

JBSA LEGACY

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JOINT BASE SAN ANTONIO

SEPTEMBER 20, 2019



JBSA locations hold 9/11 memorial ceremonies

PHOTO BY SABRINA FINE



BAMC staff helps train DOD doctors

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PHOTO BY PETTY OFFICER SHAYLA HAMILTON



PHOTO BY JOHNNY SALDIVAR



AF defends Alpha Warrior Inter-Service title

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Joint Base San Antonio remembered Sept. 11, Patriot Day, with ceremonies throughout San Antonio, such as those at JBSA-Randolph (top), JBSA-Fort Sam Houston (bottom left), and JBSA-Lackland (bottom right). The events honored those who lost their lives during terrorist attacks in New York City, Washington D.C. and Pennsylvania 18 years ago.

COMMENTARY

Preventing suicide ... starting with myself

By Glenn S. Robertson
90TH MISSILE WING PUBLIC AFFAIRS

Other days, and even on good ones, the thought creeps up out of nowhere — an insidious sense of doubt. Of worthlessness and a sense of purposelessness that whispers in my ear and tells me that I will never accomplish the goals I have set for myself. The thoughts that make me ask why I shouldn't just call it quits and end the sadness that plagues me.

I am just one of nearly a quarter of the population who has suffered with this illness for most of my life. Just like all of them, depression is present nearly every day of every year. If this sounds familiar to you, you are not alone. There are millions in this country who know the daily struggle of depression.

But I do not and I will not allow this disease to define me — and I ask anyone reading this who might be going through hard times to do the same.

Maybe your situation is different. Maybe Post-Traumatic Stress Disorder haunts you and the things you've seen and experienced make you never want to open your eyes again. Maybe the stress of your job or your life seems to be too much to bear and you can't see any end in sight. Overwhelming anxiety. Brain injury. The effects of substance abuse. So many different mental troubles can lead to suicidal ideation, which can complicate finding a solution for an individual thinking about hurting themselves.

Whatever personal challenge you're fighting with, please do everything you can to remind yourself that life is worth living. It's a challenge and often even a struggle, absolutely. But, no matter what you're struggling through, there are people who care about you with the resources available to help guide you through the darkness.

Whether it's an anonymous phone call to



Call. Click. Connect.
1-800-342-9647

Military OneSource

24/7 Resource for Military Members & Families

COURTESY GRAPHIC

a hotline, a visit to a chaplain or a whole host of options in between, there are people — real people — out there who want to bring you back from the brink and help you realize that life is too precious to turn your back on.

I have lost three people I considered friends — including one as close to me as a brother — to suicide. I will never forget the day I received the message that he died. It has stuck with me for 11 years now, a dull ache of loss for a friend torn away too soon. I ask myself if there was more I could have done to keep him from this end. He, and each of the others, left holes in those left behind when they died, and they are missed terribly by many people every day, even 11 years later.

For those of you who have made it this far and cannot relate to anything written above, I have a request for you as well. Go to <https://www.af.mil/Suicide-Prevention/> and

read about some of the programs and other resources available. If you see someone who's clearly not themselves, struggling with some unseen torture, ask them how they're doing. Ask them to get coffee or grab lunch.

Sometimes all it takes to support someone in this situation is just being there. Or you can go a few steps further and learn the signs. Sign up for A.S.I.S.T. training through the chaplain's office or take a similar program that will help you notice warning signs before they become tragedies.

September is officially Suicide Prevention Month, but there is no timeline on reaching out to someone in need and you can learn how to be more aware of the subtle signs shown by those at risk twelve months a year. You may be the one to save a life.

Editor's note: This commentary was first published Sept. 12, 2018.

Joint Base San Antonio HOTLINES	• Sexual Assault Hotline 210-808-SARC (7272)	• Domestic Abuse Hotline 210-367-1213
	• DOD Safe Helpline 877-995-5247	• Suicide Prevention 800-273-TALK (8255)

JBSA LEGACY

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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 using the subject line "Feedback Fridays." Questions will be further researched and published as information becomes available.

Installation & Facilities

Q. During an active shooter exercise, I noticed that the shades in our cubicle are see through. What is the procedure to get safer (opaque) shades installed?

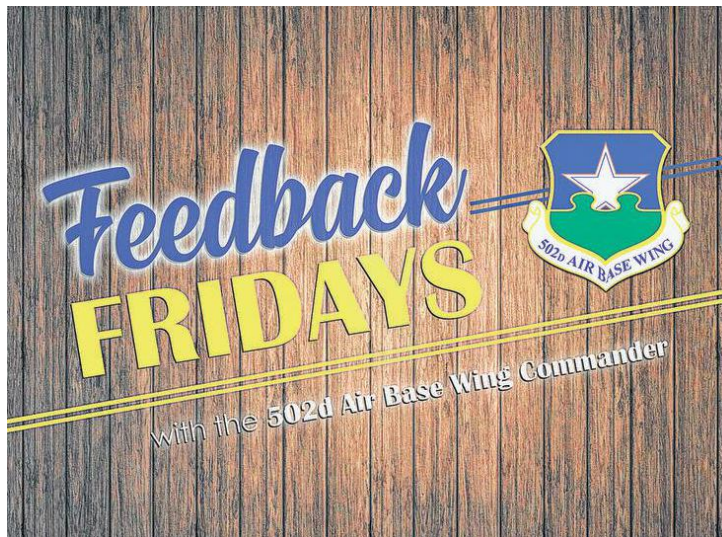
A. Thank you for your question. We definitely appreciate the feedback regarding the safety of our installation, and to know that our exercises are providing value and lessons learned!

Window blinds and coverings are a furnishing asset and, as such, are owned, maintained and replaced by the occupying organizations. Any requests regarding upgrading blinds can be presented to your facility manager or unit leadership for consideration as a unit investment. Your facility manager would then need to coordinate the effort with our Civil Engineers for final approval for installation.

Even with opaque shades installed, we still recommend that during these exercises, or in the case of a real-world event, that personnel move away from the windows, hide behind furniture, and get down on the floor for maximum protection. For more information, please reach out to your unit's AT/FP representative for any specific guidance and training.

Q. On Aug. 29, I submitted an ICE complaint concerning handicap shower seats/benches being removed at the Medina Gym at Joint Base San Antonio-Lackland and not replaced. As of this date, no response from anyone. Can you please advise?

A. Thank you for your question. The fitness and well-being of all of our JBSA personnel is always important to me, especially in how JBSA can accommodate and support all of our



members in their fitness goals.

We reached out to the Medina Fitness Center Facility Manager and learned that the previous showers' seats/benches were permanently damaged and had to be removed as they were a safety hazard.

But there is good news! New benches were ordered and installed Sept. 11 and they are ready for use. Our apologies for the inconveniences the bench removals presented, but hopefully the new benches are an improvement and are able to accommodate everyone's needs!

Q. My daily route onto JBSA-Fort Sam Houston is through the North New Braunfels Avenue gate every morning and then I drive down Stanley Road. I noticed that the large overhead street lights are not working down Stanley Road all the way to the intersection at Stanley and Henry T. Allen Roads. The front of the Fort Sam Houston Theatre, the flagpole, the front of building 2263 and other areas down Stanley Road are very dark. There are personnel that park across the street and the dark areas make it difficult to see people crossing where there would normally be street lighting.

I contacted the customer service line and asked if anyone has been made aware of the lack of lighting situation on Stanley Road from North New Braunfels Avenue to Allen Road.

