

JBSA LEGACY

WWW.JBSA.MIL

JOINT BASE SAN ANTONIO

MARCH 23, 2018



PHOTO BY JOSE E. RODRIGUEZ

Sgt. 1st Class Magalie Atilus, Delta Company, 232d Medical Battalion, marches with Advanced Individual Training Soldiers at Joint Base San Antonio-Fort Sam Houston. Atilus recently graduated from the Drill Sergeant Conversion Course at Fort Jackson, S.C.

Drill Sergeants return to JBSA-Fort Sam Houston

Page 7



Military working dogs continue legacy of service

Page 14



Test pilot briefs T-6 nation, identifies problems

Page 17

COMMENTARY

Lead with L.O.V.E. to gain success

By Master Sgt. James Davis
326TH TRAINING SQUADRON

Love is arguably the most powerful emotion on this earth.

The thought is that if you love something you will treat it better. Imagine feeling loved by family and friends. Now take that and apply it to your branch of service.

I love the U.S. Air Force in many ways. A young captain's hands were the first hands to welcome me to this earth, at birth on Eglin Air Force Base, Fla.

While talking to some of my fellow Airmen about this article, we collaborated on an approach. They said, "Let's break it down into an acronym." I was immediately excited and began to take notes.

L stands for "Loyalty," and with loyalty comes many things that are very valuable to our great military.

Think for a moment about

someone or something that is loyal to you. Imagine how we can work on immersing our teams with an influential level of loyalty. This must come from the top and bottom on all levels of a team.

As an individual, when I feel my leaders and subordinates are loyal to the team, my 100 percent comes faithfully with no resistance. This emotion is so enduring that I will maximize all opportunities for the team's success.

This clearly leads us into the O, which is "Opportunity."

A great Chief Master Sergeant of the Air Force once told me in a speech that all he can give us is an opportunity and the tools; what we do with it is up to us.

How do we inspire our teams to achieve their maximum potential? We do this through love for each other, our team, our military, and most importantly, our nation. We get opportunities daily that

we can take full advantage of, but we often rationalize to procrastinate our future.

Rationalizing is part of human nature. The key is to not procrastinate, but rather find a reason why we benefit from an opportunity. Once you see how it will benefit your team, you will naturally want to accomplish it.

This creates clear value in our mission.

One of the most important things in life is values or what we "Value," which is the V. My belief is you will care for something you value. I believe we verbally state our values and then struggle with commitment. This is easily reaffirmed through loyalty to each other with love.

I trust in my team to commit to the ultimate sacrifice on completing the mission with success. The word value is easily watered down in today's view, but we have an opportunity to and must revive it in

our young military members.

It is easy to commit to "Excellence," the E, if we embrace the first three. Often, we think our effort is excellent, but are we really committed to the highest standards or is it only above standards with which we have grown comfortable? A lot of us put extreme effort into achieving the highest level of success.

We can achieve this with our team if we envelop these four ideals into our mission completely. We really need to think about the future of our military and how we can individually impact it.

I will leave you with this. In my unit, there is a great deal of L.O.V.E., from the top to the bottom. There are constant changes on the field of operations, and we rapidly adapt to these changes with fluidity. This leads the team into great success.

I challenge all the teams out there to lead with L.O.V.E.

Traumatic Brain Injury recognition critical to treatment

By Peter Holstein
AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

Knowing how to recognize the signs and symptoms of a Traumatic Brain Injury is critical to successfully treat these invisible wounds.

A TBI is a blow or jolt to the head that disrupts the normal function of the brain. The most common type of TBI in the military is mild TBI, commonly called a concussion.

"Although TBI is considered the 'signature injury' of modern warfare, the vast majority of TBIs are mild, and not combat related," said Maj. (Dr.) Jeffrey McClean, TBI Consultant to the Air Force Surgeon General. "Most TBI injuries occur as a result of more routine day-to-day activities, like sports injuries, falls, traffic accidents or other day-to-day risks. It can happen to anyone, anywhere and anytime."



**Know the
signs and
symptoms of
Traumatic
Brain Injury**

BRAIN INJURY continues on 3

COURTESY GRAPHIC

JBSA LEGACY

Joint Base San Antonio
Editorial Staff

**502nd Air Base Wing
and JBSA Commander**
BRIG. GEN. HEATHER PRINGLE

**502nd ABW/JBSA
Public Affairs Director**
TODD G. WHITE

**502nd ABW/JBSA
Chief of Command
Information**
ED PRINCE

Editor
STEVE ELLIOTT

Staff
SENIOR AIRMAN STORMY ARCHER
DAVID DEKUNDER
ROBERT GOETZ
AIRMAN 1ST CLASS DILLON PARKER
TECH. SGT. AVE YOUNG

JBSA LEGACY
ADVERTISEMENT OFFICE
EN COMMUNITIES
P.O. BOX 2171
SAN ANTONIO, TEXAS 78297
210-250-2052

This newspaper is published by EN Communities, a private firm in no way connected with the United States Air Force, under exclusive written contract with Joint Base San Antonio (JBSA). This civilian enterprise newspaper is an authorized publication for members of the United States military services. Content of the publication is not necessarily the official view of, or endorsement by the United States Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or EN Communities, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, provided, and/or approved by the JBSA Public Affairs Offices within the 502nd Air Base Wing. All photographs are Air Force photographs unless otherwise indicated.

Know the do's and don'ts of political activity

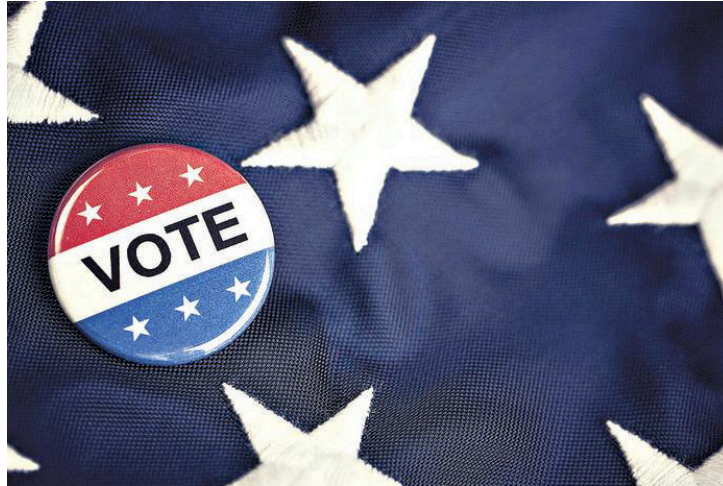
From 502nd Air Base Wing
Staff Judge Advocate legal
office

Since President Donald Trump has officially filed as a candidate for the 2020 presidential election, the 502nd Air Base Wing Staff Judge Advocate legal office reminds military members and federal employees of the do's and don'ts of political activity participation.

Military members in violation of these rules may face punishment under the Uniform Code of Military Justice. If you are unsure whether or not a political activity is approved, reference Department of Defense Directive 1344.10, Political Activities by Members of the Armed Forces, and Air Force Instruction 51-902, Political Activities by Members of the U.S. Air Force.

Active-duty military members may:

- » Vote
- » Express a personal opinion on political candidates
- » Contribute financially to a candidate and/or political party
- » Attend political meetings, rallies, debates, etc., as a spectator, but not in uniform
- » Serve as an election official, but not as a representative of a partisan political party
- » Display a political bumper sticker on a private vehicle
- » Wear a political button, but not in uniform or on duty
- » Sign a petition for specific legislative action
- » Write a letter to the editor of a newspaper expressing personal political views on issues and/or candidates
- » Solicit or raise funds when not in uniform off base for a partisan political cause or candidate



COURTESY GRAPHIC

Active-duty military members may not:

- » Use official authority or influence to interfere with an election
- » Serve in any official capacity or be listed as a sponsor of a partisan political club
- » Speak before a partisan political gathering of any kind
- » Participate in any radio, television or other program as an advocate of a partisan political party or candidate
- » Perform clerical or other duties for a partisan political committee during a campaign or on election day
- » March or ride in a partisan political parade
- » Conduct a political opinion survey under the backing of a political group
- » Distribute partisan political literature
- » Solicit or raise funds on base for political partisan cause or candidate
- » Participate in any organized effort to provide voters with transportation to the polls if the effort is organized by a partisan political party or candidate
- » Sell tickets or actively promote political dinners or events
- » Send political emails from government computers or use an official title in political emails
- » Display a partisan political sign, poster, banner or similar device visible to the public at one's residence on a military installation
- » Display campaign pictures, posters, screen savers and all other campaign material of candidates for partisan political office at work

The Hatch Act governs the permitted and prohibited political activities of government employees at the federal, state and local levels.

