

# JBSA LEGACY

WWW.JBSA.MIL

JOINT BASE SAN ANTONIO

JUNE 21, 2019



PHOTO BY TECH. SGT. KATHERINE SPSSA

*Capt. Nicole Leib (left) and Maj. Mariana Lacuzong, 59th Medical Wing critical care air transport team nurses, play with 7-month-old patient, Nakoa Crawford, during the five-hour flight from Dallas to San Diego June 7.*

## 59th MDW CCATT team flies mother and baby home

Page 13



**Soldiers from JBSA-FSH  
celebrate U.S. Army's  
244th birthday**

Page 9



**Wills takes command of  
19th Air Force**

Page 16

# Grinston selected as 16th Sergeant Major of the Army

## From Army Public Affairs

Secretary of the Army Dr. Mark T. Esper and Army Chief of Staff Gen. Mark A. Milley, announced June 11 that Command Sgt. Maj. Michael A. Grinston will assume responsibilities as the 16th sergeant major of the Army.

“I look forward to working with Command Sgt. Maj. Michael Grinston,” Esper said. “The Army is in the midst of a renaissance, and he is a great choice to carry on our readiness, modernization and reform efforts.”

Grinston currently serves as the senior enlisted leader for U.S. Army Forces Command, or FORSCOM, which is the U.S. Army’s largest command and provider of expeditionary land forces. He is a combat veteran who has served in every leadership position from team leader to division command sergeant major.

His deployments include two tours each to Operations Iraqi Freedom and Enduring

Freedom, as well as Desert Shield, Desert Storm and to Kosovo. Grinston also served as the senior enlisted leader for the Army’s first deployment of a division headquarters, with 1st Infantry Division, in support of Operation Inherent Resolve from October 2014 to June 2015.

“Congratulations to Command Sgt. Maj. Grinston and his family,” Milley said. “He is a world-class leader who stands out among our exceptional Noncommissioned Officer Corps. He is the right Noncommissioned Officer to lead our Army into the future.”

As the FORSCOM command sergeant major, Grinston played a key role in the development of training and preparation of combat units as a globally responsive force as the Army simultaneously builds and sustains readiness to meet the needs of national defense. He will succeed Sgt. Maj. of the Army Daniel A. Dailey, who has served in that position since January 2015.

“Command Sgt. Maj. Grinston



COURTESY PHOTO

*Command Sgt. Maj. Michael A. Grinston will assume responsibilities as the 16th sergeant major of the Army.*

is the right leader,” Dailey said. “He possesses all of the character and leadership qualities necessary to lead our NCO Corps into the future, and he will continue to serve the best interests of our Soldiers, their families and the Army.”

The 16th SMA will serve as the Army chief of staff’s personal adviser on matters affecting the enlisted force. Much of the sergeant major of the Army’s time is spent traveling throughout the Army to observe training and talk to Soldiers and their families.

The SMA recommends quality-of-life improvements to Army leadership and sits on

numerous councils that make decisions affecting Army families. The sergeant major of the Army also routinely testifies before Congress on these issues. Additionally, Grinston will serve as the public face of the Army’s NCO Corps to the American people, in the media, and through business and community engagements.

“I am honored to have the opportunity to continue to serve the great Soldiers and families of the United States Army,” Grinston said.

Grinston will be sworn in as the 16th SMA during a ceremony at the Pentagon Aug. 16.

His awards and decorations include the Defense Superior Service Medal, Legion of Merit (2), and 5 Bronze Stars (2 with ‘V’ devices). He has earned the Ranger tab, Master Parachutist badge, Air Assault badge, Drill Sergeant Identification badge, and the Combat Action Badge. He has attended every level of the Noncommissioned Officer Education System, and is a graduate of Ranger, Airborne and Air Assault Schools. He’s also a graduate of the U.S. Army Drill Sergeant School and the Equal Opportunity Course.

Grinston possesses a bachelor of arts degree in business administration from the University of Maryland University College. He is married and has two daughters.

# Army moves forward with improvements to Family Readiness Groups

By Joe Lacdan  
ARMY NEWS SERVICE

The Army recently made some of the most significant changes to Family Readiness Groups since their creation following the first Gulf War.

The groups have been renamed “Soldier and Family Readiness Groups” or SFRGs.

This designation links Soldier

readiness to the Family, and clarifies the role of the SFRG to be more inclusive to Soldiers who are single, are single parents or have non-traditional Families, said Steve Yearwood, program analyst for the Office of the Assistant Chief of Staff for Installation Management.

The groups help ease the burden of home life, allowing Soldiers to focus on mission

objectives, Yearwood said. He added the recent publication of Army Directive 2019-17 shifted the focus of SFRGs away from social activities and fundraising to a core and essential task of creating a network of communication and support for all Soldiers and Family members in order to enable readiness.

The goals and objectives for commanders in executing the SFRG include: serve as an extension of the unit command in providing official and accurate command information to Soldiers and their Families; connect Soldiers and families to the chain of command; connect

SFRG members to available on-and off-post community resources, and offer a network of mutual support.”

Soldier and Family Readiness Groups are important for morale, Yearwood said. “It goes back to the Soldier knowing that his family is taken care of because there is a support network.”

Families today are interconnected 24-hours a day and the SFRG needs to be able to leverage social media in order to sustain the command connection and network with Soldiers and Families, he said.

READINESS continues on 4

## JBSA LEGACY

Joint Base San Antonio  
Editorial Staff

502nd Air Base Wing  
and JBSA Commander  
BRIG. GEN.  
LAURA L. LENDERMAN

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

502nd ABW/JBSA  
Chief of Command  
Information  
JET FABARA

Editor  
STEVE ELLIOTT

### Staff

2ND LT. CHRISTIAN EBERHARDT  
MASTER SGT. TYRONA LAWSON  
TECH. SGT. AVE YOUNG  
STAFF SGT. KRISTAL WRIGHT  
SENIOR AIRMAN STORMY ARCHER  
AIRMAN 1ST CLASS SHELBY PRUITT  
AIRMAN 1ST CLASS DILLON PARKER  
DAVID DEKUNDER  
ROBERT GOETZ  
MARY NELL SANCHEZ

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 nonment factor of the purchaser, user or patron.

Editorial content is added, 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.

# Feedback Fridays

By Brig. Gen. Laura L. Lenderman  
502D AIR BASE WING AND  
JOINT BASE SAN ANTONIO COMMANDER

Feedback Fridays is a weekly forum that aims to connect the 502d Air Base Wing with members of the Joint Base San Antonio community. Questions are collected during commander's calls, town hall meetings and throughout the week.

If you have a question or concern, please send an email to [RandolphPublicAffairs@us.af.mil](mailto:RandolphPublicAffairs@us.af.mil) using the subject line "Feedback Fridays." Questions will be further researched and published as information becomes available.

## Personnel Issues

**Q.** While working overtime, we don't get any breaks. Is that a norm here in Texas?

**A.** Thank you for your question and thank you very much for working overtime to support the men and women of JBSA! I am sure others are curious about breaks as well.

For employees who are non-exempt under the Fair Labor Standards Act, or FLSA, short rest periods, not exceeding 15 minutes during each four hours of continuous work, are allowed when the employee is not able to leave the work site as needed and the supervisor believes the rest periods will be a benefit to the service and mission.

Criteria in determining the justification for granting or directing rest periods are:

- ▶▶ Protection of employee's health by relieving them from hazardous or very physical work.
- ▶▶ Relieve the accident rate by removing the fatigue potential.
- ▶▶ Relieving those who work in confined spaces.
- ▶▶ Increasing or maintaining a high quality or quantity production.

Some of our local Collective Bargaining Agreements, or CBAs, also address rest periods. You may obtain specific requirements for your CBA by contacting the servicing Civilian Personnel Office or NAF Human Resources Office.