After further investigation from CE, I received a call back and was told that the

lights are not functioning because the circuit that operates the affected lighting is directly tied to the ongoing construction of building 2263, and that the lighting will not be restored until the construction is completed or when permanent power has been restored to that building.

Is there a timeline when the contractor will have permanent power returned to the building and have the street lighting back to normal?

A. Thank you for bringing this issue to our attention! We recognize street and parking lot lighting are essential to pedestrian safety, and to the safety of all JBSA personnel as a whole.

You are correct that a portion of the light outage is associated with the Building 2263 renovation. Fortunately for us, the contractor was already aware of the situation and is working on a solution to tie in a new circuit to get the lighting back on! If a new circuit is not possible, however, CE will look into other alternatives to provide safer lighting in that area.

Another small section was also discovered as being down and CE plans to have that repaired and resolved by the end of September. Please continue to bring these concerns to our attention, as the safety and well-being of our personnel is one of my top priorities.

Q. When is the parking problem being addressed at the JBSA-Randolph BX

Pharmacy? The temporary parking area provided once the base housing was cleared worked well to provide relief from crowded BX parking. With all the property at that location east of the BX, there is no (known) reason why a permanent parking area cannot be built.

A. Thank you for raising your concerns, as parking is a challenge throughout JBSA. Right now, our base development planners are reaching out to pharmacy personnel to learn more about the situation their customers are experiencing. We are also talking with AAFES management about their actions planned for the area in question.

We know that AAFES went through a process to determine the required parking for a BX of this size, however, we need to know if the pharmacy-generated traffic was specifically addressed. There is a plan to construct a new Shoppette/Burger King in the area east to the current BX, but we will continue to look at the area to see how we can address this issue.

After we determine the pharmacy requirements and coordinate with AAFES, we will begin developing possible alternatives to address the issue. We are nearing completion of a fully revised base development plan for JBSA-Randolph, and have established a process to incorporate these types of actions into our plans. So be on the lookout for any new construction in your areas of work. Changes are coming!

Q. When will JBSA-Fort Sam Houston get a 24/7, 365 Service Call Center to better serve the base?

A. Great news! There is a plan in action to develop an Energy Management Control Center, or EMCS, which will double as the service call center for JBSA-Fort Sam Houston to allow for monitoring and controls of energy systems including water, power and HVAC services to allow full capacity to act as an after normal duty hours customer service center.

This plan, however, will require funding and manning adjustments for full capability. Right now, some systems on JBSA-Fort Sam Houston can be monitored for operation, but not full control. Currently, 24/7 coverage and customer service for JBSA-Fort Sam Houston is serviced by the 24/7 EMCS desk at JBSA-Randolph.

FEEDBACK FRIDAYS

From page 3

Miscellaneous

Q. Does the Gateway Club really need the club membership program? I believe it has caused a decline in club attendance and participation, and a lot of people don't understand the real benefits of it.

For our younger and older military members, families, and retirees, this is an especially amazing place to go to for a safe and secure environment on base to watch sports or hear a band play, etc.

A. Thank you for the opportunity to highlight the benefits of being a member of one of our amazing JBSA clubs!

There are many tangible benefits to becoming a member of the Gateway Club, to include: \$10 lunch buffet or Thursday night dinner buffet birthday coupon, 2-month calendar mail outs with coupons, quarterly Customer Appreciation Nights, \$1 off lunch program, Thursday night dinner buffet, Sunday breakfast buffet, \$2 off special events, special occasion drawings members only eligible, 10 percent discount on all food & beverage on

catered events, the ability to host events like retirements, promotion, wedding, anniversary, birthday, with no room fees, reciprocal privileges with other Air Force Clubs, free admission to special events throughout the year, a chance to win a \$10,000 Bingo jackpot at the Kendrick Club (non-members receive only 50 percent), complimentary hors d'oeuvres during Friday afternoons social hours, and a free Birthday Meal at Randolph's Parr Club.

Club memberships also allow us to uphold our storied Air Force heritage and traditions and provides the JBSA community with an opportunity to recharge, socialize and celebrate in a comfortable and elegant setting.

We've also funded significant capital improvements in all three clubs to give our members venues worthy of holding some of life's most important and memorable events. I encourage everyone to become a Club member and take advantage of all of the great opportunities that we have to offer here at JBSA!

Q. I am concerned about the air pollution that our young children and older folks with asthma or lung conditions have to contend with.

As a retiree, I try to be a good role model, a good patriot, and a good citizen by going into fast food restaurants to place a to go order (rather than spend even more time with my engine running, sitting in a long drive-through line) and particularly by not sitting in the parking lot running my engine anywhere.

On a recent trip to the gym, I was walking outside for a cool down when I noticed an individual in a large pick-up truck parked with his engine running. I passed another parked truck, also with his engine running. I walked around the track for about five minutes, then came back to find both individuals were still sitting in their trucks running their engines.

While I seriously doubt they would actively want to harm anyone, this concerns me because these folks are polluting the air young children and our elderly have to breathe every day. It is inconsiderate to those with breathing disorders and the right thing to do is limit the amount of time you idle your engine.

I hope voicing my concerns will prompt commanders to encourage their folks to be mindful with regard to polluting the air which can adversely

affect our young children and older people, particularly those with asthma, COPD, emphysema or other conditions which compromise breathing.

A. Thank you for voicing your concerns on this matter, as it has been an item of interest for JBSA and the San Antonio community as a whole.

With its increasing interest, we have to do our part as a JBSA community to help reduce pollution. One of our air quality efforts was actually accomplished this year!

In February, I signed a "JBSA Government Motor Vehicle (GMV) Idling Policy" to help tackle the exact issue you are highlighting. The policy applies to all Government Owned and GSA Vehicles, and states that operators are limited to standing idle times of five minutes or less, with exceptions for busses and emergency response vehicles. Personnel operating privately owned vehicles are also strongly encouraged to minimize standing idle times.

Additionally, our Civil Engineering Environmental Flight regularly publishes articles in our base newspaper to raise awareness on air quality and other important environmental programs.

Defense Health Agency changes leadership

From Military Health System Communications Office

Army Lt. Gen. Ronald Place became the third director of the Defense Health Agency Sept. 4 in a ceremony at Defense Health Headquarters in Falls Church, Virginia.

He succeeds Navy Vice Adm. Raquel Bono, who is retiring after 36 years of service and has been the DHA director since 2015.

Tom McCaffery, the assistant secretary of Defense for Health Affairs, who served as host of the ceremony, said it's been an honor to work with Bono. He thanked her, saying military medicine is "better off for your decision to dedicate yourself to public service. Congratulations on a remarkable career."

He said Bono led the DHA during "some of the most profound and far-reaching changes" in the history of military medicine.

Bono became the DHA director in late 2015, two years after the DHA was formally established on Oct. 1, 2013. During her four-year tenure, the DHA launched MHS GENESIS, the Department of Defense's single integrated inpatient and outpatient electronic health record; consolidated TRICARE Health Plan programs from three to two; and most notably began the process of transitioning nearly 450 military hospitals and clinics from the individual Services to the DHA.

McCaffery said he has confidence in Place, who's "no stranger to the changes underway" in transforming military medicine.

Place led the Military Health System's National Defense Authorization Act 2017 Program Management Office, which oversaw the review of some of the most sweeping organizational changes in

military medicine in decades.

