced the training," said Garrison. "They definitely walked away with a better understanding of challenges that might occur during a chemical

or biological event. The threat is very real today, and medics need to be prepared to treat patients without contaminating themselves in a chemical, biological, radiological and nuclear environment."

The training at JBSA-Camp Bullis is one portion of AETC's requirement to the Air Force Medical Service, which is to ensure the Air Force Medical Service receives the right number of highly trained Airmen and that they are equipped to execute the Air Force mission.

"To ensure requirements and capabilities are met for the combatant commander, critical training resources are needed to defeat our adversaries," said Garrison. "We accomplish this by leveraging funds to modernize and expand AFMS training and exercises that provide realistic training opportunities for our Airmen medics at all times."