Just as military members may face

punishment for violating Department of Defense Directive 1344.10 or Air Force Instruction 51-902, federal civilian employees may be disciplined for violating the Hatch Act. Civilian employee discipline for Hatch Act violations can range from a 30-day unpaid suspension to removal.

Examples of prohibited activities under the Hatch Act include wearing partisan political buttons or T-shirts on duty; displaying photos of candidates (other than "official" photos) at the workplace; emailing and forwarding partisan political emails on government email to other federal employees; and engaging in political activity on duty, in any government office or in a government vehicle.

The Hatch Act does allow most civilian employees to take an active part in partisan political management and campaigns.

Specifically, federal employees may be an active member of a political party or club, make campaign speeches for candidates in partisan elections, distribute campaign literature, hold office in political club or party and serve as a delegate to a convention.

For a full list of the do's and don'ts under the Hatch Act, visit the Office of Special Counsel's website at <http://www.osc.gov/hatchact.htm>.

Complaints should be sent to the U.S. Office of Special Counsel, which is responsible for investigating reports or complaints concerning Hatch Act violations committed by covered federal employees. Specific instructions on how to file a complaint can be found online at <http://www.osc.gov>.

Any questions regarding the interpretation of the rules discussed above can be directed to your unit's Staff Judge Advocate office.

BRAIN INJURY

From page 2

It's important that all Airmen learn to recognize the signs of a TBI. Common physical symptoms of mild TBI include: headache, trouble sleeping, problems with balance, fatigue, nausea or vomiting, sensitivity to light and ringing in the ears.

You may also notice mental symptoms like slowed thinking, difficulty

finding the right word and lapses in concentration or memory. Mild TBI can also cause emotional responses, such as heightened anxiety, irritability, mood swings or depression.

"We want to make sure all service members are aware of the common symptoms and signs of a TBI, so they can recognize it in themselves, their fellow Airmen or their families," said McClean. "If someone may have a TBI, seek evaluation and treatment immediately from a medical professional. Most

people, if they get the right treatment quickly, will fully recover from a concussion without any residual problems, within a few weeks."

That's why early recognition is so important, McClean emphasized. The longer concussion symptoms persist without treatment, the longer it can take for the treatment to work. Behaving as if everything is normal and continuing everyday activities, especially strenuous ones, can also worsen concussion symptoms.

"Whether you're in the medical field or not, whether you're deployed or not, you can help Airmen suffering from TBI get the appropriate evaluation and care immediately," said McClean. "That maximizes their chance of a full and speedy recovery."

For more information, a pamphlet from the Defense and Veterans Brain Injury Center is available at http://dvbic.dcoe.mil/files/resources/DVBIC_SS_Mild-TBI_FactSheet_2015-09-23_English.pdf.

Naval History Essay Contest open to professionals, amateurs

From Naval History and Heritage Command

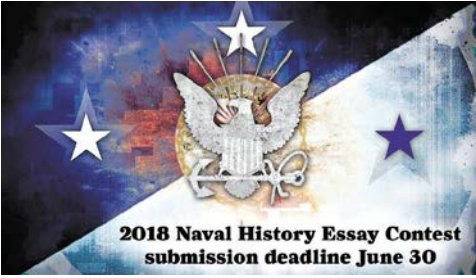
The Chief of Naval Operations, or CNO, has announced the requirements for the 2018 Naval History Essay Contest with a submission deadline of June 30.

The essay requires entrants to elaborate on a naval history topic of their choice that relates a lesson from history that applies to establishing and maintaining maritime superiority in today's environment. Specific requirements can be found in NAVADMIN 029/18.

There are a number of prizes at stake, including \$5,000 for first place, \$2,500 for the second-place entry and \$1,500 for third place.

According to the message, the CNO directed the contest to further our understanding of how lessons from history inform our way ahead. The goal of the contest is to inspire insight and dialog from across the widest spectrum of academic, operational, military and civilian personnel both from within the naval services and those with a sincere interest in the history of the Navy, Marine Corps and Coast Guard.

The essay contest is open to professional and amateur historians alike, whether they're in the Navy or not; whether they're U.S. citizens or not. The selections will be screened by the United States Naval Institute, or USNI, and the finalists will be presented to a joint committee comprised of senior staff from USNI (1 person), the U.S. Naval Academy (1), the Naval War College (1), the Naval History and Heritage Command



(1), the Office of the Chief of Naval Operations (2), and one distinguished naval historian from outside the Navy.

History's impact on the modern age can be a pretty broad question, so essay entries should be able to cut across an enormous array of answers.

The contest is not limited to specific subjects. You can also think more strategically, such as how the Navy has projected power differently across time. Unintended consequences of actions — good or bad — are also fair game. If it has to do with history, today, and the sea services, write about it.

"We're looking for subjects that study the history of the U.S. Navy, for sure, but any other historical, maritime history that relates to our maritime strategy,"

said Cmdr. Ryan Ahler, Naval History and Heritage Command's, or NHHC, assistant director for the Director's Action Group. "I think this is a really good opportunity for us to take a look at the long history of lessons learned and apply them to the present and how we maintain maritime superiority."

"The Navy is really looking for entries from a full spectrum of writers, not just professional historians and people who do this for a living, but also for entries from those on the deck plates," Ahler said. "The hardest part will be getting amateur historians and Sailors out in the fleet to submit, but honestly I think that's where a lot of the best stuff will come from."

Submissions may not exceed 3,500 words (excluding footnotes/endnotes/sources). Do not include your name on the entry. All submissions will be judged blind, so in addition to the essay, please create a separate attachment including your biography, phone number and mailing address.

Your submission package should be emailed to cnoessaycontest@usni.org with the subject heading the title of your essay. For more details, see the NAVADMIN, or go to <https://www.history.navy.mil/get-involved/essay-contest.html>. For more details about this contest, visit the NHHC CNO Naval History Essay Contest web page, or email jday@usni.org.

For more news from Naval History and Heritage Command, visit <http://www.history.navy.mil>.

JBSA RECEIVES REBATE FROM CPS ENERGY



MICHAEL WATKINS

(From left) Garrick Williams, JBSA Energy Solutions director with CPS Energy, presents Brig. Gen. Heather Pringle, 502nd Air Base Wing and Joint Base San Antonio commander; Col. Lee Fleming, 502nd ABW and JBSA vice commander; and Brenda Roesch, 502nd Civil Engineer Squadron director; a rebate check for \$62,763.04 at the 502nd ABW headquarters March 13 at JBSA-Fort Sam Houston. JBSA, CPS Energy's largest customer, received the check for its participation in a demand response program by the utility. "This is a great example of our partnership with the community," Pringle said. "We earned this by taking care of our community and reducing our consumption of energy." "CPS Energy appreciates the opportunity to work with JBSA as our partner," Williams added. "CPS Energy enjoys a great relationship with Joint Base San Antonio."

JBSA leaders sign Women's History Month Proclamation

Senior leadership honors impact of women in service on the nation

By José I. Sánchez-Alonso
502ND AIR BASE WING
PUBLIC AFFAIRS

Senior leaders of Joint Base San Antonio came together Monday to sign a proclamation calling for reflection and participation in this year's Women's History Month activities.

Celebrated in March, Women's History Month gives members of the JBSA community an opportunity to share and highlight the accomplishments women have made to the military and our nation.

Representing their respective services, Lt. Gen. Jeffrey S. Buchanan, commanding general of U.S. Army North (Fifth Army); Rear Adm., Rebecca J. McCormick-Boyle, commander, Navy Medicine Education, Training and Logistics Command; and Brig. Gen. Heather Pringle, commander, 502d Air Base Wing and Joint Base San



JOHNNY SALDIVAR

(From left) Air Force Brig. Gen. Heather Pringle, 502nd Air Base Wing and Joint Base San Antonio commander; Army Lt. Gen. Jeffrey Buchanan, commander of U.S. Army North (Fifth Army), at Joint Base San Antonio-Fort Sam Houston; and Navy Rear Adm. Rebecca McCormick-Boyle, commander of the Navy Medicine Education, Training and Logistics Command, gather March 12 at the Quadrangle to sign the 2018 Women's History Month proclamation.