References:  
DODI400.25V610\_AF136-807, Hours of

Work and Holiday Observances (Enclosure 3, Scheduling Work), 19 Apr 2019

**Q.** A message was presented orally that selecting officials may not have to advertise positions and they have the right to name a selection without competition. Is this accurate? Where can I find the reference for the validity of this?

**A.** Great question! There are several types of appointing authorities available to selecting managers which do not require a vacancy announcement.

Direct-Hire Authority (DHA) is an appointing (hiring) authority that the Office of Personnel Management, or OPM, can give to federal agencies for filling vacancies when a critical hiring need or severe shortage of candidates exists.

Using OPM approved government-wide or agency specific direct-hire authorities, agencies may appoint candidates to positions. Appointee must meet all qualification requirements. (Authorities: 5 CFR 213.3102(u))

Expedited Hiring Authority (EHA) may be used to fill positions for which there exists a shortage of candidates or there is a critical hiring need and allows supervisors to recruit and appoint qualified persons directly to positions. Appointee must meet all qualification requirements. (Authorities: 5 U.S.C. Section 3304, Section 3309 through 3318, and 5 CFR Part 337, Subpart B)

Managers can appoint individuals utilizing 30 percent Disabled Vet; Schedule A (Individual w/Disability); or Direct Hire Authority (DHA)/Expedited Hire Authority (EHA) without announcing the position. The Civilian Personnel Sections do communicate with selecting managers about the various appointing authorities that can be utilized to fill their positions to ensure individuals from within the organization have the opportunity to be considered for positions.

Authorities: 10 U.S.C. Section 1599c and 1705, Health Care Professionals and Department of Defense Acquisition Workforce

## Installation & Facilities

**Q.** To ease afternoon traffic congestions at the JBSA-Fort Sam Houston Winfield Scott and Wilson Roads intersection, is it possible to have the intersection lined?

**A.** Thank you for your question and idea on improving traffic safety in a proven busy intersection at JBSA-Fort



Sam Houston. Our Civil Engineer team will have our traffic engineer assess the site to determine if new striping is possible and the best solution.

There are many traffic standards that apply to intersections and we will want to be certain any changes will comply with those regulations. If the striping is not possible, we will have the Traffic Safety Working Group assess whether there are alternative improvements to enable improved traffic flow in that intersection.

**Q.** Can Security Forces open gates 30 minutes early at JBSA-Lackland in order to accommodate traffic flow on Basic Military Training graduation days?

**A.** Thank you for the question. All Military Highway gates open at 6 a.m. Monday through Friday, with the exception of Luke East, which is open 24/7. This accommodates typical JBSA-Lackland traffic patterns, including surges usually experienced during graduation events.

While opening earlier may on the surface seem a reasonable option, we tried opening certain gates at 5:30 a.m. during the early phases of Valley Hi construction this spring, to help mitigate expected congestion.

However, few drivers took advantage, even though there were significant delays experienced at gates later in the morning.

All that said, our Security Forces and Civil Engineer teams work closely with the 37th Training Wing to regularly reconsider traffic flow at and near gates, looking for changes in pattern, and any adjustments that need to be made to procedures or manpower.

Rest assured, we are listening. Our teams will keep looking for ways to improve the installation access experience.

**Q.** While visiting local military bases

here in San Antonio, are Security Forces personnel allowed to search the bags or backpacks of people walking on military installations here? I have rarely seen it done, and mainly ID cards are checked.

**A.** Great question. There are certain situations where our Security Forces search bags, backpacks, and other containers pedestrians bring onto the installation. The most common are "random" searches which follow strict criteria, and take into consideration likely threats to the installation.

However, searches can also be enacted for other situations, including special events, increased force protection conditions, or in response to suspected criminal activity. I realize searches can create an inconvenience. But, I do not take the decision to approve searches lightly.

Security is my top priority. And, searches are an important tool to help keep everyone safe and maintain good order and discipline.

## Miscellaneous

**Q.** Is the recently announced creation of San Antonio's locality pay region going to apply to Wage Grade, or WG, pay band or just the General Schedule, or GS?

**A.** Your timing for this question is great! At this time the JBSA Civilian Personnel Office is participating with Department of Defense in a wage scale survey from June 4-14.

Results from the survey along with the newly released pay tables for General Schedule (GS) in the San Antonio area will be utilized in the determination of the pay increases Wage Grade (WG) employees receive in the August 2019 timeframe.

Wage determinations are developed based on available data showing the

FEEDBACK continues on 4

## READINESS

From page 2

“I think that now as we look at our current environment, we have a different population,” he said. “You’ve got younger spouses, over 50 percent of the military are married. You have a younger generation that’s receiving information differently.”

No longer are newsletters and mailed correspondence the preferred methods of SFRG communication, he pointed out. “You’ve got a lot more people on social media and communicating differently,” he said.

In recognition that commanders may still have a need to raise funds to support events and activities that enhance readiness, the directive provides greater flexibility for fundraising by reducing restrictions on informal funds.

Army Secretary Mark T. Esper has pushed for changes to improve Soldiers’ quality of life, including upgrades to childcare, spouse employment and credentialing, and Soldier and Family Readiness Groups.

Army senior leaders attended a working group at the Pentagon in May focused on SFRGs and the new Army directive. Spouses of senior leaders met



MASTER SGT. ALEJANDRO LICEA

*Spc. Zachary Cross, 1st Battalion, 67th Armor Regiment, reunites with his Family June 7 at Fort Bliss following a nine-month tour in the Republic of Korea.*

with other Army spouses and representatives from different major commands to review the changes of the Army directive and discuss improvements.

Senior leaders also hosted town hall meetings in recent months to gather feedback from Soldiers and Families.

Since the Army formed the

first FRGs in the 1980s, the program has had significant impacts on Soldiers’ lives. During the Gulf War, U.S. forces deployed 540,000 troops for extended periods, affecting thousands of Families and single Soldiers.

Today, the groups continue to help Soldiers and Families cope

with extended periods of separation during deployments. As the Army becomes more mobile in preparation for future conflicts, SFRGs provide needed referrals to support groups and organizations.

The groups also act as a direct conduit between commanders and Soldiers going on

deployment or on missions.

Deployments are “tough for the Soldier,” said Yearwood, who served 22 years in the Army. “If the Soldier has a mission, regardless of what that mission is, if that Family’s not taken care of, then that Soldier can’t focus on the mission, so it impacts readiness.”

## FEEDBACK

From page 3

rates that are prevailing in a specific locality. Where a single rate is paid to a majority (more than 50 percent) of the workers in a classification of service employees engaged in similar work in a particular locality, that rate is determined to prevail. Information is used from surveys, statistical measurements of central tendency (median) and the average (mean) are considered reliable indicators of the prevailing rate.

Which of these statistical measurements will be applied in a given case will be determined after a careful analysis of the overall survey, separate classification data, patterns existing between survey periods, and the way separate classification data

interrelate. Thank you for the question!

**Q.** We received feedback on an answer we published in the May 23 Feedback Friday, regarding the Jacobs Creek Park Road at Canyon Lake. Since then our CE team has reevaluated the issue and provided an amended answer.

**ORIGINAL QUESTION:** We spend a lot of time up at the JBSA-Canyon Lake facilities (boat and recreational vehicle) and the Jacobs Creek Park Road off Route 306 is in dire need of repairs. The asphalt has broken away so much that you can barely fit one vehicle on the entire road.

Last year I damaged my boat trailer tires when I went off in to the dirt and I’d like to not have that happen again this summer. Is this road part of JBSA property or belong to the city?