In the past two years, Place has served in DHA leadership roles. He led the National Capital Region Medical Directorate and later the transitional Intermediate Management Organization that oversaw the transition of the first set of military hospitals and clinics to the DHA. Earlier in 2019, he became DHA's interim assistant director for health care administration, a key position that will eventually have oversight over all military hospitals and clinics.

McCaffery said that in Place, the DHA team can expect a leader of intelligence, integrity, dedication and character.

As Bono summed up her remarks, she said serving alongside "this incredible team at the DHA" has been the highlight of her 36-year career. "Thank you for one of the best — no, the best — job I've had," Bono said.

Bono also thanked the MHS team for serving beneficiaries at home and on the battlefield, and for embracing the changes that will lead to a successful future. She said she "couldn't be more excited that it's Ron who's the new DHA director," noting how intimately he has been involved in transformation efforts.

"It's true that change is a team effort," Bono said, adding that teams need effective leaders such as Place.

Place echoed the sentiment, noting that leadership doesn't take place in a vacuum. He said he is confident the DHA and MHS will continue an effective transformation, with a focus on readiness and patient-centered outcomes, while emphasizing the need to continue to embrace change.

Place said military forces must be fit to fight and ready to win. "Coming in second in what we do doesn't count," he said.



COURTESY PHOTO

Army Lt. Gen. Ronald Place is the new director of the Defense Health Agency.

Place is board-certified in general as well as colorectal surgery. He's also the author of more than 40 peer-reviewed articles and book chapters. His combat surgical experience includes deployments with forward surgical teams to Afghanistan and Kosovo.

Place's numerous awards include the Distinguished Service Medal with oak leaf cluster; Legion of Merit with three oak leaf clusters; and combat action, combat medic, and flight surgeon badges.

AF Handbook 1 phone app now available on Apple, Google Play

By Dan Hawkins

AIR EDUCATION AND TRAINING COMMAND
PUBLIC AFFAIRS

Airmen have a new digital option to stay current on Air Force knowledge and to help prepare for promotion testing with the debut of the Air Force Handbook 1 phone application, released Sept. 6 by Air Education and Training Command officials.

The AFH1 app includes the "The Air Force Handbook 1," and study guide, as well as Air Force Instruction 36-2618, The Enlisted Force Structure, known as the "The Little Brown Book." There is also access to the "The Little Blue Book" which focuses on the profession of arms. Other tools such as flash cards, audio and practice tests can also be found on the app.

"This is really exciting news for Airmen across the Air Force as this app helps them stay ready from a professional development perspective," said Chief Master Sgt. Julie Gudgel, AETC command chief. "Whether it's promotion testing study material, or access to general Air Force knowledge resources, putting all of these valuable resources into the hands of our Airmen so they can access it any time at no cost was the goal."

At this time, Airmen can find the app on both Apple and Google Play.

Editor's Note: The app, which can be downloaded on both Apple and Android operating systems, is currently loaded with the 2017 version of the Air Force Handbook 1, but is tentatively set to debut the 2019 AFH1 edition Oct. 1, 2019.

CITY OF SAN ANTONIO COUNCIL CELEBRATES AIR FORCE 72ND BIRTHDAY AT CITY HALL



FREDERICK GONZALES

From left: As is the Air Force birthday tradition, District 10 Councilman Clayton Perry, serving as the oldest Airman; Airman 1st Class Charzell Lewis serving as the youngest Airman; District 9 Councilman John Courage; San Antonio Mayor Ron Nirenberg and Brig. Gen. Laura Lenderman, 502nd Air Base Wing and Joint Base San Antonio commander, celebrate the U.S. Air Force birthday with the ceremonial cutting of the birthday cake. The San Antonio City Council members and mayor joined members of the 502nd Air Base Wing and Joint Base San Antonio to celebrate the Air Force's 72nd birthday Sept. 12 at San Antonio City Hall.

FORT SAM HOUSTON

Military units participate in World Heritage Festival

By Burrell Parmer

NAVY RECRUITING DISTRICT SAN ANTONIO PUBLIC AFFAIRS

In support of the City of San Antonio's annual World Heritage Festival, service members from Navy Recruiting District San Antonio, the Army's San Antonio Recruiting Battalion, Marine Corps Recruiting Station San Antonio, Navy Medicine Education, Training and Logistics Command, Navy Medicine Training Support Center, the Marine's 4th Reconnaissance Battalion, and the Air Force's 383rd Training Squadron participated in Mission Pachanga held at Mission Park Pavilion Sept. 7.

Mission Pachanga celebrates San Antonio's unique heritage and culture, past and present.

Events began with the Tour

de Las Misiones Bike Ride Tour, Walk and Run. Afterwards, participants and the surrounding community enjoyed music, food and refreshments as well as interacted with members of the military.

According to Debe Clark with the City of San Antonio's Office of Military and Veterans Affairs, prior festivals didn't involve the military, however the National Park Service and the Heritage Office, in cooperation with her office, wanted military and veterans to be a central theme for this year's event which was largely centered around the missions.

"This is Military City USA and we wanted to highlight the military in city-hosted events," said Clark, a retired Army veteran. "This has been a great experience and a great way for the citizens and



BURRELL PARMER

Petty Officer 2nd Class Mark Hambrick, assigned to Navy Recruiting District San Antonio, discusses the various rates of the Navy with an attendee of Mission Pachanga during the annual World Heritage Festival held at Mission Park Pavilion Sept. 7.

military veterans of the city to engage with today's military men and women."

Petty Officer 2nd Class Shomari Cooper and Petty Officer 2nd Class Mark

Hambrick, both recruiters assigned to Navy Recruiting District San Antonio, attended the event to spread Navy awareness and provide career opportunities in America's Navy to those both young and old.

"Our primary mission is to recruit the best and brightest into the Navy," Cooper said. "We also have a mission to enhance and maintain relationships with our communities. For some areas, recruiters are the only face of the Navy and we must provide the Navy with visibility as good community citizens."

NRD San Antonio's area of responsibility includes more than 34 Navy Recruiting Stations and Navy Officer Recruiting Stations spread throughout 144,000 square miles of Central and South Texas.

ARSOUTH hosts Colombian army during bilateral staff talks

By Sgt. Ashley Dotson

U.S. ARMY SOUTH PUBLIC AFFAIRS

U.S. Army South, as the U.S. Army's executive agent, hosted bilateral staff talks with Colombian army leaders Sept. 5-6 at Joint Base San Antonio-Fort Sam Houston, to develop professional partnerships and increase interaction between armies.

These talks will strengthen and plan future strategic, operational and security agreements.

"On behalf of the new Chief of Staff of the United States Army, Gen. James McConville, I am honored and proud to be given this opportunity to welcome this fine delegation and to once again work with

the Colombian army — one of our strongest partners in the region," said Maj. Gen. Daniel Walrath, U.S. Army South commander, as he welcomed the Colombian delegation.

The partner army leaders work together throughout the staff talks to discuss and develop issues and objectives that result in agreed-to-actions in order to strengthen partner nation relationships, develop collaborative solutions to regional problems, and outline the engagement plan for the upcoming year between the U.S. Army and the Colombian Army.

"The outcome of this meeting will strengthen the capabilities of our Armies," said Maj. Gen. Oscar Alberto

Quintero Gonzales, Inspector General of the Colombian Army. "It is crucial to guarantee the union efforts that allow transnational crimes to be tackled. For this, it is vitally important to have trained troops, able to respond vehemently to the challenges of the present and future."