Antonio, gathered to sign the proclamation honoring women throughout American history.

"We call upon all the military and civilian personnel throughout Joint Base San Antonio to observe this month's activities and programs, reflect on the marks made by women throughout history and honor the countless women who sacrificed and

strived to ensure all people have an equal opportunity at pursuing the American dream," the proclamation read.

Senior leaders echoed the resounding words from the proclamation by emphasizing what women have contributed to our nation.

"Women's History Month is about recognizing those contributions, even when our histo-

ry, maybe, didn't do such a great job telling those stories," Buchanan said.

McCormick-Boyle recounted experiences from her early days in the U.S. Navy and expressed her admiration for the efforts and changes that have occurred in the decades since her commission.

"In 1981, women were still being told they'd have to leave

active service if they got married, or if they got pregnant and had children. That's tremendous now when you see that women are able to continue their service, continue the trajectory of their careers and their contributions to our country," McCormick-Boyle said.

Pringle took the opportunity to share a message for women in the U.S. Armed Forces.

"Women serve in a lot of different capacities and I know they're doing it well," she said. And I tell you what, we owe it to the future to make today's military even better than when we entered. So, do your best, work hard, keep looking forward and make it better than when you entered."

Women's History Month activities on JBSA take place throughout the month of March and include a women's health fair, Zumba class and a women's luncheon honoring the Women in the Air Force, better known as WAF. The WAF served in the U.S. Air Force before women were integrated into the armed forces on equal footing with men.

Army vice chief of staff: Women vital to 'strength of our Army'

By David Vergun
ARMY NEWS SERVICE

History is replete with inspiring examples of female Soldiers who served, said the Army's vice chief of staff.

"Today, women are a vital part of the strength of our Army," said Gen. James C. McConville, who spoke on Capitol Hill March 12 as part of the 10th Annual U.S. Army Women's Summit.

The general said a female inspired him very early on in his own career. That woman, Gale O'Sullivan Dwyer, was his classmate during high school in Braintree, Mass. Coincidentally, McConville and Dwyer both entered the same class at the U.S. Military Academy at West Point, N.Y., he said.

At the time, McConville acknowledged that he had some challenges going through the academy. It was Dwyer who

inspired him to persevere, he said, describing her as "tough as nails."

Throughout his career, McConville said he's seen "hundreds of formations with women, motivating Soldiers left and right."

The vice chief of staff provided another account of a female Soldier who inspired him. When he was a brigade commander in the 1st Cavalry Division in Iraq in April 2004, he said he got a call from the 1st Armored Division, saying that enemy fighters were on the verge of overrunning a small outpost in Najaf.

Fortunately, McConville said he had a team of Apache helicopters available, led by Chief Warrant Officer 2 Cindy Rozelle, outside of Baghdad. The helicopter team launched, arrived at Najaf in about 35 minutes, and came in shooting, he related.

"I don't recall any of those Soldiers

whose lives were saved talking about her gender," McConville said. "They were just happy to be alive."

Recent milestones

McConville listed some recent achievements made by women in the Army:

- ▶ Last year, Simone Askew became the first African-American woman to hold the position of First Captain of the U.S. Military Academy's Corps of Cadets. Askew was also selected as a Rhodes Scholar.
- ▶ Last fall, six women earned Expert Infantry Badges during testing at Fort Bragg, N.C.
- ▶ By the end of 2017, more than 600 female Soldiers were in infantry, armor and artillery positions that were only recently opened up to women.
- ▶ Today, every infantry, armor and artillery battalion in every single active-duty

brigade combat team has women assigned — up to hundreds in some BCTs.

- ▶ Ten women graduated from Ranger School.
- ▶ Seventeen percent of the Army or 174,000 Soldiers, consists of women. That number approaches the active-duty end strength of the Marine Corps.

Talent management

Now that all military occupational specialties are open to women, it's more important than ever that the Army knows how best to identify and use the talent it has in its workforce.

McConville said that talent management is about putting the right person in the right job at the right time. Another part of talent management, he said, is "leveraging the strength of diversity." Women are an important part of that diversity, he said.

FORT SAM HOUSTON

Drill Sergeants back at JBSA-Fort Sam Houston

By Jose E. Rodriguez
AMEDDC&S

Next time you see Army Soldiers marching on Joint Base San Antonio-Fort Sam Houston, you may notice something different; Drill Sergeants, complete with campaign hats and badges.

Eight U.S. Army Medical Department Center and School Advanced Individual Training, or AIT, platoon sergeants recently graduated from the two-week Drill Sergeant Conversion Course at the U.S. Army Training and Doctrine Command, U.S. Army Center for Initial Military Training and U.S. Army Drill Sergeant Academy.

The Army approved the change of AIT platoon sergeants to drill sergeants, which began implementation with the graduation of the first conversion course March 9. The visual symbols of discipline — the drill sergeant campaign hat and badge — further extends their sphere of influence. Drill sergeants in AIT will further the goal of a seamless transition to the operational Army with disciplined, fit and combat-ready Soldiers ready for their first unit of assignment.

In 2007, the Army removed drill sergeants from the AIT environment. AIT platoon sergeants replaced drill sergeants as mentors for new Soldiers, with the goal for the AIT platoon sergeants to prepare new Soldiers for their first unit of assignment and to acclimate them to leadership in an operational Army environment.

Based on feedback from operational units, the Army has made the decision to put drill sergeants back in AIT. The first thing a new Soldier



SGT. 1ST CLASS BRENT L. ANDERSEN JR.

Army Medical Department Center and School graduates of the first Drill Sergeant Conversion Course at Fort Jackson, S.C.

sees when they get off the bus for day one in the Army is a drill sergeant. The continuity of having drill sergeants in AIT will better serve in the Soldiers' growth as they prepare for their first unit of assignment.

For the AMEDDC&S drill sergeants who graduated from the course, the conversion is more than a hat and a badge.

"It's a badge of honor," said Sgt. 1st Class Brent L. Andersen Jr., AMEDDC&S AIT Platoon Sergeant/Drill Sergeant Manager. "The drill sergeant hat and badge are instantly recognizable."

"It's a reminder to any Soldiers that see the drill sergeant hat Soldiers to sit a little straighter, it's a flashback to basic training," said Sgt. Maj. Grant S Dupoux III, U.S. Army Reserve, Senior Enlisted Advisor.

"In the entire Army community when you see that drill sergeant hat everyone knows

exactly what that means," said Command Sgt. Maj. Buck O'Neal, AMEDDC&S Command Sergeant Major. "I don't expect a difference between platoon sergeants and drill sergeants. It's still the same individual under that hat, the performance and expectations will still be the same when they return from the course. However, when AIT Soldiers see that drill sergeant hat they know there's a certain level of expectation. Every single person in the Army has met a drill sergeant. Every single Soldier understands what being a drill sergeant is about. They know they are the standard bearer. Without a doubt this will positively affect everyone on the campus."

Currently serving AIT platoon sergeants who have graduated from the AIT Platoon Sergeant Course on or after Jan. 21, 2017, are required to become drill sergeants. Serving AIT platoon sergeants who



JOSE E. RODRIGUEZ

Sgt. 1st Class Brent L. Andersen Jr., Advanced Individual Training Platoon Sergeant/Drill Sergeant Manager, with Soldiers from Delta Company, 232d Medical Battalion at Joint Base San Antonio-Fort Sam Houston.

have between 13 to 18 months of time can volunteer to extend for an additional year as a drill sergeant. Army wide approximately 600 AIT platoon sergeants will become drill sergeants, based on eligibility. At AMEDDC&S, 60 platoon ser-

geants will convert to drill sergeants approximately over the next year.

For more information on Army drill sergeants, visit the Army.mil Features website at <https://www.army.mil/drillsergeant/>

Construction progressing on new exchange shopping center

By David DeKunder

502ND AIR BASE WING PUBLIC AFFAIRS

Construction of a new \$54 million exchange shopping center at Joint Base San Antonio-Fort Sam Houston is progressing as project officials anticipate the laying of the building's foundation in the summer.