**ORIGINAL ANSWER:** We appreciate your feedback, and understand your concern regarding the safety of our

JBSA-Canyon Lake customers. JBSA only owns, and therefore maintains, a small segment of Jacobs Creek Park Road, while the majority including from FM 306 up to the JBSA property line, as well as pavement within Jacobs Creek Park, falls under Comal County.

We do not currently have any plans for this fiscal year to do repairs on our segment of the road, and we are not aware of any upgrades or repairs planned by the county, however, our community initiatives team will engage with Comal County to see if there is any potential to make improvements to the roads and we will synchronize efforts for our own portion at the same time. These improvements would likely come sometime after this summer’s busy season at the earliest.

**AMENDED ANSWER:** Regarding an earlier Q&A item on improving the roadways leading in to JBSA-Canyon

Lake, our Civil Engineer team further explored the issue and how to improve the conditions for our customers.

CE has developed a scope for a project to repair the existing roadway and the shoulders, with an estimated cost that is over \$250,000 dollars. This effort is not presently a project that the 502nd Air Base Wing has postured to fund or execute this fiscal year, however, it is something that could be explored for fiscal year 2020.

Additionally, there was previous consideration for widening the roadway, however, this effort was not pursued due to past funding limitations. The 502nd ABW will reassess this effort as a potential candidate for future funding and will explore all options to determine if there is a solution to making these improvements to our already amazing recreation area.

# Time perfect to prepare a holiday spending plan

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

With the summer months still ahead of us, the holiday season seems a long way off.

However, a workshop scheduled from 1-2:30 p.m. June 25 at the Joint Base San Antonio-Randolph Military & Family Readiness Center serves as a reminder that it's never too early to prepare for the holidays, especially when it comes to budgeting your hard-earned money.

"The holidays tend to sneak up on us every year," said Don Lenmark, JBSA-Randolph M&FRC personal financial counselor. "I am facilitating this class on June 25 because it's exactly six months before Christmas. That gives plenty of time in advance to plan ahead and look at the total cost of your happy holidays."

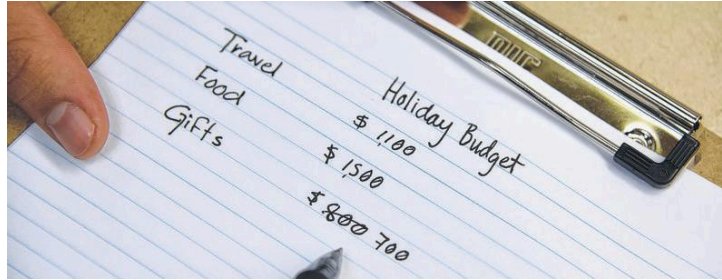
"How to Survive the Holidays Financially" will show participants how to prepare a holiday spending plan, save on overall costs and control spending, as well as minimize debt, while giving them time to collaborate with each other to come up with money-saving ideas and share their hard-luck overspending stories from Christmases past.

"We'll use a great tool to sweep up all the crumbs of your expenses," Lenmark said. "It's a handout called 'The Cost of Our Happy Holiday.'"

The spending plan covers every imaginable cost: gifts, donations to charities, photographs, holiday greetings, postage for sending cards and presents, decorations, gift wrapping, entertaining, baking, travel and miscellaneous expenses.

It's detailed, for sure, but it's only a template.

"You can make it as simple or detailed as you want," Lenmark said. "It's



COURTESY PHOTO

important just to have a framework to go by."

Spending plans can also be used for special occasions throughout the year, such as birthdays, anniversaries and graduations, he said.

After learning about benefits of the spending plan, participants will be encouraged to determine what they can afford and save monthly to meet their anticipated expenses. This process involves making a list, examining priorities, setting a spending limit and tracking expenses.

One of the pitfalls of the holiday season is overdoing it, Lenmark said.

"Try hard not to feel obligated to buy something for everyone," he said. "You want to bring joy to others by giving gifts, but some people can go overboard, and depression or guilt can sometimes come from that afterwards. With this class, we're trying to alleviate the January effect, the post-holiday blues that can sometimes occur, when all the bills come due on credit card purchases."

The class will feature two break-out sessions, when participants will share ideas on less costly gift-giving alternatives and talk about the

"regretful mistakes" that have caused them to spend too much money during past holiday seasons, Lenmark said.

"It's cool to see what people come up with for their gift-giving alternatives," he said. "We want people to share their pearls of wisdom."

As an example, Lenmark mentioned a service member who created a video singing a Christmas song and posted it on YouTube as a gift to a friend.

"Or if you're an artist, you can use your talents to share something that's very personalized," he said.

The regretful holiday spending

mistakes that participants share during the workshop will make them realize they are not alone.

"This happens to everyone at some point," Lenmark said. "It's easy to lose track of all the holiday expenses made and, if no budget is in place, it's so easy to keep adding and adding without realizing how much money is spent overall. Then, when the bills hit in January, that can sometimes turn into what I call a 'holy wow' moment."

Minimizing those January bills is important because high credit card interest rates can make a bad financial situation even worse.

One way to keep debt in check is to start a savings account devoted to holiday spending, Lenmark said.

"One possible strategy is to call your bank and set up a new account to start purposefully setting money aside for the holidays," he said. "That way you're not taking money from your regular checking and savings accounts to make holiday purchases."

Lenmark said he will also talk about apps and websites that can help people.

"We want to teach people to manage their costs effectively so they feel better throughout the holiday season," he said.

To register for the class, call 210-652-5321.

# FORT SAM HOUSTON

## Married couple join Navy, adjust to military life

By David DeKunder

502ND AIR BASE WING PUBLIC AFFAIRS

A chance for a better future and to serve their country are the reasons Mark and Pearl Alvarado, a married couple from San Antonio, made the decision to join the military together.

The couple enlisted in the Navy together in January, just five months after they got married in August 2018. Both of them graduated from basic training and are undergoing their technical training at different locations; Seaman Mark Alvarado at Pensacola, Fla., and Seaman Recruit Pearl Alvarado in the Hospital Corpsman Basic program at the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston.

Both of them knew the decision to join the Navy together as a married couple would come with its challenges, including the possibility they would be serving far apart at different duty stations. But despite that, the young couple believe their decision to join the service will pay off in the long run.

"We believe in our relationship and that we can get through anything," said 19-year-old Seaman Mark Alvarado. "That's really the motivation. I tell her when we write, after all this separation thing, it's going to be worth it. I know we can overcome this obstacle."

Seaman Recruit Pearl Alvarado, 18, said it's been weird not seeing her husband, whom she has known since eighth grade, every day. But she is remaining positive and is motivated by a desire to succeed.

"I just try to remember, this needs to work," she said. "Failure is not an option. Just seeing my name taped in the mirror every day, it gets me going because it's his (Seaman Alvarado's) last name and our last name. I just want to make his family proud and make my family proud."

After graduating together from Southside High School in San Antonio last year, the couple were looking at their future plans.

Seaman Alvarado, who earned his



COURTESY PHOTO

*Mark and Pearl Alvarado of San Antonio enlisted in the Navy together in January, five months after they got married. The couple, who graduated from Southside High School last year, have both completed their basic training and are undergoing their technical training in the Navy.*

associate's degree through an early college program while in high school, had considered the military but was planning on going to college at first. Seaman Recruit Alvarado was set on joining the service, something she had considered throughout high school.

Seaman Recruit Alvarado brought up the idea to her husband of both of them going into the service together.

"It was my initial idea because we didn't have anything to do," she said. "So I brought it up to him and he said, 'Let's do it.' I always liked it because of the traveling aspect and learning a trade to help people in general for our country. My husband said he would just join me. I didn't make him. I said, 'I'm going to do it and you can come with me if you want.'"