These most recent army-to-army staff talks were unique due to being the first executive meeting that the Colombian army invited Sgt. Maj. of the Colombian Army Carlos Arturo Gomez Rincon to attend and provide enlisted input.

"The staff talks represent the profound friendship and partnership that the U.S. and Colombian Armies uniquely

have," Walrath said. "Notably since Plan Colombia that began 20 years ago, we have made important and sustained contributions to regional security in Latin America."

For 2020, the armies proposed 24 agreed-to actions. These actions include several training events, non-commissioned officer professional development, as well as offering the position of the 3rd U.S. Army South Deputy Commanding General for Interoperability to Colombia.

"The U.S.-Colombia partnership has proven time and time again to be among the strongest in the region and an example of what is possible for security cooperation and

international relationships in Latin America and globally," Walrath said. "I am very excited for the possibilities between our two armies, and look forward to working closely with the Colombian Army for the next few years of my command."

"The Colombian army is grateful for the permanent support and advice given by U.S. Army South," said Quintero as he bid farewell. "I want to reiterate our feeling of gratitude and appreciation with all of the men and women that belong to the U.S. Army."

The next bilateral staff talks executive meeting between the U.S. and Colombia will be held in Bogota, Colombia, in late 2020.

BAMC staff helps train DOD doctors

By Daniel J. Calderón
BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

Critical Care staff from Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston helped conduct two days of validation training for military doctors from around the country during the first week of September.

Using the resources of BAMC's Simulation Center, staff conducted validation training for the Army's Individual Common Task List and Air Force Comprehensive Medical Readiness Program requirements for more than two dozen military internal medicine, or IM, physicians.

"It's a two-day course," said Army Maj. (Dr.) Tyson Sjuljin, a member of the pulmonary and critical care staff at BAMC

who was one of the instructors for the training. "We did the education portion for day one and then validation on day two."

Validation consisted of an array of situations conducted in BAMC's Simulation Center. There, physicians could practice on "dummies" or "patient simulators" in order to demonstrate their proficiency in the skill sets they were practicing during the training.

"While some of the IM staff perform these tasks regularly, other IM subspecialties like gastro and infectious disease, do not routinely see the patients requiring this type of medical intervention," said Robert V. Coffman, administrative director for BAMC's Simulation Center. "The use of medical patient simulators will ensure that IM



JASON W. EDWARDS

U.S. Air Force Lt. Col. Erica Hill (left), Brooke Army Medical Center rheumatologist, and U.S. Army Col. Ramey Wilson, Command Surgeon, Special Operations Command, Africa, assess a simulated trauma patient at BAMC Sept. 4 at Joint Base San Antonio-Fort Sam Houston.

physicians are afforded the opportunity to complete the necessary skills required by their service and provide a chance for those who do not regularly perform these skills to practice in a safe environment."

In addition to the training at

BAMC, doctors attended breakout sessions at JBSA-Lackland. Air Force Maj. Kelvin Bush, a BAMC cardiologist, helped coordinate the cardiology breakout session. Current cardiology specialists and interns who were interested in specializing

in the field were able to learn about present-day innovations and discuss the possible future of military cardiology.

Sjuljin said the training is mandated for military physicians in order to maintain their proficiency and remain ready for deployment around the world, and the Simulation Center is ideally suited to make that training both relevant and realistic.

BAMC trainers sent the invitation to military IM doctors to participate in the training. Approximately 60 percent of the personnel who attended the courses were outside the local area.

The training is currently slated to be conducted on an annual basis with invitations going out DOD-wide. But, it could increase to twice a year if the interest becomes high enough.

"We have a big role in military readiness," said Army Lt. Col. Micheal A. Odle, who was on the senior leadership panel discussion. "That role is not going to go away."

M&FRC hosts workshop for spouses of transitioning members

By David DeKunder
502ND AIR BASE WING PUBLIC AFFAIRS

The Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center hosted the first ever TAP Too workshop for spouses of transitioning service members Aug. 28.

Attending the workshop were 42 military spouses and service members, and five members of the JBSA leadership team, who learned about resources and programs available to them that can help them in their transition into civilian life.

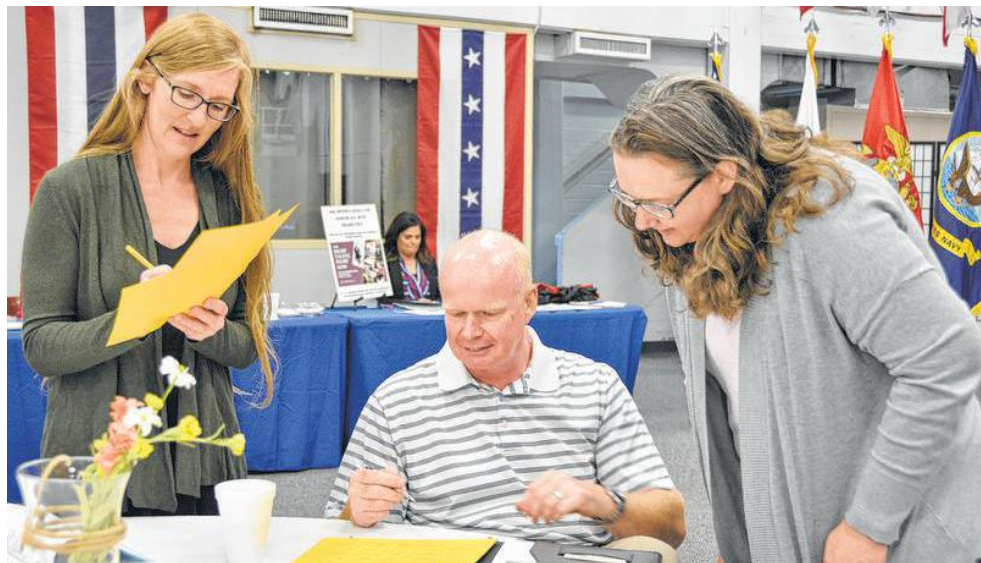
The workshop included topics and issues impacting spouses of transitioning service members covered by subject matter experts from programs and organizations throughout JBSA and the local community, from financial preparedness to emotional mindfulness.

Attendees were also able to get information on 25 resources and programs within JBSA and the local community at tables set up during the workshop.

In addition, a panel of spouses who have gone through the transition process shared their experiences with the attendees.

TAP, or Transition Assistance Program, provides counseling and job assistance to service members who are preparing to leave the military.

For information on the TAP program, call 210-221-1213.



COURTESY PHOTO

The Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center hosted the first ever TAP Too workshop Aug. 28.

CDC issues warning of severe illness associated with e-cigs

By Erin Perez
ARMY REGIONAL HEALTH COMMAND-CENTRAL
PUBLIC AFFAIRS

E-cigarettes are associated with 215 possible cases of severe lung (pulmonary) illness and two deaths reported since the end of June across 25 states, according to the Centers for Disease Control and Prevention.

“While we have known for a while that smoking cigarettes isn’t healthy, we are unfortunately learning that even these substitutes that are often advertised as safer alternatives may not be after all,” said Army Col. Laura Pacha, assistant chief of staff for public health at Regional Health Command-Central. “While the Food and Drug Administration, or FDA, does have approval authority over electronic nicotine delivery systems, the liquid used in the devices, has not been evaluated and tested, so you don’t know exactly what you are putting in your body, or how it will affect your health.”