The new 210,000-square-foot Army and Air Force Exchange Service Center is being constructed across from the current exchange center at Henry Allen and Winfield Scott roads, which was built in 1971. The new exchange center is expected to be completed in spring 2020, replacing the current exchange building that will be demolished.

Abraham Goodwin, 502nd Civil Engineer Squadron/Civil Engineering Management project manager at JBSA-Fort Sam Houston, said work crews are laying down the infrastructure for the new exchange center, including putting in and rerouting of utility lines, the installation of water mains and storm and sewer drains and soil preparation.

"We are moving right along," Goodwin said.

If everything stays on schedule and weather permitting, Goodwin said work on the exchange center's foundation should begin in June or July.

A Burger King restaurant, which is located at the site of the new exchange center, closed March 2 so that workers could dig underneath the restaurant's parking lot to lay and reroute electrical and communication



DAVID DEKUNDER

Abraham Goodwin, 502nd Civil Engineer Squadron Civil Engineering Management project manager at Joint Base San Antonio-Fort Sam Houston, inspects the construction site of the new exchange shopping center being built at JBSA-Fort Sam Houston.

lines for the new exchange center.

The restaurant had been scheduled to close in late April, but circumstances related to the construction of new exchange center changed those plans.

"Because the soil was so unstable underneath the Burger King parking lot, it didn't allow for normal trenching for the lines," Goodwin said. "We had to do slope trenching which took up basically the entire parking lot. Now that Burger King is closed, we can get in there and get to those utilities."

The former Burger King is expected to be demolished next month once all the equipment is taken out of it and salvaged.

Goodwin said Burger King will relocate to a multi-fast food restaurant building that will be built on post and is scheduled to open in June 2019.

The new restaurant facility will be constructed at the site of the current Popeye's, located across from the PXtra store. To make room for the multi-fast-food restaurant, Popeye's will close in May or June and be demolished. Along with Burger King, Popeye's will move into the multi-fast-food building upon its completion next year.

As construction continues, Goodwin is warning people not to go through the construction zone. He said there have been instances in which people have entered the construction area through an access gate, which is open when workers are hauling dirt, to take a shortcut to the current exchange or commissary.

"We still have folks entering the construction site," he said. "They need not to do that because it's dangerous and we don't want anyone hurt because my number one priority is safety for the residents, service members and workers."

Once completed, the new shopping center will be twice the size of the current one and include a main exchange, mall, expanded food court and a PXtra store. Included in the mall will be a dental clinic and pharmacy, 10 kiosks and 12 convenient services.

Dignity and protection: Walking cane self-defense

By Robert A. Whetstone

BAMC PUBLIC AFFAIRS

The Jimmy Brought Fitness Center at Joint Base San Antonio-Fort Sam Houston was buzzing with activity Feb 3 as patrons seemed to be keeping their New Year's resolution to take care of their bodies.

There was also a distinct group of 40 active-duty service members, wounded warriors, veterans and family members who were there to learn the intricacies of walking cane self-defense.

Grand Master Mark Shuey and several other instructors from the Warrior Cane Project offered training to the group ranging in ages from 30 to 80 years old. Training consisted of threat awareness, blocking and striking techniques and throws.

"There is nothing worse than having three people coming at you (to attack), and then



ROBERT WHETSTONE

Master Phillip Lobo (left), a fighting and fitness instructor, demonstrates a cane self-defense strike technique on instructor Evan Payne Feb. 3 during the Warrior Cane Project at Joint Base San Antonio-Fort Sam Houston.

you're thinking, 'Gee, I wish I had my cane,' " Shuey explained. The team of instructors try to get veterans and wounded warriors to carry

their cane with them everywhere they go, so they can be prepared for the unexpected.

According to 2017 U.S. Department of Justice statistics,

persons with disabilities are three times more likely to experience a violent crime than those without disabilities.

Statistics show seniors, military veterans and wounded warriors who are less ambulatory are vulnerable to an attack. Shuey's instructors teach this special demographic how to protect themselves in the event they are in a situation to become victim to a violent crime.

"We're going around, helping any veteran that wants or needs it," Shuey said. "We want to let them know the cane is not a crutch. It's a tool you carry anywhere in the world.

"A lot of seniors who get diagnosed and have to use a cane, won't go out of their house anymore," Shuey said. "They're scared; they think they're falling apart; they're worried about being mugged."

Chief Warrant Officer 3

Robert Hunter, Brooke Army Medical Center Warrior Transition Battalion, heard about the cane self-defense training from a friend who works at the Center for the Intrepid.

"This is perfect because I use a cane," Hunter said. Hunter was issued a cane over a month ago following hip replacement. "I'm not old, but I'm walking slowly with this cane, and I'm still vulnerable."

The Warrior Cane Project has 5,000 followers on their Facebook page and they have helped more than 800 veterans to date. "People in that Facebook community are sending in their stories about what they've done and how the cane has helped them," Shuey said.

Hunter saw the value of cane self-defense training and its benefit to others.

"I would definitely recommend this training to other members of the WTB," Hunter said. "It's worth every minute of their time and I think it should be integrated into the WTB at least twice a year."

Cole robotics team prepares for state contest

By David DeKunder

502ND AIR BASE WING PUBLIC AFFAIRS

Three Cole High School students have earned a spot in the state robotics contest after their robotics project was judged the best in an area contest in January.

The Cole robotics team of Henry Yowell, Mitchell Hafer and Aydin Chewning won first place in the advanced level at the Texas Computer Educators Association, or TCEA, area robotics contest at Alamo Heights Junior School Jan. 20.

Nine schools competed in the advanced level at the area contest with the top two, including Cole, advancing to the TCEA State Robotics Challenge Contest April 7 at Hutto High School, near Austin.

Yowell, the robotics team captain, said he felt good about the team's chances of winning the area contest after the solid performance put in by the robot they worked on.

"I felt pretty confident we would get to state," Yowell said.

Yowell and Hafer, who are both seniors, have been working on their robot, a Lego brand robotics platform rover, since the start of school in the fall. Chewning, a freshman, joined the robotics team late in the first semester of school after winning a robotics classroom competition. He serves as the team manager, assisting Yowell and Hafer with some programming tasks for the robot.

The TCEA competition is based on the theme of "Mastering Mars," in which the students utilize the robot on a board representing the surface of Mars to prepare the planet for human settlement.

In the competition, the robot must pick up objects on



MICHAEL WATKINS

Cole High School students Mitchell Hafer (left) and Henry Yowell make adjustments to their robot while they prepare to test it in their classroom.

the board and bring them to the base station that is the site for the human settlement.

The students operate the robot using a program they can download to the robot's central processing unit to do the required tasks.

Hafer, who participated in his first ever robotics competition at the area contest in January, said working, designing and developing the robot has been an evolving process.

"It's pretty amazing to see how this robot has dramatically changed since its original conception," he said.

Since the robot must complete tasks in a certain amount of time during the competition, Hafer said he and Yowell have developed a robot that can perform tasks quickly and efficiently.

"I think the most important thing we had to keep in mind when designing our robot was the best way to score points," Hafer said. "It wasn't just a matter of what gets us the most points, but what we can do most reliably and usually in rapid succession."

Yowell and Hafer gave their reasons as to why they like working, building and developing robots for competition.

"I just like creating and building something and see if it works," Yowell said.

"I just like engineering in general, so getting to build part of this and programming it is something I find to be a lot of fun," Hafer said.

Gina Hanna, Cole robotics teacher and team sponsor, said all three members of the robotics team have dedicated many hours working on and preparing the robot for competition.

"They have worked together for months through trials and tribulations of building and programming these imperfect and at times unpredictable robots," Hanna said.

Cole sent a robotics team to last year's TCEA state contest, finishing ninth out of 60 schools. Yowell was a member of that team.

Hanna said the goal of the robotics team at state is to improve on last year's finish.

"This team has earned their first-place status and their spot in the state contest and I know they will do well, learn a lot and represent Cole High School beautifully," she said.

Women's History Month: Honoring women who fight discrimination

By Lori Newman

BAMC PUBLIC AFFAIRS

Brooke Army Medical Center held a Women's History Month observance March 12 in the hospital's Medical Mall. The event honored women who fight all forms of discrimination.