The process which led to the couple enlisting in the Navy together started in November 2018 when Seaman Recruit Alvarado visited Petty Officer 1st Class Rene Sanchez, Navy Recruiting District San Antonio recruiter.

Sanchez said during his meeting with Seaman Recruit Alvarado she mentioned that her husband was

considering joining the service.

"I told her if he is interested, to bring him in and we can put him in the Navy, too," Sanchez said.

The next time Seaman Recruit Alvarado came in to see Sanchez she brought Seaman Alvarado.

"He (Seaman Alvarado) started asking questions and he wound up joining," Sanchez said.

Seaman Alvarado said when looking at the military as a career option, he had considered the Army. But after he talked to Sanchez he made up his mind to join the Navy because of the benefits it provided and the possibility the Navy will try to station him and his wife in the same general area while they are serving.

Sanchez said as a military recruiter, signing up the Alvarados was a different experience for him as they are the first married couple he has recruited that joined the service together.

"It's not every day a couple comes in and joins the military together," he said.

The Alvarados started their basic training in the spring at Recruit Training Command at Naval Station

Great Lakes, Ill., but on different dates. Seaman Recruit Alvarado was the first one to ship out in February, completing boot camp in early April. Seaman Alvarado left for basic training March 25, graduating in late May.

They were in basic training at the same time for at least 10 days. Seaman Recruit Alvarado said she saw her husband once during that time, a chance encounter when they passed each other on the street at the base the day before she graduated from boot camp.

As he goes through his technical training, Seaman Alvarado is hoping he can be trained to become a master-at-arms, who are responsible for law enforcement and force protection in the Navy. He said being a master-at-arms would enable him to have the skills and training to become a law enforcement officer should he decide to pursue that after his military service.

Other future plans Seaman Alvarado is considering are continuing his college education to earn a bachelor's degree and going to officer's school.

She is expected to graduate from the Hospital Corpsman Basic program at METC Aug. 1

Seaman Recruit Alvarado said her long term goal is to become a social worker, but that she is open to staying in the Navy as long as she can.

"The medical field, I've always wanted to do it," she said. "So if I love what I do, I just might stay."

Seaman Recruit Alvarado said she and her husband have continued to stay in touch with each other despite the distance between them as they undergo their training. While they were in boot camp, they called each other when they were allowed to. In addition, Seaman Recruit Alvarado wrote two letters a day to her husband while he was in basic training.

Seaman Alvarado said he is happy with the decision he and his wife made to go into the service together.

"Honestly, it makes me proud because I know it's going to better our future," he said. "It's a story we can tell. It will help us in the long run."

# NMETLC Sailors help the hungry across Southwest Texas

By Petty Officer 1st Class David Kolmel

NAVY MEDICINE EDUCATION, TRAINING  
AND LOGISTICS COMMAND PUBLIC AFFAIRS

Sailors from the Navy Medicine Education, Training and Logistics Command at Joint Base San Antonio-Fort Sam Houston conducted a community outreach event at the San Antonio Food Bank on June 11, helping process 15,433 pounds of food, which will help provide 12,346 meals for families suffering from hunger.

Fifteen NMETLC Sailors, in conjunction with other organizations, helped process the items.

"It was a lot of work, but it felt great to give back to the community," said Petty Officer 2nd Class Christian Snyder from the NMETLC academics department. "When we finished, they announced the amount of food we processed and the families that will be helped. I was amazed by the benefits of our work."

The NMETLC volunteers organized food and checked expiration dates on the donations SAFB received from its partners and the community.

"It's only through the efforts of our volunteers that we can achieve our mission of helping feed the hungry in San Antonio and Southwest Texas," said Phillip Kent, SAFB director of communications. "These food items will be distributed through our 500 partner agencies throughout our 16-county service area. We serve 58,000 individuals per week."



PETTY OFFICER 1ST CLASS DAVID KOLMEL

*Navy Medicine Education, Training and Logistics Command Sailors sort food during a volunteer community outreach event at the San Antonio Food Bank June 11.*

After sorting the food, the NMETLC Sailor volunteers received a tour of the SAFB facilities. They were also briefed about the food bank's ongoing projects, such as the meals for seniors, backpack meals for kids, two second-chance programs for prisoners and the on-site farm SAFB started to provide self-sustaining products.

Snyder and the NMETLC volunteers seemed to gain as much from the outreach volunteer effort as

SAFB and the community.

"Knowing that the food will reach far beyond San Antonio was surprising but very rewarding as well," Snyder said.

The outreach event was part of the Navy's Sailor 360, a command-level program for junior enlisted, senior enlisted and junior officers, designed to strengthen and develop leadership through outreach events, classroom discussions and physical training.

## SOLDIERS FROM JBSA-FORT SAM HOUSTON CELEBRATE U.S. ARMY'S 244TH BIRTHDAY



PHOTOS BY LAUREN PADDEN

*Lt. Gen. Jeffrey S. Buchanan (center), commanding general, U.S. Army North (Fifth Army), leads 2,000 Soldiers from Joint Base San Antonio-Fort Sam Houston as they celebrate the 244th Army Birthday with an Army run June 13. Airmen from throughout JBSA, as well as civilians, friends and family members joined in the 3 1/2-mile run. The run is one of several events the Army units participate in to celebrate the Army's birthday June 14.*



*The oldest and youngest Soldiers present, Col. William Bruce (second from left), deputy director for Dental Directorate G-3/5/7, and Spc. Dazhir Walker (second from right), a musician with the 323d Army Band "Fort Sam's Own," joined Lt. Gen. Jeffrey S. Buchanan (far left), commanding general, U.S. Army North (Fifth Army), and ARNORTH Command Sgt. Maj. Alberto Delgado (far right) in the cake cutting ceremony after the Army Birthday Run June 13.*



# German allies visit JBSA-FSH on anniversary of D-Day

By Tish Williamson

HEALTH READINESS CENTER OF  
EXCELLENCE PUBLIC AFFAIRS

Seventy-five years to the day of the Normandy invasion that marked the beginning of the end of Nazi occupation in Europe, the U.S. Army Medical Department, Health Readiness Center of Excellence, or HRCoE, on JBSA-Fort Sam Houston, hosted a visit by German allies June 6.

Though a D-Day discussion wasn't on the agenda, its impact and the subsequent end to the Nazi dictatorship in Germany was apparent to the key leaders during Thursday's visit.

Maj. Gen. Gesine Krüger, commander of the German Bundeswehr Medical Academy, along with a delegation of German medical professionals, were hosted by Joseph M. Harmon III, Deputy to the Commanding General, HRCoE.

The purpose of the visit was to further strengthen the bonds and interoperability programs between allied countries or partner nations. During the visit, Krüger and her delegation received the HRCoE command overview and international programs briefs. They also toured and observed training at the Critical Care Flight Paramedic and Tactical Combat Medical Care courses and participated in a key leader's luncheon.

During the two-day visit, the delegation toured where 68W combat medics are trained through the Department Combat Medic Training at the Medical Education and Training Campus, or METC. While at METC, the group received an overview brief and visited Hospital Corpsman Basic Training, the Aerospace Medical Service Apprenticeship and the Surgical Technician Program.

The visit to JBSA-Fort Sam Houston concluded with key leader discussions with Defense Medical Readiness Training Institute, Joint



TISH WILLIAMSON

*From left, Maj. Gen. Gesine Krüger, German Bundeswehr Medical Academy commander, stands with Lt. Col. Larry Lindsey, Tactical Combat Medical Care Course director, Health Readiness Center of Excellence; Col. Kai Schlolaut, German Health Foreign Liaison Officer; and Lars Schmutzer, Adjutant, Academy Munich, during a visit June 6 at Joint Base San Antonio-Fort Sam Houston.*

Medical Executive Skills Institute and the Defense Medical Modeling and Simulation Office.