According to the CDC Health Alert Network, patients in several states have experienced the following symptoms:

Respiratory symptoms

- » Cough
- » Shortness of breath
- » Chest pain

Gastrointestinal symptoms

- » Nausea
- » Vomiting
- » Diarrhea

Non-specific symptoms

- » Fatigue
- » Fever
- » Weight Loss

E-cigarette users and medical care providers should be aware that symptoms can develop and become severe over a period of days; however, it can also take several weeks.

In addition, sometimes the gastrointestinal symptoms appear first. While many initially sought treatment in urgent or ambulatory care facilities and were hospitalized after one visit, some patients were seen many times before they were admitted to a hospital.

“I know there are members of our military who use e-cigarettes or have family members who do,” said Pacha, a



TECH. SGT. HEATHER REDMAN

“I know there are members of our military who use e-cigarettes or have family members who do,” said Army Col. Laura Pacha, a public health physician. “Please consider quitting and monitor your health.”

public health physician. “Please consider quitting and monitor your health, especially while this is being investigated. If you are worried about the possibility that you have this illness, or any others, contact your primary care physician, and as always, call 911 in case of a medical emergency.”

The CDC is providing consultation to

state health departments and continues to investigate current and newly reported cases. They are working hand-in-hand with the FDA to determine the cause of the illness.

While some cases in each of the states are similar and all appear to be linked to e-cigarette product use, more information is needed to determine what is causing the illness. The State Departments of Health are investigating the possible cause of the illness by testing patient specimens and e-cigarette products.

The CDC notified U.S. healthcare systems and clinicians about the illnesses and what to watch for via a Clinician Outreach and Communication Activity Clinical Action Message. For information about a specific state, contact that state’s health department.

For CDC information on electronic cigarettes, visit <https://www.cdc.gov/e-cigarettes>. For FDA information, visit <https://www.fda.gov/tobacco-products/products-ingredients-components/vaporizers-e-cigarettes-and-other-electronic-nicotine-delivery-systems-ends>.

JBSA CPO Pride Day resonates with history, tradition

By Petty Officer 1st Class
David Kolmel

NAVY MEDICINE EDUCATION,
TRAINING AND LOGISTICS COMMAND
PUBLIC AFFAIRS

An honorary Master Chief Petty Officer, also the wife of the first Master Chief Petty Officer of the Navy, highlighted the annual Chief Petty Officer Pride Day events hosted by the Joint Base San Antonio area CPOs at the Veterans of Foreign Wars Post 76 Sept. 7.

Honorary Master Chief Petty Officer, or MCPO, Ima Black, wife of retired Master Chief Petty Officer of the Navy Delbert Black was the guest speaker, addressing attending fiscal year 2020 CPO selects, and current and veteran CPOs.

CPO Pride Day, part of the JBSA area CPO initiation process, was filled with military heritage events, military skills demonstrations, and interaction between CPO selects and active duty, Reserve, retired and veteran CPOs, referred to as “genuine chiefs” by CPO selects. CPO Initiation, known as “the season,” is six weeks of leadership training, military knowledge and team-building skills.

Though a JBSA CPO event, participants traveled from as far as Dallas. JBSA Navy commands participating included Naval Technical Training Center Lackland; Navy Recruiting District San Antonio; Navy Operational Support Center San Antonio; Navy Medicine Training Support Center; Navy Medicine Education, Training and Logistics Command; and Navy Information Operations Command Texas.

Black enlisted in the Navy WAVES (Women Accepted for Voluntary Emergency Services) in 1943 and was named an honorary master chief in June 2007. She talked about the history of the MCPON and her husband's problem-solving role.



PETTY OFFICER 1ST CLASS DAVID KOLMEL

Fiscal year 2020 Chief Petty Officer selects from across Joint Base San Antonio recite the Sailor's Creed during CPO Pride Day at the Veterans of Foreign Wars Post 76.

“In 1967, the Navy had a problem,” Black said. “Enlistments were at an all-time low. Morale was low. A committee was appointed to assess the problem and to find a solution to the situation. From the committee came the recommendation that the Navy enlisted needed representation in Washington — a spokesperson, one of their own, someone who was familiar with the problems and could present them to the senior officials and to congress. It didn't take long for the name GMCM Delbert D. Black to surface.”

Black said senior leadership initially didn't feel the need for the position. But this was a committee that made improvement its business.

Leadership and the Congress came around.

Black continued, describing the MCPON's humble beginnings.

“In spite of all this, Master Chief Black, with 25 years of experience, started with a staff of one — one telephone, one desk, one file cabinet,” she said. “He built an office that made us all proud.”

Black's words resonated with Hospital Corpsman 1st Class Jacob York, an NMTSC CPO select.

“MCPON Black laid the foundation that gave the enlisted ranks and chief's mess representation at the highest level,” York said. “It is incumbent upon all of us to uphold the integrity of the office and his legacy.”

Black's comments included words of advice and encouragement for York and his fellow CPO selects.

“Continue what you are doing,” she said. “Study hard. My husband would say you have to be a good listener. If you are doing all the talking, you aren't learning.”

Army, Marine Corps and Air Force E-7 selects, current E-7 and above non-commissioned officers, and Coast Guard 1st class petty officers selected for E-7 and Coast Guard CPOs-MCPOs may request to participate in the Navy's initiation program.

Air Force Master Sgt. Rosa Barringer from the 59th Medical Wing was approved to participate. She said Ima Black motivated her and her fellow

CPO selects.

“I think having Mrs. Black speak to us before pride day was the best form of motivation any of us could have asked for,” Barringer said. “Her level of commitment and dedication to the Navy and the chief's mess is unparalleled, so to have her speaking prior to our performance is an honor that few get to experience. Her actions teach us that our commitment to our people pays huge dividends. Her speech motivated all the selectees to perform at their maximum level.”

Black's comments about CPO heritage also spoke to initiated CPOs like Chief Petty Officer Jonathan Arroyave.

Arroyave, assigned to NMTSC and lead for CPO Pride Day, said, “Mrs. Black represents decades of CPO heritage. Her presence in our CPO Pride Day regional event exemplifies the importance behind this process for our future CPOs and reminds our current chief's mess why we must continue forging future leaders. The foundational building blocks for a chief petty officer are tradition, heritage and family. Mrs. Black is all in one. Her timing could not have been better as our selects prepare for their culminating event of acceptance.”

The culminating event was a Sept. 15 ceremony where the CPOs will be pinned with CPO anchors — two for their collars and one for their hats, or “covers.”

Ima Black is unable to attend the pinning ceremony, but she has the memories and experience of San Antonio's CPO Pride Day, a day she described as meaningful and memorable for her as it was for the participants.

“It becomes more meaningful, and I am more appreciative of the Navy and what it has meant to me,” Black said. “It's been my life and my husband's life. This just brings back all those memories.”

AMEDDD museum preserves history, supports education

By Dr. Grant Harward, PhD
AMEDDD CENTER OF HISTORY AND HERITAGE

The Army Medical Department Museum at Joint Base San Antonio-Fort Sam Houston traces its origins back to the Museum of Field Equipment established by the Medical Field Service School, or MFSS, at Carlisle Barracks, Pennsylvania, May 17, 1944.

The museum's collection consisted of training items accumulated by the MFSS since its foundation in 1920 and equipment designed and tested by the Medical Department Equipment Laboratory.

The Museum of Field Equipment had a twofold mission: to display current equipment for training and store old equipment and historical models. The Medical Department Equipment Laboratory housed the museum in part of its building, a former stable converted into workshops, at Carlisle Barracks. The building was located where the Army War College now stands.