"Women of different ethnic and economic backgrounds have been taking up the fight for equality throughout our history," said Army Col. Traci Crawford, BAMC deputy commanding officer, during her opening remarks.

Crawford provided examples of women whose names were familiar, such as Clara Barton, Susan B. Anthony, Mary Walker and Amelia Earhart.

She then spoke about others whose names were not quite so familiar: Rachelle Horowitz, a key organizer for the 1963 March on Washington; Maria Mitchell, the first woman professional astronomer; Charlotta Bass, the first African-American woman to own and operate a newspaper in the United States and the first African-American woman nominated for vice president.

"Because of the tenacity of these women and countless others, we continue to strive for equal rights and equal pay for all people," Crawford said. "Today we have many great female role models in business, politics and our military."

Brig. Gen. Heather Pringle, commanding general, 502nd Air

Base Wing and Joint Base San Antonio, was the guest speaker for the event.

Pringle spoke about the influential women in her life.

"I am really fortunate," Pringle said. "I came from a long line of strong women."

The general highlighted her great-grandmother, Fern, and described the hardships she endured during the 1800s traveling from Michigan to settle in Wyoming and how she received her teaching certificate and taught school in a one-room school house at the age of 16.

"Talk about grit, strength and perseverance, Grandma Fern exemplified it all," Pringle said.

Pringle also spoke about some of the military women she has

met throughout her own career, including 1st Lt. Josephine Reaves, World War II nurse and veteran of D-Day, who was one of 40 nurses that landed in Normandy during the Battle of the Bulge to care for wounded Soldiers.

The general also mentioned Air Force Capt. Christy Wise among others. Wise is the sixth amputee and the first female amputee to return to the cockpit. She is currently a 71st Rescue Squadron HC-130J helicopter pilot.

The above-the-knee amputee spent about eight months recovering at the Center for the Intrepid at Joint Base San Antonio-Fort Sam Houston learning to walk, run and fly again. She

was also the U.S. team co-captain at the 2017 Invictus Games in Toronto.

"They have broken some barriers for us," Pringle said. "But, realize there are still some more opportunities that we need to pursue. I think we owe it to the next generation to make the most of the time that we have – the opportunities that we have – to pave the way."

Pringle urged people to take the time to talk to others to find out what their challenges are and help to break down barriers.

"As long as we all have grit and strength and perseverance we will make it a better military and a better way forward," she concluded.

Resiliency course helps student overcome hardship

By Staff Sgt. Tomora Nance
U.S. ARMY NORTH PUBLIC AFFAIRS

As she stood in front of her graduating peers with red, tear-drenched eyes holding her certificate, she shared a moment that forever changed her life.

"My mother passed away in January 2017," said Sgt. 1st Class Iris Autrey, as she paused to gather her thoughts. "I never got the chance to say goodbye or tell her how much I loved her.

"Although, I had prior resiliency training through the Army, it still didn't give me the relief that I needed. As the days turned into weeks and the weeks turned into months, my pain began to show more and more," Autrey said. "Coming to this course has helped me overcome a lot of the pain that I felt through the exercises we conducted in class."

Autrey and more than 25 other service members graduated from the weeklong Soldier 360 Resiliency Leaders Course held recently at the Vogel Resiliency Center at Joint Base San Antonio-Fort Sam Houston.

At the end of each course, the 360 Resiliency instructors host a graduation for the students. Each graduate has an opportunity to discuss what the course helped them realized about themselves after receiving their individual certificates.

"As time went on, I contemplated the loss of my mother. Losing her so unexpectedly brought up a lot of feelings that I thought I had dealt with previously," said the Fort Lauderdale, Fla., native. "I'm so honored that I had this opportunity."

The course is aimed at improving a leader's wellness, not only the physical and mental aspects, but the spiritual aspect as well.

"The course covers the physical, the mental, and the spiritual aspect of a person to ensure he or she is a well-rounded leader; hence, the name of the course — 360 Leadership; it covers everything, a real full-



STAFF SGT. TOMORA NANCE

Sitting beside her husband of 17 years, Sgt. 1st Class Iris Autrey (left), a combat medic specialist with Company A, 187th Medical Battalion, listens to a guest speaker during the 360 Leadership Resiliency Course graduation March 2 at Joint Base San Antonio-Fort Sam Houston.

spectrum course and teaches individuals how to deal with different aspects of life," said Autrey, who is an Army combat medic specialist.

"The training that we went through expands the knowledge and the skills that we learn in other military courses and gives us the tools that can be considered lifelong learning skills."

"It's a leadership course focused on equipping non-commissioned officers with more 'tools' to help them manage the stresses of everyday life or issues that their Soldiers may be facing," said Dr. Mary Lopez, the Soldier's 360 Leadership Course manager. "We take a full 360 approach to a leader, which encompasses mental, physical and spiritual aspects of a leader's well-being."

Autrey added, "It's like the famous quote: 'If you give a man a fish, you feed him for the day; teach a man to fish, and you feed him for a lifetime.' The program gives us those tools to learn how to 'fish' in order to

sustain us for a lifetime."

Some of the 'tools' that were discussed during the course are: stress management techniques, sleep management, journaling, diet, pain management, nutritional fitness, couples and parent-child communication, leadership, suicide prevention and physical conditioning.

Like many military courses, every morning began with physical training. But unlike other courses, this course was a break from the monotony of Army Physical Training, Autrey said.

"On the first day of class before we did any yoga, I thought to myself: 'We are just going to be in the room learning a bunch of deep breathing exercises.' But I quickly realized, yoga wasn't as easy as I originally thought. I got a great workout, and it was actually challenging to conduct the different stretches. It really worked on my core muscle endurance while improving my flexibility. I really enjoyed doing

yoga every morning."

Even her husband, Antonio Autrey, joined her for the course.

"The class was amazing in helping me with my communication skills with my husband; I really enjoyed this course because it allowed me to bring my husband along for the last two days," Autrey said. "Although we've been married for 17 years, the exercises helped us to get reacquainted with one another on a deeper level, which is weird because we've been married for so long."

One of the exercises that Autrey and her husband conducted was the "three-by-three."

Autrey described how the three-by-three is conducted:

"The three-by-three is an exercise where you sit across from your spouse, knee-to-knee and hand-in-hand, and talk about anything that you want to get off your chest for three minutes each while looking in each other's eyes; however, this exercise is meant to work on your

"The class was amazing in helping me with my communication skills with my husband; I really enjoyed this course because it allowed me to bring my husband along for the last two days. Although we've been married for 17 years, the exercises helped us to get reacquainted with one another on a deeper level, which is weird because we've been married for so long."

Sgt. 1st Class Iris Autrey

communication skills through active listening. It's not a bashing or a rebuttal session used to put your spouse down but rather to build each other up. You can talk about whatever is on your mind while being thoughtful of the other spouse's feelings."

Autrey said she thought three minutes was too long for the exercises, but, in the end, she realized it was time well-spent.

After 20 years of military service, Autrey said she feels confident in not only her ability to help others that may be going through hardships but to help herself with the new resiliency techniques she learned in the course.

And, now that the course has ended and she is returning to her unit, Autrey said she feels better as an individual and as a leader.

"I would recommend this course to everyone because it's so beneficial not only to help give you new 'tools' but to make you a better, more well-rounded leader," Autrey said.

LACKLAND

New air control tower planned for Kelly Field

By Mary Nell Sanchez
502ND AIR BASE WING
PUBLIC AFFAIRS

One of the oldest military airfield towers in the United States, located at Joint Base San Antonio-Kelly Field, is on track to be replaced for a much need-

ed, updated tower that could come as early as 2019.

The \$10 million construction project for the air tower at Kelly Field is being funded by Military Construction dollars, according to Lt. Col. Patrick K. McClintock, commander of the 502nd Operations Support

Squadron.

"If we didn't have an air traffic control tower, or the air control tower were to shut down for unknown reasons — infrastructure, air conditioning or equipment failure — then basically, we wouldn't be able to provide safe separation for the air traffic and then we'd have to shut [the airfield] down," said McClintock.