Col. Kai Schlolaut, a liaison officer for three years, helped plan the visit and accompanied the delegation to JBSA. He is the German Health foreign liaison officer, or LNO, with the Office of the Assistant Secretary of Defense, Health Affairs, in Falls Church, Va.

"The United States-German military medical partnership and our interoperability is crucial. We deploy together and we save lives together,"

Schlolaut said. "We focus in our structured cooperation on opportunities to train with each other, exercise with one another, exchange knowledge in public health and preventive medicine and in future conduct research together."

The next group of German International Military Students, or IMS, arrive in late summer and are scheduled to attend the Medical Strategic Leadership Program and the Combat Medic Specialist, Advanced Trauma Life Support and Combat Casualty Care courses.

In the last five fiscal years, the Germans have nearly 30 IMS a year that attend these types of professional military education leadership development courses, technical and predeployment courses and observer training at JBSA-Fort Sam Houston.

The HRCoE trains more than 220 international students from 54 different allied and partner nations annually. Eighty-four of the more than 380 courses taught at the center are also available through international partnerships.

**"The United States-German military medical partnership and our interoperability is crucial. We deploy together and we save lives together."**

Col. Kai Schlolaut, German Health foreign liaison officer

The IMS and LNO programs bolster foreign relationships with the United States as international soldiers learn about the U.S. military's standards and policies to help better develop current and future capabilities and improve standardization and interoperability between the U.S. and our allies and partners.

The HRCoE has had a longstanding and cohesive relationship with its German counterparts for many years and this visit was critical in helping both sides better understand the operational environment and the critical capabilities each brings to the fight.

"Maj. Gen. Krüger has invited us to visit the Bundeswehr Medical Academy and Ministry of Defense operational medical units to continue the dialogue of mutual support in medical education, training and organizational design in support of Allied Forces in any future large scale combat operations," Harmon said. "The HRCoE leadership looks forward to the opportunity to take the general up on her offer in the near future."

# Ceremony honors 228 graduating military physicians, health care professionals

By Lori Newman

BROOKE ARMY MEDICAL CENTER  
PUBLIC AFFAIRS

A San Antonio Uniformed Services Health Education Consortium, or SAUSHEC, graduation ceremony was held June 7 at the Lila Cockrell Theatre in downtown San Antonio to honor 228 Army, Air Force, Navy, Public Health and civilian graduates.

This year, 205 physicians from 36 graduate medical education programs and 23 graduates from eight graduate allied health care education programs walked the stage.

"At SAUSHEC, it's our honor and privilege to execute our mission, which is to advance military health and readiness through education of physicians and allied health specialists to bring our nation's military health system into the future," said Air Force Col. Mark True, SAUSHEC interim dean.

SAUSHEC is the

organization responsible for military graduate medical education and graduate allied health education in San Antonio, with two major training sites at Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston and the 59th Medical Wing at JBSA-Lackland.

The keynote speaker for the event was Dr. Arthur L. Kellermann, dean of the F. Edward Hebert School of Medicine, Uniformed Services University.

"You are embarking on your military health career at a time of challenge and uncertainty, both within the military health system and across the world," Kellermann said. "While this may be disconcerting, it's been true for every generation of military health care professionals."

Kellermann highlighted the medical strides made in combat casualty care during Operation ENDURING FREEDOM and

GRADUATES continues on 18



JASON W. EDWARDS

Dr. Arthur L. Kellermann, dean of the F. Edward Hebert School of Medicine, Uniformed Services University, speaks during the San Antonio Uniformed Services Health Education Consortium graduation ceremony at the Lila Cockrell Theatre in downtown San Antonio June 7.

## Sailor 360 hosts cardboard boat race at JBSA-Fort Sam Houston

By Petty Officer 1st Class  
David Kolmel

NAVY MEDICINE EDUCATION, TRAINING  
AND LOGISTICS COMMAND PUBLIC AFFAIRS

Sailors from the Navy Medicine Training Support Command, Defense Health Agency and Navy Medicine Education, Training and Logistics Command competed in a cardboard boat race at the Medicine Education Training Campus pool May 24.

The race consisted of boats made of cardboard and duct tape; the race consisted of two complete legs of the pool and a basic example of seamanship by tying a clove hitch knot.

The event was part of Sailor 360, a Navy initiative to develop innovative and creative command-developed leadership



PETTY OFFICER 1ST CLASS DAVID KOLMEL

Sailors assigned to Navy Medicine Training Support Command, Defense Health Agency and Navy Medicine Education, Training and Logistics Command competed in a cardboard boat race as part of a Sailor 360 event at the Medicine Education Training Campus.

BOAT RACE continues on 18

## LACKLAND

## 59th MDW CCATT team flies mother, baby home

By Tech. Sgt. Katherine Spessa

59TH MEDICAL WING PUBLIC AFFAIRS

Her anxious brown eyes stare large around her. The red jump seats, wires, oxygen masks, bare sheet metal and overall cold, dark interior of a C-130 Hercules are not comforting to the young mother whose 7-month-old son is out of an intensive care unit for the first time.

Kaitlyn Crawford delivered her son Nakoa prematurely at 25 weeks old. He's been in an intensive care unit at a children's hospital in Dallas, far from her home in San Diego, ever since, his health too fragile for him to be moved.

Kaitlyn quietly tells the nurse that she likes to call him "Koa." She keeps her arms crossed over herself and her eyes on her small child on the litter. It's difficult to hear her over the squealing engines and propellers as the pilot prepares to take off. She tells the team caring for him that he likes his pacifier, but he sometimes pushes it away. She says that she's having a hard time, that her mother passed away three days before and she's been away from her husband and daughter for the past seven months.

After the significant and ongoing health issues Koa has experienced since being born prematurely, he was stable enough to be transported to where Kaitlyn's husband, U.S. Navy Petty Officer 2nd Class Daniel Crawford, is stationed. A critical care air transport team from the 59th Medical Wing, based out of Joint Base San Antonio-Lackland, was alerted to provide the specialized care needed for the June 7 mission.

"I gave up my civilian life to serve those who serve and I take it very seriously," said Capt. Nicole Leib, CCATT nurse. "As a nurse, I get many opportunities to be the strong one in a situation where families are falling apart from the stress."

CCATT is a uniquely Air Force mission, a flying ICU, typically used to transport critically injured service members from a point of injury or a



PHOTOS BY TECH. SGT. KATHERINE SPESSA

Maj. (Dr.) Thomas Lee, 59th Medical Wing critical care air transport team pediatrician, checks the pulse of 7-month-old patient Nakoa Crawford at the Children's Medical Center of Dallas, June 7.

hospital to a hospital where they can receive the elevated level of care they need. Comprised of a doctor, nurse and respiratory therapist, the team must pack everything they will need while airborne — echocardiogram, oxygen, blood, medicine and other tools of the trade.

Wax protects Koa's small ears from the noise, and tubes extend from his nose and are taped to his toes. His velvety brown eyes, a calmer mirror of his mother's, look around him with fascination. The team members responsible for keeping him safe and healthy on the flight to his new home at the Balboa Naval Medical Center in San Diego comment on what a good baby he is being. He is accustomed to being handled, to being around strangers, to loud noises and cold places. They smile at him, talk to him. He babbles back at them.

The baby is too small for the litters usually used, so the CCATT has strapped a car seat to one slung between metal braces. Practiced in

treating patients with limited space, resources and support, the team communicates via headset. Leib and Respiratory Therapist, Senior Airman Analiese Heitkamp stand by the baby's side for the entire five-hour flight.

"We rely on the three of us to not only care for the patient in the air, but to care for our team members as well, and in this case, the mother too," Heitkamp said. "No medical provider goes into medicine for selfish reasons. The amount of mutual trust and respect we have for each other is immense and of paramount importance."