When Fort Sam Houston became the center of Army medical training after World War II, the MFSS re-located in 1946 and brought the museum along.

The MFSS took over the 9th Infantry barracks quadrangle on 2270 Stanley Road. The Museum of Field Equipment was re-designated the MFSS Museum and provided space in the basement of one of the buildings, today known as Building 2264.

The MFSS Museum was used to train soldiers and educate visiting foreign officers about AMEDDD history. The museum was renovated and first opened to the public in 1954. The displays on MFSS history, medicine and surgery, preventive medicine, occupational therapy, field medical service, dental service, veterinary service, and administration occupied 14,000



A flyer for the opening of the renovated museum in 1954.

COURTESY PHOTO

square feet. Early in 1955, as part of the MFSS's 35th anniversary, the MFSS dedicated its four buildings and five facilities to deceased AMEDDD officers who had made outstanding contributions to the Army during their careers. The MFSS Museum was named in honor of Maj. Oscar Burkard, M.A.C., 1877-1950, who received the last Medal of Honor in the Indian campaigns and worked in the Medical Department Equipment Laboratory. Soon after, the Office of the Surgeon General made a major change to the museum. The MFSS Museum was re-designated the Army Medical Museum March 15, 1955. The name was borrowed from the original Army Medical Museum created in 1862 to maintain a collection of specimens for research in military medicine and surgery that had become the Medical

Museum of the Armed Forces Institute of Pathology in 1949, thus leaving the service without a museum dedicated to Army medicine. The re-branded Army Medical Museum now had the mission to procure, exhibit and maintain significant historical items of the Army Medical Service. The Smithsonian Institute, Armed Forces Institute of Pathology, and West Point Military Academy helped expand its collection. In 1956, the Army Medical Museum was temporarily closed for further renovation to the basement facilities to incorporate new items. Displays became more focused on Army medical history, but were still used for training purposes. In 1970, as part of the MFSS's 50th anniversary, the Army Medical Museum was again renovated and re-opened. It now had 12,000 square feet,

plus an adjoining workshop, to exhibit equipment, uniforms, insignia, paintings, posters, pathology specimens, and other AMEDDD items. In 1973, when the MFSS re-located to the new Academy of Health Sciences facilities in buildings 2840 and 2841 on 3630 Stanley Road, the Army Medical Museum remained behind and soon shrank to 8,000 square feet. In 1978, retired AMEDDD personnel, both military and civilian, created the Army Medical Museum Foundation to collect funds to finally move the museum out of the aging basement location in Building 2264 into a new purpose-built facility of 35,000 square feet. The Army Nurse Corps Foundation also contributed significantly to fundraising efforts for the new museum building. The Army Medical Museum was then re-designated the

The AMEDDD Foundation continues to raise funds and manage volunteers to support the AMEDDD Museum. Today, the AMEDDD Museum's mission is to collect, preserve, exhibit, and interpret historic items related to the AMEDDD and support training and education for military and civilian personnel.

AMEDDD Museum. The new Building 1046 on 2310 Stanley Road including a gallery, offices, event facilities and a gift shop opened July 24, 1989. The AMEDDD Museum became part of the AMEDDD Center & School, successor to the MFSS, in 1991. The museum's facilities expanded in different phases adding another gallery, a workshop and a memorial courtyard in 1998, expanded collections storage in 2001, vehicle pergolas in 2006, and an amphitheater and a Medal of Honor Walk in 2012. The AMEDDD Foundation continues to raise funds and manage volunteers to support the AMEDDD Museum. Today, the AMEDDD Museum's mission is to collect, preserve, exhibit, and interpret historic items related to the AMEDDD and support training and education for military and civilian personnel.

LACKLAND

AF defends Alpha Warrior Inter-Service title

By Debbie Aragon

AIR FORCE INSTALLATION AND
MISSION SUPPORT CENTER
PUBLIC AFFAIRS

The Air Force won its second straight Alpha Warrior Inter-Service Championship over the Army and Navy Sept. 14 at Retama Park in Selma, Texas.

The grueling competition saw the three, six-person teams tackling more than 30 obstacles at the Alpha Warrior Proving Ground, the same place where they competed in service-specific competitions to earn a spot in the inter-service finals Sept. 12.

"I was here Thursday and let me tell you this is a tough course," said Maj. Gen. Tom Wilcox, Air Force Installation and Mission Support Center commander and host of the event, during his opening remarks. "I talked to five or six athletes after (the service specific competition) and they told me this is the toughest thing they've ever trained for in their lives."

The course for both days consisted of more than 30 obstacles – half of them permanent obstacles with names like pipe bombs, barrel rolls and a three-story structure called "Alcatraz." The others were strength obstacles involving sand bags, ropes and weighted sleds.

"You've seen the obstacles," Wilcox said. "You have to train, pace yourself, and have a strategy. You have to know your strengths and weaknesses and when to turn it on and when to turn it off."

Having that strategy came a little easier for Air Force Capt. Noah Palicia, who was more familiar with the course after



SARAYUTH PINTHONG

Air Force members gather for a photograph after winning the 2019 Alpha Warrior Inter-Service Battle Sept. 14 at the Alpha Warrior Proving Grounds in Selma, Texas.

the 2018 Inter-Service Battle when he was the fastest athlete in the competition.

He was again the fastest person on the course and helped secure a repeat victory for the Air Force.

Times for individual inter-service athletes were:

Top 3 females

- ▶ Air Force 2nd Lt. Michelle Strickland, 25 minutes, 5 seconds, from Columbus Air Force Base, Mississippi
- ▶ Air Force 2nd Lt. Arielle Miller, 26 minutes, 34 seconds, from Edwards AFB, California
- ▶ Air Force 2nd Lt. MaryCaitlin Dominguez, 28 minutes, 42 seconds, from Langley AFB, Virginia

Top 3 males

- ▶ Air Force Capt. Noah Palicia, 21 minutes, 5 seconds, from Osan Air Base, Republic of Korea

- ▶ Army Lt. Col. Eric Palicia (brother to Noah) 22 minutes, 29 seconds, from Wiesbaden, Germany

- ▶ Navy Petty Officer William Rosencrans, 25 minutes, 5 seconds, from Tokyo, Japan

Establishing an inter-service competition two years ago, in conjunction with the Air Force's Alpha Warrior program, was a great opportunity, said Col. Donna Turner, commander of the Air Force Services Center, the unit that manages the Air Force's fitness and food programs.

"We live, work and play together with our sister services out in the field and this is a great opportunity to get together, celebrate these athletes and encourage them," she said. "It's a huge thing and they're all winners from all of the athletes on Thursday to today. It's inspiring to see everything that they're doing

to be better Soldiers, Sailors or Airmen."

Air Force team members -- the top three men and women from Thursday's competition -- were Noah Palicia, Strickland, Miller, Dominguez, 2nd Lt. Rhett Spongberg from Laughlin Air Force Base, Texas; and Staff Sgt. Seth Golloway from Hurlburt Field, Florida

Army team members were Eric Palicia, 1st Lt. Braden Leonardo from Joint Base San Antonio-Fort Sam Houston; 2nd Lt. Chris Gabayan from Fort Bragg, North Carolina; Maj. Nicole Solana from Joint Base Lewis-McChord, Washington; Sgt. Bawnie Sutton with the Texas Army National Guard at Fort Hood, Texas; and Sgt. Elizabeth Cox, Texas Army National Guard in Austin, Texas.