The tower cab is presently 230 square feet round, designed for three people instead of five that other towers can accommodate. Two air traffic controllers are usually designated for each shift. The tower utilizes 30 military employees, five civilian employees, and operates 24 hours a day, seven days a week, with the exception of some federal holidays.

During this continuous operation, problems can arise that affect the tower's mission.

One recurring problem that will be temporarily fixed while the new tower is being built is the air conditioning. With San Antonio's hot climate and the tower's old air conditioning system, conditions are not ideal.

"As we all know San Antonio temperatures are very hot. [If] our air conditioning fails again this summer and it is on its last legs, then when it fails we'd have to get a portable tower and it might take a couple of weeks," McClintock added.

Temperatures inside the cab can easily exceed 100 degrees, which causes equipment to overheat and air traffic controllers to work in taxing conditions. McClintock said the new air conditioning unit will help tower operations continue through the next two summers until the new facility is ready for use.

When the tower is shut

down, both sides of the runway are affected, according to Port San Antonio President and CEO Roland C. Mower.

"When they shut the tower down, they shut the field down," Mower added, since Kelly Field is one of the Department of Defense's joint-use airfields.

An additional \$10 million in state funds has also been approved to build an airport operations complex adjacent to the new tower and refurbish some nearby buildings. Port San Antonio applied for that grant to further support the partnership between JBSA-Lackland and itself since Kelly Field supports both military and commercial operations.

"Any company coming in on this side that's going to use the airfield wants to know they can get product in and out, whatever that product is," said Mower.

Port San Antonio also financed a site study for the new tower, according to McClintock.

"You sit down with air traffic control experts, you sit down with engineering experts, and you really kind of analyze where is the best location on the airfield to put a control tower," he said.

Some considerations included how high the tower would be, what angle it would be and what was the best place to position it against glare.

"[We] took that sighting study and it provided us with a solid foundation on how to design that tower, McClintock added.

Currently the project is about 35 percent complete as plans for a simulation room, a training room for future air traffic controllers and office space are figured out to the last square inch.

"I have the second-oldest tower in the Air Force. It is ridiculously old," said Master Sgt. Adam White, tower chief controller at Kelly Field.

The existing tower was designed in the 1960s and built in the early 1970s. White said back then there was no computer networking or electronic equipment that the tower uses today.

Since most new air traffic control towers cost about \$15 million, White is doing everything possible to use existing furniture and working tower equipment to keep costs down.

"If everything goes as planned, the design finalization should occur somewhere around the middle of May," said White. It will go for bid and I think three or four months — October — if [the bid] is accepted ... that's when we're going to start."

That start includes the demolition of surrounding buildings to make way for the new tower, which will be constructed near to the existing one.

For now, weekly conference calls are held to firm up or resolve any issues that may arise as the new tower goes through these initial steps. When it's time to break ground, both JBSA-Lackland and Port San Antonio will have jumped through a lot of hoops to arrive at this point.

"Basically [Port San Antonio is] our customer. Our customer expects something out of us," said White. "It's a partnership. It's a dance. [Port San Antonio is] here because these guys helped us get this far. They're in here because they have an interest in the future of the airfield."

The air traffic control tower is expected to be completed by the summer of 2020.



SENIOR AIRMAN KRYSTAL WRIGHT

Air traffic controllers who work inside the air control tower are responsible for all movement that takes place on the Joint Base San Antonio-Kelly Field flight line.

Military working dogs continue to serve, sacrifice

By Mary Nell Sanchez
502ND AIR BASE WING
PUBLIC AFFAIRS

March 13 marked National K9 Veterans Day, a day to honor and commemorate the service and sacrifices of American military and working dogs throughout history.

Military working dogs at Joint Base San Antonio continue to work hard every day to protect and detect. These four-legged warriors will be on duty doing their job on National K9 Veterans Day, but something special will likely be given to them when the day is over.

"Even though the active duty dogs are on a strict diet ... it's not rare for the canine handlers to sneak the dog a steak or piece of chicken or something that they usually can't have," said Tech. Sgt. Sharif Malik DeLarge, 802nd Security Forces Squadron kennel master. Special treats are just one way military working dog handlers reward their canine partners for their service.

DeLarge was assigned to handle his first military working dog, Oolaf, in July 2014. According to DeLarge, most MWD handlers believe being a

handler is the best job in the world.

"You get to come to work every day and work with that dog," said DeLarge. "You spend more time with the dog than you do with your family. [The dogs] become your best friend at the end of the day."

Oolaf has since retired and splits his time with DeLarge and another handler.

Military working dogs, considered veterans in their own right, are often the first line of defense when it comes to securing areas and sniffing out explosives and narcotics while on duty. Presently, there are three working dog teams from JBSA-Lackland working overseas. Most deployments last about six months.

Staff Sgt. Leytham Cresswell, 802nd SFS military dog trainer, makes sure the deployed teams are ready to serve.

"We try to do something that is downrange, like walking patrols, detection problems on roadways," said Cresswell.

San Antonio's heat also helps to get the dogs ready to serve in any climate they are sent to.

"They save lives out there. They can prevent people from losing legs



JOHNNY SALDIVAR
Senior Airman Jordan Fuller, 802nd Security Forces Squadron military working dog handler, and his MWD, Rocco, perform maneuvers Feb. 23 at Joint Base San Antonio-Lackland Medina Annex.

all the way to keeping a vehicle from blowing up," said Cresswell.

"Their detection capabilities are amazing"

The 802nd SFS handlers has a few MWDs that specialize in narcotics, and several more that specialize in explosives. The handlers are constantly going out and setting up training problems to ensure each MWD is capable to do its job, Cresswell noted.

"Without our capabilities, a lot of people would not be able to find the things they need to find," said Cresswell. "There's no technology out there that can detect the things these dogs can."

Staff Sgt. Kathryn Patchoski, also a MWD handler, has been working with her MWD, Mi-

ga, for a year. Her Belgian Malinois is the smallest MWD in the kennel, but Patchoski said that doesn't hold her back when it comes to putting in a demanding work day.

"Every day she has to think she's saving the world," said Patchoski. Patchoski and her

canine warrior traveled to West Palm Beach, Florida, last year for a security detail at Mara Lago during Chinese President Xi Jinping's visit with President Donald Trump.

"We swept the suite that [Xi Jinping] was staying in, the whole complex," said Patchoski. "There were five dog teams from different bases."

Patchoski and Miga bonded after spending 24 hours a day together for four days.

"She makes me want to come to work every day," Patchoski added.

For Miga, National K9 Veterans Day isn't the only occasion a celebration takes place.

"Even their birthdays, or holidays like Christmas, everyone buys a special doggie toy [for the dogs]," said Patchoski.

An estimated 2,500 military working dogs are on active duty, with around 700 deployed at any given time, according to Military.com.

"They're our heroes. They make sure we go home every day," said DeLarge.



Brig. Gen. Heather Pringle (right), 502nd Air Base Wing and Joint Base San Antonio-Lackland commander, is attacked by a military working dog as part of a demonstration during the Honorary Commanders tour Aug. 16, 2017, at Joint Base San Antonio-Lackland.

SENIOR AIRMAN KRYSTAL WRIGHT

Innovation Flight open house highlights virtual reality training

By Airman 1st Class Dillon Parker
502ND AIR BASE WING PUBLIC AFFAIRS

The Battlefield Airmen Training Group Innovation Flight held an open house at Forbes Hall at Joint Base San Antonio-Medina Annex Feb. 28 to display virtual reality technology to senior leadership.

"The Innovation Flight was formed to present fresh ideas and act as a think tank for improving Battlefield Airmen training," said Master Sgt. Joseph McCrae, BATG Innovation Flight chief. "The open house is to show leadership where we're at and some of the stuff we've been working on."

During the open house, attendees were able to try out a number of different virtual reality simulations aimed at providing training to Battlefield Airmen.

"We're constantly coming up with ideas for different virtual trainings to utilize," said McCrae. "Right now, we have a virtual C-130 [Hercules] for trainees to get acquainted with the layout of the aircraft. Instead of having to go to the flight line and keep a C-130 on the



AIRMAN 1ST CLASS DILLON PARKER

Col. Jeffrey Fallesen, 37th Training Wing vice commander, operates a virtual reality simulation during the Innovation Flight open house Feb. 28 at Joint Base San Antonio-Medina Annex. During the open house, attendees were able to try out a number of different virtual reality simulations aimed at providing training to Battlefield Airmen.

ground, we can show trainees the aircraft right here with the virtual simulation."