They hand his mother, who had been anxiously watching every movement, jumping up to check on Koa every few moments during the beginning of the flight, a blanket.

Exhausted, she falls asleep.

"(I wanted to) stand with Koa so his mom could find some comfort," Leib said. "It's my hope that she did."

The CCATT members' job isn't done when they land on the tarmac. In



Kaitlyn Crawford holds her 7-month-old son, Nakoa, at the Children's Medical Center of Dallas, June 7. Critical air transport team members explained the process of transferring her son to the Balboa Naval Medical Center in San Diego via C-130 Hercules.

another flurry of activity, they carry the litter weighted with baby, respiratory machines and oxygen tanks from plane to ambulance, ambulance to hospital, and finally to the new neonatal intensive care unit that will be Koa's home until he is ready to truly go home with his parents and sister.

"Every single one of us wanted to be there," Heitkamp said. "Despite the tired faces and sweaty flight suits, we were happy to be entrusted with his care. The bright-eyed smiles he sent our way made it all worthwhile."

She pauses on her way out of his new pastel-walled hospital room.

Pulling the CCATT patch from the sleeve of her uniform, she turns back and hands the patch to Kaitlyn.

"It was an honor to care for your son. You're in good hands now."

Tear-filled brown eyes look at her. Kaitlyn smiles back, nods. She says, "Thank you," and turns to Koa.

# 24th Air Force hosts NAF-wide cyber competition

By Tech. Sgt. R.J. Biermann  
AIR FORCES CYBER PUBLIC AFFAIRS

Eighty-three Airmen from 20 units across 24th Air Force competed in the first-ever 24th AF Cyber Competition at Joint Base San Antonio-Lackland June 3-7. The event tested mixed and whole-unit teams against one another in offensive and defensive cyber battles.

“This competition provides our cyber community the opportunity to showcase their talents in a cyber environment, as well as teach and learn from others across the 24th Air Force,” said Tech. Sgt. Andrew Gogue, 688th Cyberspace Wing weapons and tactics noncommissioned officer in charge.

Hosted by Gogue’s team, this year’s inaugural event evolved from 2018’s 67th Cyberspace Wing Cyber Competition. A large gymnasium served as the converted battleground where computer consoles linked to a virtual game environment provided participants the opportunity to engage in a cyber

capture-the-flag for the prize of having their names etched on the Cyber Cup trophy.

To gain points teams had to own, operate and protect various services within the game environment. Several of these services provided a physical confirmation when captured, as lights flashed or alerts chimed across the room. Teams could even control the music streaming overhead. At the conclusion of play, the team with the most points was named the winner.

“This is a great competition because it introduces offensive, defensive and network operators to operators and operations outside their domain,” Gogue said. “The mixed-team competition really enabled this relationship building.”

To keep the mixed-team competition fair, Gogue employed a fantasy football-like approach to building the teams.

“We had people draft the mixed-team players,” Gogue said. “Before the competition, each person had to provide a



TECH. SGT. R.J. BIERMANN

Teams compete in offensive and defensive cyber operations during the 2019 24th Air Force Cyber Competition at Joint Base San Antonio-Lackland June 3-7.

short biography. We required that each team have at least one 67th Cyberspace Wing and one 688th CW member, with no more than five players. Then we hosted a draft day to create the teams.”

The mixed-team event offered not only competition, but also the chance to train.

“It gave me the opportunity to teach others who had very little cyber experience,” said Tech. Sgt. Alex Hand, 315th

Cyberspace Operations Squadron, Detachment 3 operations superintendent. “I gave my teammates pointers so they could learn on their own. And some of them even scored a few points.”

This year’s winners are:

## Mixed team

► First place: Capt. Kevin Cooper, 33rd Network Warfare Center; and Staff Sgts. Austin Cundiff, 315th Cyberspace

Operations Squadron; Thomas Burright, 90th COS; Dustin Randler, 690th Network Support Squadron; and Christopher Lewis, 92nd COS.

► Second place: Capt. Paul Jordan, 390th COS; 1st Lt. Benjamin Selormey, 561st Network Operations Squadron; Tech. Sgt. Michael Aasen, 835th COS; and Staff Sgts. Houston Smith, 835th COS; and Anthony Trull, 26th NOS.

► Third place: Capt. Anthony Canino, 390th COS; 1st Lt. Alex Resnick, 83rd NOS; Master Sgt. Doyce Powell, 690th NSS; Staff Sgt. Jacob Coburn, 834th COS; Preston Kemp, 38th Engineering Squadron.

## Unit team

► First place: 390th COS – Capts. Anthony Canino, David Musielewicz and Paul Jordan and Tech. Sgt. Zachary Stoll.

► Second place: 33rd NWS – Capt. Kevin Cooper, Staff Sgts. Joseph Pisano, Dalton Ireland and Samuel Kimmons and Senior Airman Kyle Dillon.

► Third place: 90th COS – 1st Lt. Daniel Fitzgerald, Staff Sgts. William Kreiser, Bryce Delwski, Darius Scott and Thomas Burright.

# Key spouse mentors help build family support for leadership

By Mary Nell Sanchez  
502ND AIR BASE WING PUBLIC AFFAIRS

Key spouse mentors work to ensure military families exist in harmony during each assignment experience and are taken care of during times of hardship.

The Key Spouse Program’s mission is to provide information and resources to military spouses, as well as support families in successfully navigating through the military cycle.

Air Force leadership encourages involvement on all levels to strengthen resilience and build a sense of community, particularly during deployments and permanent change of station.

Mentors play a pivotal role in the success of the program, which is a squadron commander-led program. Key spouses are entrenched with assisting with day-to-day issues, while key spouse mentors play more of an advisory role for the key spouses.

“Key spouse mentors work alongside

commanders and first sergeants to figure out how to best take care of the families in the squadron,” said Leslie Janaros, 37th Training Wing key spouse mentor and wife of Col. Jason Janaros, 37th TRW commander.

Key spouses participate in quarterly training with the Military and Family Readiness Center on a wide variety of topics to ensure they are equipped to assist families when necessary. The training includes topics like suicide awareness and sexual assault prevention response.

The training paired with the mentors’ years of personal firsthand experience of the military lifestyle, specialized skills of advocacy, influence and community awareness help make them ideal for the position.

“They’re seasoned spouses,” said Hazel Wong, 802nd Force Support Squadron, work-life consultant for the key spouse program. “When a spouse comes to them and reports a problem that they’re struggling with, a mentor can

help the key spouses make the proper referral.”

The key spouses refer families to relative resources that are able to assist or resolve the problem or difficulty they may be facing. The referrals vary because each need and situation is different and may require different solutions. Some of the challenges unit families face include deployment, moving to a new base and acclimating to a different cultures.

“Basic things sometimes can be challenging,” said Lidia Davidson, Inter-American Air Force Academy key spouse mentor. “When you connect with (new spouses) and friendship builds, they will feel more comfortable to come and can say, ‘Hey, Lidia, I’m having this situation.’”

In her role as a key spouse mentor, Davidson has helped visiting IAAFA instructors’ families connect with each other, as well as familiarizing them with JBSA and where to go for certain needs. She also helps visiting spouses enroll in free English classes, which makes it

easier for them to communicate during their stay.

Key spouse mentors for the 59th Medical Specialty Squadron are focused on making sure families’ medical needs are met. Mentors assist families looking for health care options and with special needs.

“It’s a team effort to get the job done,” said Shaun Beal, 59th MDSP key spouse mentor.

To keep the program successful, mentors are ready to lend a hand wherever needed.

“The key spouse mentor is the one who facilitates communication,” Janaros said.

Whatever method of communication a key spouse mentor chooses to engage with families, their role is to make sure they’re strong.