Navy team members were Cmdr. Timothy White from the Naval Operations Support Center in El Paso, Texas, and Petty Officer 3rd Class Austin Alexander from the Seal Beach Harbor Patrol Unit, California; Petty Officer 3rd Class William Rosencrans, Tokyo, Japan; and Petty Officer 1st Class Mikala Hawkins, Corry Station, Florida.

"These are the top athletes from the Navy, Army and Air Force and we got to see them today," Wilcox said. "For some of these athletes, this was their fifth battle in different aspects around the country. At the end of the day, the best thing that I've seen is all the teamwork. Taking care of each other, rooting each other on and that healthy lifestyle."

Although at the end of the day, a trophy and bragging rights were on the line, the competition was much more

than just competing on a field of battle, the AFIMSC commander said.

"It's about functional fitness," Wilcox said. "It's about taking care of yourself. It's about resiliency but the other piece is nutrition. If you don't prepare yourself and eat right as part of this, you will not come out and be successful."

Strickland was in full agreement.

"(To prepare for this competition) I took every opportunity I could to at least get in the gym a couple of times a week and really push as hard as I could while there, and I think nutrition is a big part of it too," said Strickland, a student pilot with not much free time to work out because of training and mandatory crew rest and a strict vegan.

"The competition was definitely the hardest physical thing I've ever done and it feels good to be rewarded," Strickland added.

It's that combination of fitness and fuel that perfects the human weapon system our nation needs, Turner said.

"Alpha Warrior is a great opportunity for unit cohesion, to build on functional fitness, to help build that athlete-warrior mentality and allow everyone to see that this is a holistic human performance activity," Turner said. "It's how we train, how we prepare, (and) the nutrition that we use to fuel the human weapon system to ensure we're able to conduct the mission for this great nation."

As part of its Alpha Warrior program, the Air Force has set up smaller battle rigs and stations at more than 70 installations around the globe.

59th Medical Wing: 'We're your family here'

By Tech. Sgt.
Katherine Spessa
59TH MEDICAL WING PUBLIC AFFAIRS

"Where is your husband deployed to?"

"Korea. Just a couple more months."

"Well, we're your family here."

Her smile is infectious and she directs it at everyone who comes into the room, nurses, doctors, technicians: her family here. Retired U.S. Army Capt. Katie Blanchard is thousands of miles from her home on what she jokingly calls the "useless animal farm" in Olympia, Washington, where she lives with her husband, their three sons and lots of rescued animals that "don't pay their rent."

"We told them [her sons] early on what had happened to me and that's difficult for them to comprehend: why people would ever hurt another person, especially their mom," Blanchard said. "They like to make up stories about me being a dragon or the dragon lady, some kind of superhero theme, usually. They like to tell people that I have superpowers and that I'm different but it's because I'm a superhero."

"It's hard for them if I can't go out and play because I can't be out in the sun; or when I'm recovering and I can't do everything that 'normal' moms do."

"When this happened," Blanchard gestures to her burn scars, "my family and I agreed we wanted to be with Soldiers and to continue care here [in San Antonio]. We knew they had great burn care here."

She has lost count, but she believes she is close to her 200th surgery in the three years since a workplace violence incident left third degree burns on her face, head, arms, neck, back and chest.

"I have surgeries about every other month now," Blanchard said.

Col. (Dr.) Chad M. Hivnor,



TECH. SGT. KATHERINE SPESSA

Retired U.S. Army Capt. Katie Blanchard squeezes the arm of Col. (Dr.) Chad Hivnor, 59th Medical Specialty Squadron laser medicine chief, as he applies a salve on her burned skin after surgery Sept. 6 at Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio-Lackland.

59th Medical Specialty Squadron chief of laser medicine, and his team have been with her through many of them. The surgery he performs with fractionated carbon dioxide lasers, is a burn treatment technique he pioneered at the start of the Iraq War.

Hivnor describes the treatment as a "breaking up" of old scar tissue, allowing newer, healthier scar tissue to form. The goal, which has been evidentially proven in hundreds of seriously burned war veterans, is to improve her range of motion, pain and the skin's appearance.

The procedure is offered in less than a handful of facilities and is virtually exclusive to the

Defense Department. In between Blanchard's treatments here, Hivnor collaborates with her doctors back at Madigan Army Medical Center at Joint Base Lewis-McChord, Washington, to continue her care.

"Capt. Blanchard came in all the way from Washington state and that's not abnormal," Hivnor said. "People come here from all over the country. There are few places that have an OR and do this, that have the technology, number one, but also the knowledge, number two. We've been doing this for 12 years. That's a lot different than someone picking it up and giving it a try."

The procedure requires three doctors and three lasers

working simultaneously for two hours on the burns across her body.

As she emerged from surgery and woke from the anesthesia in pain from the laser burns, she turned toward Hivnor's calming voice and reached for the comfort of his hand. Her hand grasping his shook, her feet clenched, she whispered "it burns," over and over.

Hivnor only took his hand away to gently smooth ice-water soaked cloths and Vaseline over her skin.

"It's very painful for a burn patient to have CO2 surgery and the recovery period is really difficult," Blanchard said. "Having someone there that you know and you trust,

makes a world of difference."

While her husband is deployed, Blanchard's nurse, Lamona Whaley, acts as her caretaker. When Blanchard has recovered enough to be discharged, Whaley takes her to the Fisher House to rest. As Blanchard gets dressed, Whaley and her chat about what she might want for dinner.

Before she leaves, Hivnor checks on her one more time.

"You have my cell phone number. If the pain gets too much, if you don't want to be alone, if you need anything at all - call me."

"My wife and I have seven children, we'll put them to work waiting on you hand and foot."

Honorary commanders tour 433rd Mission Support Group

By Master Sgt. Kristian Carter
433RD AIRLIFT WING PUBLIC AFFAIRS

Eleven honorary commanders toured the 433rd Mission Support Group at Joint Base San Antonio-Lackland Sept. 7 to view the group's mission capabilities.

This tour is the first of a series of grouped tours that are given to encourage relationships between the wing's senior leadership and San Antonio's civilian business and civic leaders.

The honorary commanders were welcomed by Col. Terry W. McClain, 433rd Airlift Wing commander. The MSG mission briefs were given by Col. Wayne M. Williams, 433rd MSG commander, and Lt. Col. James A. Hearn III, 433rd MSG deputy commander.

The group's squadron commanders were then introduced and each provided a snapshot of each of their unit's mission.

Following the briefings, honorary commanders were escorted to the cargo load training facility, where various equipment was on display. There were demonstrations and presentations from an explosive ordnance disposal team, firefighters, security forces, personal chemical warfare defense, personnel, and from an aerial port's aircraft cargo loading team.

One honorary commander, Texas District 120 State Representative Barbara Gervin-Hawkins, who is partnered with Lt. Col. Ruben Soliz, 433rd Aeromedical Evacuation Squadron commander, spoke



MASTER SGT. KRISTIAN CARTER
Senior Airman Taylor D. Mogford (right), 433rd Logistics Readiness Squadron, talks to honorary commanders about the proper wearing of a chemical weapon protection suit, during a tour of the 433rd Mission Support Group Sept. 7 at Joint Base San Antonio-Lackland.

about how these events help her better understand the military's purpose.

"A lot of times we hear about what's going on, or we look at it from a distance, but when you're up close and personal, you can begin to appreciate the work that everybody is doing," Gervin-Hawkins said. "I think that more visits like this, will make us become champions for recruitment for the military. Because if you don't understand it, you can't articulate it to our young people. Today opened my eyes to a lot of different things: the functionality of different tools that are available, the importance of the work, and all

the comprehensive things that go into it."