Along with the C-130 simulation, the

Innovation Flight demonstrated other simulations to show the potential of the technology for future training related simulations.

Some of the new training simulations in the works include rock climbing, land navigation for Tactical Air Control Party specialists, and a jumpmaster course.

Using the land navigation simulation to generate foreign terrain would provide an impossible training experience, while the jumpmaster course could save money over the alternative of using real flying operations, said McCrae.

Among the open house attendees trying out the virtual reality simulations and speaking with the Innovation Flight members were Col. Jeffrey Fallesen, 37th Training Wing vice commander, and Chief Master Sgt. Sharon Fuller, 37th TRW command chief.

"I was amazed by how real the simulations were," said Fallesen. "It really felt like I was there."

Having experienced the simulations firsthand, Fallesen said the technology could be huge for the BATG.

"I think there are a lot of practical applications for the technology," said Fallesen. "Being able to put trainees in scenarios they'll actually deal with without having to ship people out to austere locations is huge."

New partnership encourages kids to explore great outdoors

By Angelina Casarez

AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER
PUBLIC AFFAIRS

The Air Force Services Activity is partnering with the National Park Trust to bring the Buddy Bison Great Outdoors Challenge to military families at installations.

The Buddy Bison program encourages children and families to participate in programs such as camping, canoeing, fishing and hiking while exploring local, state and national parks.

Thanks to funding from the Office of the Secretary of Defense, Military Community and Family Policy, the Air Force is piloting the program at: Moody Air Force Base, Georgia.; Hurlburt Field, Florida; Little Rock Air Force Base, Arkansas; Hill Air Force Base, Utah; F.E. Warren Air Force Base, Wyoming; Peterson Air Force Base, Colorado; and the U.S. Air Force Academy, Colorado.

The funding allows the Air Force to supply installations with support materials to encourage participation.

“We are excited to partner with the National Park Trust,” said Anthony Alcalá, AFSVA’s Child and Youth Programs recreation specialist.

NPT is a national non-profit that “protects national parks and engages kids with all of our country’s public



COURTESY PHOTO

Future anglers pose with their first catch at Beale Air Force Base’s Upper Blackwelder Lake in California. The Air Force recently partnered with the National Park Trust to bring the Buddy Bison Great Outdoors Challenge to military families.

lands and waters,” according to the organization’s website.

“This partnership with NPT gives our Air Force families opportunities to explore the great outdoors,

strengthen family bonds and have fun while engaging in healthy activities,” said Fernando Brown, AFSVA’s Outdoor Recreation activity specialist.

Participating installations will host kick-off events for Buddy Bison in the coming weeks.

With the program, children receive a Buddy Bison passport or bingo card to collect stamps at Buddy Bison stops. The stops can be found on an installation and at parks in the community.

“This really is a great opportunity to raise awareness of all the local resources available to Airmen and their families,” Brown said.

Although not every installation will be enrolled in the Buddy Bison program, all can participate in NPT’s Kids to Parks Day, held the third Saturday of May each year. This national day of outdoor play encourages exploring outdoor recreation, learning about science, technology, engineering and math; and embracing park stewardship, according to the NPT’s website.

Based on the success of the Buddy Bison partnership with the Air Force, it may be expanded to other installations in the future.

For more information on the Buddy Bison Program and Kids to Parks Day, visit <https://www.parktrust.org/kids-to-parks-day/>. Information about an installation’s Buddy Bison program is available at participating bases’ child and youth programs and outdoor recreation.

RANDOLPH

Pilot briefs T-6 nation, identifies problems

By 1st Lt. Geneva Croxton
AIR EDUCATION AND TRAINING
COMMAND PUBLIC AFFAIRS

An F-16 Fighting Falcon's sustained 9 g-force break turn is no small matter on a normal day. Imagine yourself there. Your head weighs 180 pounds and your arms are pinned to the stick and throttle; let go of your breath the wrong way, and you watch the world fade from gray to black in an instant. Now add to this situation a corset-tight upper vest built to restrict lung inflation and an oxygen hose with half the normal flow rate – on purpose.

This is the situation Maj. Justin Elliott, Air Force Strategic Policy fellow, experienced for two weeks in 2015 while trying to identify the array of physiological problems affecting Department of Defense fighter pilots.

Currently working South Asia strategy for a deputy assistant secretary of defense, Elliott's flight experience is uniquely suited to communicating the complexity of physiological problems affecting the DOD's fighter fleet.

A graduate of both United States Air Force Weapons School and Test Pilot School, Elliott has flown over 2,000 hours and 255 combat hours in more than 30 aircraft from the MiG-15 to the F-15SA Advanced Eagles. His flight test experience spans from early F-22 Raptor "work of breathing" testing to managing the development and testing of the Air Force's first "smart" cockpit pressure gauge, fielding this year.

In a powerful statement of transparency, Air Education and Training Command officials decided to put Elliott's experience to good use.

"The punchline is that we do not have all the answers yet," Elliott emphasized upfront in his 45-minute brief. "But, the best doctors, flying physicians, physiologists, engineers and pilots in the world are working on this every day. And right now, I am going to catch you up to the state of the science."

Following a recent series of unexplained physiological events, Maj. Gen. Patrick Doherty, 19th Air Force commander, capitalized on Elliott's expertise, asking him to share his experiences with AETC's T-6 student pilots and instructor pilots.

During a two-week period, Elliott briefed all of AETC's flying training wing members. The briefing was one he initially presented to AETC senior leaders during a cross-tell event at Joint Base San Antonio-Randolph Feb. 8-9.

"We want our aircraft back in the air, but our priority is making sure our aircrew are safe and smart in the aircraft, confident in themselves and their equipment," said Doherty. "I took the brief from Major Astro Elliott's at the On-Board Oxygen Generation System Conference, his flying experience and knowledge is invaluable to our Air Force, and I knew it would be critical for our young officers to hear what he had to say, so we sent him out to talk to T-6 Nation the following week."

This visionary move by Air Force leaders is a positive departure from the way physiological research was communicated to pilots during the F-22 Raptor investigations in 2012. Instead of dictating procedural changes to pilots from an isolated group of researchers, Air Force officials are opening joint communications lines across all platforms and career fields involved in



MELISSA PETERSON

Maj. Justin Elliott, Air Force Strategic Policy fellow, is recorded while presenting a briefing Feb. 22 at Joint Base San Antonio-Randolph. Elliott's briefing, sharing an aviator's perspective on physiological events in flight, is now being integrated into student undergraduate pilot training across Air Education and Training Command bases.

addressing this critical problem.

"It is heartwarming to see this kind of transparency from our leadership," Elliott said. "It will go a long way in keeping the faith with our aircrews."

"Though these issues are new to T-6s, they are very familiar to me given my life as an experimental test pilot who happened to be right place at the right time," said Elliott, who built the core of his brief in 2015 with outreach and culture change in mind.

Three years later, the brief has grown to include collaborative anecdotes from F-35 Lightning II, T-45 Goshawk, the international fighter community, and even the Air Force's elite pararescuemen.

"Woven together, these stories teach lessons that will last well beyond the mechanical 'smoking gun' we are certain to find and solve in the T-6 fleet," said Elliott.

Elliott recommends pilots use the following "do no harm" approach to change their psychological mindset in the air to

arrive home safely.

"Do not try to diagnose yourself at 500 knots – or 316 knots in your case," Elliott emphasized, "Just get to a safe space."

"Imagine yourself again in the 9 g-force situation – but you did not put yourself there in a controlled flight test," he said. "Instead of focusing on breathing and cognitive abilities, imagine you are focused on a target lock or an aerial gun attack when you suddenly feel dizzy and unable to think straight."

"Many of my friends have been there, and it creates a mental stress not comprehensible at 1G and 0 knots," said Elliott. "At least six physiological issues we know of can compound to put you in this situation on any given day. We have to teach people how to get out of it."

He also said, "Unnecessary mental stress of realizing something is affecting you beyond classic hypoxia – especially when no one has told you what it is – can lead to subconscious hyperventilation that makes a bad situation worse."

By education alone, aviators can take an important step towards safety. The good news is, while the causes of physiological symptoms vary dramatically, the solution is the same.