“By just knowing where to go for resources, I think you can have the most impact as a key spouse mentor,” Janaros said.

For more information, call 210-671-3722.

# Healthy foods add spice to life

By Debbie Aragon

AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER  
PUBLIC AFFAIRS

As part of its mission to deliver healthy food options to Airmen and families across the Air Force, the Air Force Services Center, in partnership with the Culinary Institute of America San Antonio, held its first techniques for healthy cooking class June 3-7 focusing on nonappropriated fund food and beverage chefs and cooks.

The class, for 16 NAF employees from across the Air Force, is designed to educate attendees on the benefits of healthy ingredients like plants and legumes, proper spicing and appropriate healthy cooking techniques.

"We partner with CIA for a variety of classes and we selected its healthy cooking course because it fits right in with our healthy food initiative and we're looking for ways for our Airmen to have a variety of healthier dining options across our installations," said Jonathan Boyd, branch chief for NAF food and beverage operations at AFSVC. "Not every Airmen eats in the dining facility ... we need to offer healthy options at our NAF food service facilities as well."

The inaugural class included students from community centers, youth centers and base clubs, allowing the Air Force to deliver flavorful, healthy

meals to Airmen and their family members.

"We want to start (our Air Force kids) right, picking healthy food options and knowing what's good for them." Boyd said, "And not only having that at our child development centers but at places like our bowling centers, community centers and other NAF food and beverage operations."

In adding healthy options across its installations, the Air Force is following the sign of the times, said Hinnerk von Bargaen, CIA chef and instructor for the course.

What is termed institutional food service - things like military dining, college campus feeding operations and hospital food delivery - is changing, von Bargaen said.

"There's a growing awareness of eating health conscious - being 'plant forward,'" von Bargaen said, "and the Air Force is right on trend to look at what else is out there in the industry.

"Tofu, no!" was the way Patricia Hall, a cook at the Panther Den Community Center at Buckley Air Force Base, Colorado, viewed the soybean-based product before attending the recent CIA course.

"Now, I can eat it," Hall said. "This course has really opened my mind to try new things and offer them to my customers. Now I see that (plant-based foods) can taste good and that they're really good for you ... I plan to put what I've learned to good use."

Although things are changing at dining facilities and NAF food operations, don't expect plants and legumes to be the only things offered.

"Variety is the spice of life," Boyd said. "It's about having a balanced diet."



DEBBIE ARAGON

*Will Packwood (right), Culinary Institute of America San Antonio chef, and Gabriela Irwin (left), a chef at Spangdahlem Air Base, Germany, look over a pork loin recipe during the practical portion of the first Air Force Techniques of Healthy Cooking Course June 5 in San Antonio.*

# RANDOLPH

## Wills takes command of 19th Air Force

By Maj. Kimberly Garbett  
AIR EDUCATION AND TRAINING  
COMMAND

With the sounds of freedom and flying training as the backdrop, Maj. Gen. Craig D. Wills took the reins of the 19th Air Force from Maj. Gen. Patrick Doherty during a change of command ceremony at Hangar 4 at Joint Base San Antonio-Randolph June 13.

With his family, friends and Airmen from across the Numbered Air Force in attendance, Wills received the guidon for the NAF that oversees flying training across Air Education and Training Command from Lt. Gen. Steve Kwast, commander of AETC, who officiated the ceremony.

“As you watch this flag being passed, you are watching a profound shift from one commander who has created out of the ashes of the past a great numbered air force command, handing it to a great leader with great moral character and courage,” Kwast said. “Wills has a history of being a great warrior. He is a dreamer, a visionary, a man who knows the priority of family first. You are going to see him take all of this great effort and take it to the next level (with your help).”

“This change of command should remind us that it is not enough to be great warriors, to defend freedom in every corner of the globe – our true job as Americans, as citizens ... is to raise the next generation to be stronger and better and wiser than we are to develop resilient, clever warriors so that we never have to fire a

shot,” Kwast added.

After receiving a decoration that outlined the numerous advances in pilot production and innovation, as well as response to natural disasters, Doherty spoke to his command for the final time. He thanked his boss and the Airmen of 19th Air Force for the chance to lead.

“What an exciting opportunity this was ... we’ve been very blessed,” Doherty said. “It’s been an honor to be on your wing.”

Doherty highlighted a culture of innovation initiatives going on across 19th Air Force.

“When you unleash learning into the individual ... and not limit them ... you breed a level of exceptionalism into the hearts and minds of our warriors. I am very excited about the successes you will give our Air Forces in the future. You continue to find new ways to bring lethality and readiness to our future.”

In addressing the men and women of 19th Air Force for the first time, Wills thanked all those in attendance, including his family, past commanders, mentors and role models he has looked up to throughout his career, before talking to the importance of airpower and Airmen.

“The true strength of our Air Force is our Airmen. Our greatest weapon our Airmen wield ... is our culture of innovation,” Wills said. “What makes us Airmen is not the airplanes. What makes us Airmen is that once upon a time we saw a better way to end the suffering, to shorten the wars, a better way to



SEAN WORRELL

*Lt. Gen. Steve Kwast (left), commander of Air Education and Training Command, passes the 19th Air Force guidon to Maj. Gen. Craig Wills, during the 19th Air Force change of command ceremony June 13 at Joint Base San Antonio-Randolph.*

protect our culture, to protect our country.”

Before closing, Wills talked to the strategic importance of the Numbered Air Force’s mission.

“Our country is being challenged by enemies who seek to threaten our prosperity and destroy our way of life,” Wills said. “To preserve our republic and protect our citizens, we need to get the future faster. The old ways of the past won’t work and the men and women of 19th Air Force know this. History will also show that 19th Air Force will be equal to the moment and superior to the task. America is counting on us, so let’s get to work.”

Prior to this assignment, Wills was the deputy chief of the Office of Security Cooperation-Iraq. Wills commissioned through Reserve Officer Training Corps at the University of Arizona.

He is a command pilot with more than 2,500 hours of flying time, primarily in the F-15C Eagle and F-15E Strike Eagle.

Prior to Iraq, Wills was the director of strategy, plans and programs at Headquarters Pacific Air Forces. He previously commanded the 39th Air Base Wing at Incirlik Air Base, Turkey; the 47th Operations Group at Laughlin Air Force Base, Texas; and the 493rd Fighter Squadron at Royal Air Force Lakenheath, United Kingdom. He was also a fellow at Harvard University and served on the Seventh Air Force and U.S. Forces Korea Staffs.

Headquartered at JBSA-Randolph, 19th AF spans and includes 19 training locations, with 17 Total Force wings, including active duty, Air Force Reserve and Air National Guard units. The organization includes more

than 32,000 personnel who operate more than 1,600 aircraft from 29 different aircraft models.

Members of 19th Air Force are responsible for the training and education of more than 32,000 U.S. and allied students annually in numerous specialties ranging from aircrew, remotely piloted aircraft crew, air battle manager, weapons director, and survival, escape, resistance and evasion.

Members at 19th AF are also responsible for U.S. Air Force Academy Airmanship programs and oversees 45 percent of the Air Force’s annual flying hour program.

Doherty has been the 19th Air Force commander since March 2017. He is headed to his next assignment as the director of plans, programs and requirements at Headquarters, Air Combat Command, at Joint Base Langley-Eustis, Virginia.

# Award continues firefighter's eventful year

By Robert Goetz

502ND AIR BASE WING  
PUBLIC AFFAIRS

The accolades were slow in coming, but there's been no shortage of them in the past year for an Air Force staff sergeant who has served as a firefighter assigned to the 502nd Civil Engineer Squadron at Joint Base San Antonio-Randolph for more than two years.

Since his promotion to the NCO ranks last August, Staff Sgt. Nathan Lindgren has earned the John L. Levitow Award at the JBSA Airman Leadership School, the school's highest honor, and swept unit awards all the way to 502nd Air Base Wing Airman of the Quarter for the first three months of 2019.

Lindgren's awards streak continued in May, when the New Braunfels Chamber of Commerce recognized him as Airman of the Quarter, also for the first quarter of the year. The chamber's recognition program, more than 50 years old, allows the organization to "showcase and thank Randolph for their efforts in both war and peace venues."

"It's powerful to see how the New Braunfels chamber is empowering people," Lindgren said. "It's been a humbling experience to receive recognition and see the support of that community. It's their way of maintaining a connection with the military and honoring those who serve our country."

Before last year, Lindgren said he had not received any awards in his young career, but his former supervisor at JBSA-Randolph, Tech. Sgt. Zachary Edwards, who is now assigned to Grand Forks Air Force Base, North Dakota, said he is not surprised by the recognition Lindgren has received in the past year and predicts more of the same in the future.

"He is a very hard-working Airman and mature for his age," he said. "This award will be one



Staff Sgt. Nathan Lindgren (center), 502nd Civil Engineer Squadron firefighter, receives the key to the city from New Braunfels Mayor Pro Tem Wayne Peters (left) and Mayor Barron Casteel during a May 14 ceremony that honored Lindgren as the New Braunfels Chamber of Commerce Airman of the Quarter.

COURTESY PHOTO

of many in his promising career ahead."

Edwards called Lindgren "one of the smartest individuals" he's known in his nine-year career.

"If being sharp wasn't enough, he is also highly driven," he said. "The combination of his intellect and work ethic will land him success in whatever avenue he pursues. His greatest accomplishment is that he started at the 502nd Emergency Services at JBSA-Randolph an unsung hero."

That all changed with Lindgren's promotion to staff sergeant on his first try, his recognition as the Levitow award winner and his multiple Airman of the Quarter honors, Edwards said.

"I'm so glad he's finally

getting the recognition he deserves," he said.

Lindgren, who grew up in California, Maryland – a community that was named after the state – counts his father as a huge influence in his life.

"My father is a retired Navy captain who graduated from the U.S. Air Force Academy," he said. "Like my dad, I had a desire to serve. I'm dedicated to duty. I love to help people. When there is a need, I want to be there to do it."

Lindgren also saw the Air Force's commitment to education as a motivating factor in his decision to enlist.

"Education was big for me, and the support from the Air Force is unparalleled in the service branches," he said.

Lindgren started his Air Force career at Ramstein Air

**"It's been a humbling experience to receive recognition and see the support of that community. It's their way of maintaining a connection with the military and honoring those who serve our country!"**

Staff Sgt. Nathan Lindgren,  
502nd Civil Engineer Squadron  
firefighter

of two children was the president of his homeowners' association and led the organization in the development of five major projects that were completed in a timely manner and achieved maximum cost savings.

In addition to the drive and passion he exhibits in accomplishing the goals set in front of him, Lindgren said he strives to empower those around him at work.

"This is through the empowerment of my peers by ensuring we consistently train and work to better each other all around, whether that's in education, family life or the job," he said.

Innovation is another attribute Lindgren brings to his job.

"I am always trying to find new ways to do things, better means of accomplishing tasks, or more effective paths to provide top-notch emergency services," he said. "This doesn't mean all my ideas make it to reality, but persistence and refinement is key to the continued success of our organization."

Base, Germany, relocating to JBSA-Randolph in March 2017. His present duties range from lead firefighter, ensuring his crew handles emergencies quickly and efficiently, to lead emergency communications center dispatcher, answering 911 calls and monitoring fire alarm systems.

Lindgren has also achieved emergency medical technician certification through many off-duty clinical and study hours, using his knowledge to help patients experiencing medical emergencies.

"Having that extra skill is really helpful," he said. "We can perform certain medical treatments and respond differently to emergencies."

Lindgren's desire to serve also extends to the community he lives in. The husband and father

## GRADUATES

From page 11

Operation IRAQI FREEDOM, touting the fact that it was their predecessors who accomplished many of them.

“These individuals, and those who preceded them, literally changed the form of combat casualty care during OEF and OIF from the point of entry on the battlefield in Iraq and Afghanistan to the definitive care and rehabilitation and ongoing recovery here in the United States,” Kellermann said.

“You have benefited from that history and now you will write the next several chapters in that history as you make your mark on military medicine,” he said. “You have a unique mission, as a military health professional, it’s not enough just to be really skilled at what you do. You will also be expected to be an effective communicator, a problem solver, a team player and a leader. You are different, you are better.”

Kellermann emphasized medicine is a team sport.

“You can’t do it alone,” he said. “In the military health system, ‘one team, one fight’ is more than a slogan, it is our formula for success.”

He also encouraged the graduates to apply for faculty positions within the Uniformed Services University system.

“It will make you a more effective leader,” Kellermann advised.

Kellermann concluded saying, “I can’t predict what’s in store for you, the military health system or our nation, but I do know this, whatever comes, the education and training you received in the San Antonio Uniformed Services

Health Education Consortium enables you to make a difference for your patients, for your teammates, for the armed forces of the United States and for our country.”

Along with the graduation certificates, six Commander’s Awards for research and five Merit Awards were also presented.

### Commander’s Awards:

- ▶ Graduate Allied Health: Army Capt. James E. Huang, General Surgery Physician Assistant
- ▶ Quality Improvement/Patient Safety: Air Force Capt. Scott W. Penney, Pediatrics
- ▶ Resident Primary Care: Air Force Capt. Joseph E. Marcus, Internal Medicine
- ▶ Resident Surgical: Air Force Capt. Thomas T. Wood, Orthopaedic Surgery
- ▶ Animal/Basic Science: Air Force Maj. Timothy A. Soeken, Ophthalmology
- ▶ Fellow Clinical: Army Maj. Tyson A. Powell, Sleep Medicine

### Merit Awards:

- ▶ Maj. John Gillespie Award (Intern of Year): Army Capt. Rachel E. Bridwell, Emergency Medicine
- ▶ Maj. David S. Berry Award (Resident of Year): Air Force Maj. Timothy A. Soeken, Ophthalmology
- ▶ Col. Donald M. Null Award (Fellow of Year): Air Force Capt. John C. Hunninghake, Pulmonary-Critical Care
- ▶ Ylda A. Benavides Award (Program Coordinator of Year): Stephanie Diaz, Anesthesiology
- ▶ Col. John D. Roscelli Award (Program Director of Year): Army Lt. Col. Shane M. Summers, Emergency Medicine

## BOAT RACE

From page 11

programs.

“The idea behind the boat race was originally designed to build camaraderie, teamwork and allow junior Sailors a chance to utilize their creative ideas to achieve a common goal,” said Chief Petty Officer Timothy Soukup, an instructor at Navy Medicine Training Support Command, or NMTSC, and event lead. “Events like this highlight these important characteristics in a fun and positive environment.”

Teamwork was an import part of the competition and is a fundamental cornerstone of the Sailor 360 event.

“Events like this build teamwork that everyone is able to bring something to

the table, discuss the ideas and collectively produce a final product,” said Petty Officer 1st Class Christopher Cruz, assigned to Academic Support Division of Defense Health Agency, or DHA, and a member of the winning team. “We are spread out in the San Antonio area, and events like this allow us to come together.”

This is one of many events that have been held throughout the year to build upon these fundamentals.

“So far we have done a dodge ball competition to incorporate some athletic competition, then we did MIF feud - like Family Feud - to incorporate cognitive and military trivia to capture the strengths of each team,” Soukup said. “We have received some very good feedback regarding this year’s Sailor 360 competition events.”