"Go to Colorado or to Bagram Air Base, Afghanistan, where I landed every day at 5,000 feet," Elliott said. "No matter what your jet was doing to you before, breathing ambient air calmly at these altitudes, at a normal rate and depth, will work you toward recovery. There is no need to rush home in a panic and land a jet at the peak of your cognitive problems. Just descend to a safe altitude and relax."

A group of experts in medical, physiological, aviation and engineering called COPE Fighter has been refining this solution for the past two years.

"COPE will solve the mechanical issues across our current fleets, rewrite our syllabi to educate aircrew, change checklists and cross-flow solutions across platforms," said Elliott. "We are not focused on one platform. COPE will work to ensure we design our future systems with the physiological state of the science in mind. That means aiming sensors at humans so the pilot never has to think about breathing again."

"What we have been hearing over the last few weeks has been word of mouth, so it was nice to have someone informed on the situation talk to us about it," said 1st Lt. Joseph Uhle, 37th Flying Training Squadron upgrade instructor at JBSA-Randolph.

Since briefing AETC personnel in person, Elliott's briefing was recorded and is now being integrated into student undergraduate pilot training across AETC bases.

45TH ANNUAL FREEDOM FLYER REUNION

Former Vietnam POW has no regrets, became Freedom Flight No. 162

By Senior Airman Gwendalyn Smith
502ND AIR BASE WING PUBLIC AFFAIRS

On a Friday afternoon in 1966 at Eglin Air Force Base, Fla., personnel gathered together for a commander's call. Among the crowd was Lt. Joe Milligan, now a retired colonel, who unknowingly would make a decision that altered the rest of his career.

"The squadron commander said he needed volunteers but couldn't tell us what it was for," said Milligan. "I was a young lieutenant, I was always raising my hand. Myself and one other squadron member went to see him [after the commander's call]."

After volunteering for the ambiguous position, Milligan soon found out he was becoming a Wild Weasel, which was a top-secret, highly classified group that was organized to develop new tactics to counter surface-to-air missile threats over Vietnam.

"It turned out I was one of the original 12 Wild Weasel pilots in the Air Force," he said. "I went to Ubon Air Base Thai-

land, and since it was a top-secret program, my orders said to PCS to Southeast Asia, no base name or organization. None of us knew where we were going till it was time to go."

After arriving in Asia, Milligan was assigned to the 433rd Tactical Fighter Squadron.

Since U.S. troops entered the Vietnam War in 1965, many pilots, aircrew and other personnel were taken and held captive by the North Vietnamese.

On May 20, 1967, Milligan was shot down and captured while on his 113th combat mission. He was held captive for five years and nine months before being released on Feb. 18, 1973.

"I spent six years as a prisoner of war," said Milligan. "I volunteered to go, I was gungho. I didn't volunteer to be a POW, but that happened."

Despite hardship, Milligan remained resilient and faithful to his commitment.



Retired Col. Joe Milligan was shot down during his 113th combat mission and spent nearly six years as a prisoner of war in North Vietnam.

SENIOR AIRMAN GWENDALYN SMITH

"If I had it all to do over again, I'd still volunteer to go," he said. "I have no regrets and I'm not bitter about anything. I would truly consider myself privileged to have had the opportunity to serve my country. It's been a big impact on the rest of my life; I lived through an experience that few people have and hope they would never have to, but it shaped me as an individual."

For his dedication, Milligan received a Silver Star, Legion of Merit, two Distinguished Flying Crosses, Bronze Star, eight Air Medals and two Purple Hearts.

Following his release, Milligan continued his education earning a master's degree in animal science, doctorate in nutrition and a doctorate in veterinary medicine before continuing his service as an officer. He then retired as a colonel after 24 years of active duty.

Today, Milligan acts as a liaison between other Vietnam POWs and the 560th Flying Training Squadron for the annual Freedom Flyers Reunion.

As part of tradition in Vietnam, pilots and all aircrew members' last combat flight in theater was called their champagne flight.

"The tour of duty in Vietnam was either one year or 100 missions in North Vietnam, whichever came first," said Milligan. "But at any rate when an aircrew or pilot returned from their last mission in theater, they would be met by the other members in their squadron at the airplane and doused with champagne."

After the release of POWs at the end of the Vietnam War, the 560th FTS offered a program that allowed returning POWs to become requalified pilots and opened the opportunity for

The 560th Flying Training Squadron's 45th annual Freedom Flyer Reunion takes place March 22-23. During the reunion, there will be a wreath-laying ceremony to honor those who did not return, lunch for all Freedom Flyers and guests, and a POW symposium.

them to finally have their champagne flight.

"Well, the POWs obviously never got their champagne flight, so in the requalification program here at the 560th, the first flight for each of those pilots was their champagne flight. They were met by the members of the 560th and doused with champagne," Milligan said. "It was [also] called their freedom flight, hence the name Freedom Flyers which has stuck until today."

Each year, Vietnam POWs are given the opportunity to have their freedom flight. Col. Milligan's is freedom flight No. 162 out of 198 to date. Three flights, 199-201, will take place as part of this year's reunion.

The 45th Annual Freedom Flyer Reunion takes place March 22-23. During the reunion, there will be a wreath-laying ceremony to honor those who did not return, lunch for all Freedom Flyers and guests, and a POW symposium.



COURTESY GRAPHIC

JBSA-Randolph finds levels of fluoride above drinking water standards

By Maj. Tho N. Tran

359TH AEROSPACE MEDICINE SQUADRON
BIOENVIRONMENTAL ENGINEERING FLIGHT

The Joint Base San Antonio-Randolph drinking water system recently violated a drinking water standard. Although this is not an emergency, customers have a right to know what happened, what they should do and what has been done to correct this situation.

The flight routinely monitors for the presence of drinking water contaminants. On March 14, a notice was received from the Texas Commission on Environmental Quality, or TCEQ, that samples collected from Oct. 1 to Dec. 31, 2017, showed that the system exceeded the maximum contaminant level, or MCL, for fluoride.

The average level of fluoride in samples taken during this time period indicated a compliance value of 4.4 milligrams/liter (mg/L) for one sample site, EP003. The standard for fluoride is that the average of samples taken over the last year may not exceed 4.0 mg/L.

What does this mean?

This is not an emergency. If it had been, people would have been notified within 24 hours. Fluoride in small amounts helps prevent tooth decay.

However, some people who drink water containing fluoride in excess of the MCL over many years could get bone disease, including pain and tenderness of the bones.

Fluoride in drinking water at half the MCL or greater may cause mottling of children's teeth, usually in children younger than nine years of age. Mottling, also known as dental fluorosis, may include brown staining and/or pitting of the permanent teeth.

This problem occurs only in developing teeth, before they erupt from the gums. Although it takes many years, mottling can occur after a relatively short period of exposure.

What should I do?

Children under the age of nine should use an alternative source of water that is low in fluoride. In addition, you may want to consult your dentist about whether to avoid dental products containing fluoride.

Adults and children over age nine should consult their dentist or doctor and show him/her this notice to deter-



COURTESY GRAPHIC

mine if an alternate source of water low in fluoride should be used.

What is being done?

The water at JBSA-Randolph is safe to drink. The high level of fluoride was the result of a poor sampling location. The area of concern is only at the entry point of site 3 (EP003), which is between the high school and the medical clinic.

The injection point (where the fluoride was introduced) and sample site (where it was collected) were only three feet away from each other. This was not enough distance for adequate dilution of additives (fluoride) to the drinking water supply.

The Bioenvironmental Engineering Flight and the water plant operators have corrected this issue by moving the injection point 15 feet further away from the sampling point. Current fluoride results at the sampling site have been reduced by more than half and remain below the MCL.

In addition, flight members have taken samples at the nearest public entry point at the high school and medical clinic, approximately half a mile away from the EP003 site, and the results were well below the MCL. The Bioenvironmental Engineering Flight also conducts monthly sampling for fluoride at the Child Development Center and Youth Center, which have never exceeded the MCL.

Again, the water is safe to drink. Drinking water customers at JBSA-Randolph are not affected and therefore, JBSA-Randolph is not required to provide an alternate source of water.

For more information, call the Bioenvironmental Engineering Flight at 210-652-3256.