After the demonstrations, the honorary commanders were invited to attend the assumption ceremony, of Williams, who officially assumed command of the group.

Williams offered some insight about how this program helps the wing and local community to grow their relationship.

"Honorary commander tours are a great opportunity to show community leaders a bit about what we do, and to demonstrate specialized equipment, like our EOD robot and the C-5 cargo load trainer," he said. "But the best way we can build trust and strengthen relationships is to also give our guests and our Airmen a chance to talk with each other. When we provide that opportunity for direct, relaxed, and unfiltered conversation between our Airmen and our community, that's when the magic happens."

Andrew Camplen, Veterans of Foreign Wars Post 688 post commander and state assistance adjutant for Texas Veterans of Foreign Wars, another of the honorary commanders, who is paired with Col. Bradley G. Butler, 433rd Medical Squadron, spoke enthusiastically about his experience.

"It reminds me of my own service and puts a smile of my face to see so many people out here doing so many wonderful things for America and serving the Air Force so well," Camplen said. "It is such a privilege and honor to be here with everybody. It is amazing."

AFMC commander visits JBSA, lauds AFIMSC

By Michael Briggs

AIR FORCE INSTALLATION AND MISSION
SUPPORT CENTER PUBLIC AFFAIRS

Gen. Arnold W. Bunch, Jr., commander of Air Force Materiel Command, told an audience at an All Call Sept. 5 at Joint Base San Antonio-Lackland that the missions the Air Force Installation and Mission Support Center conducts are critical to ensuring national defense.

It was the general's first visit to the San Antonio-based AFMC units in his charge since taking command in May.

His initial message was one of thanks.

"Let me start with the most important thing I'm going to say today: Thank you. You don't hear that enough," he said. "You perform a critical role in the wartime mission every day and in garrison. Thank you for what you do, thank you for your service, dedication and your commitment."

The global AFIMSC mission is vast in support of 77 installations across the force, and the general received a

first-person view of the diversity of those operations in San Antonio.

At JBSA-Lackland, he visited the training and dorm complex construction projects the Air Force Civil Engineer Center is managing to modernize and better enable Airman basic training programs.

He took to the range at JBSA-Medina Annex to shoot the newest weapons in the Air Force arsenal, courtesy of the Air Force Security Forces Center that fields those capabilities on behalf of the force. While at the range, he also received briefings and demonstrations about the military working dog program, unmanned aerial vehicle operations, base defense and security forces protective equipment that AFSFC also manages across the force.

At JBSA-Randolph, Bunch received a first-hand look at how the Air Force Services Center is delivering healthier meal options to fuel the force with the food transformation initiative. He received a briefing from food service professionals there and enjoyed lunch with members of the team.

He also spent time at AFIMSC

headquarters, where he learned about the myriad programs the center executes across the installation and mission support community, and he enjoyed a mentoring lunch with members of the headquarters and primary subordinate units.

At the All Call, Bunch said he's committed to learning more about how AFIMSC supports the Air Force.

"I want to know what you're doing, and I want to be your champion," he said.

In terms of the broader missions of AFMC, the general emphasized the importance of everything the command does to enable Air Force lethality.

"Air Force Materiel Command is the most important MAJCOM in the United States Air Force," he said. "If we're going to achieve the national defense strategy and if we're going to be able to drive to the Air Force We Need, we're the most important."

He highlighted these command operations:

- Lean science and technology programs
- Acquisition advantages for those

capabilities

- Sustainment of the aircraft fleet
- Readiness of the nuclear mission
- Fielding the future needs of the warfighter — tested and proven

AFIMSC in conjunction with the five other centers under AFMC — Air Force Life Cycle Management Center, Air Force Nuclear Weapons Center, Air Force Research Laboratory, Air Force Sustainment Center, and Air Force Test Center — executes the AFMC mission to conduct research, development, test and evaluation, acquisition management, logistics support and agile combat support to keep Air Force weapons systems and Airmen ready for war.

Bunch said AFIMSC's mission makes sure the power projection platforms — Air Force installations — "are ready and able to go."

"We, within this MAJCOM, do our wartime mission each and every day," he said. "What you're doing to support the bases is readiness; it's keeping Airmen and their families safe and secure. All of that is what we do. And you're critical to our success."

RANDOLPH

JBSA-Randolph holds 9/11 memorial ceremony

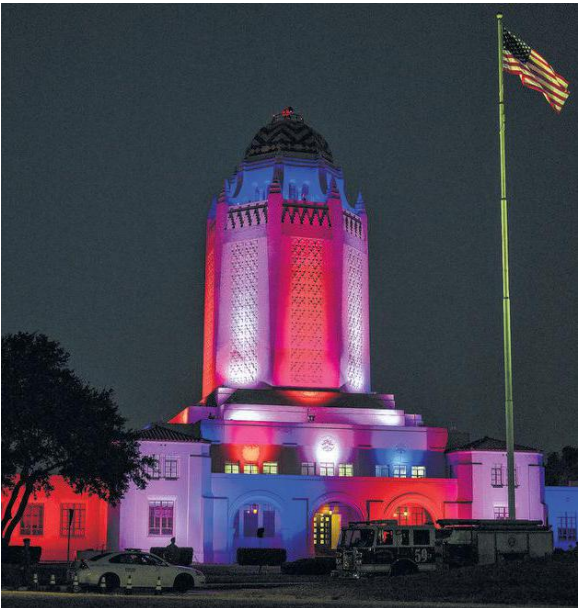


Airman 1st Class Jalen Anderson folds a flag during a 9/11 remembrance ceremony Sept. 11 at Joint Base San Antonio-Randolph.

PHOTOS BY SABRINA FINE



Deputy Fire Chief Michael Guzman, Joint Base San Antonio-Lackland, speaks during a 9/11 remembrance ceremony Sept. 11 at Joint Base San Antonio-Randolph.



The Taj Mahal is lit red, white and blue during a 9/11 remembrance ceremony Sept. 11 at Joint Base San Antonio-Randolph.

Left: Airman 1st Class Jalen Anderson (left) and Senior Airman Marcus Allen fold a United States of America flag during a 9/11 remembrance ceremony Sept. 11 at Joint Base San Antonio-Randolph. The event honored those who lost their lives in New York City, Washington D.C. and Pennsylvania during terrorist attacks 18 years ago.

Veteran overcomes childhood trauma, suicide attempt; now he helps others

By Robert Goetz
502ND AIR BASE WING
PUBLIC AFFAIRS

An Iraq War veteran who endured a brutal childhood, testified against his mother during her murder trial and tried to end his own life brought his story of resilience and forgiveness to an audience of military members and civilians at Joint Base San Antonio-Randolph this week.

Andrew O'Brien, who helps people overcome trauma by sharing his message of creating a positive life out of negative experiences all over the world, talked about the four major hurdles in his life and offered advice on how to face life's challenges as a featured event of Suicide Awareness and Prevention Month at JBSA-Randolph's Religious Activity Center Sept. 10.

"I was delighted that Mr. O'Brien was available to come to Randolph given his busy speaking schedule," said Gina Ramirez, JBSA-Randolph Mental Health Outreach coordinator. "We know that despite all of our resources, efforts and trainings, suicides continue to persist in our military community. Even one suicide is one too many. Every avenue that we can use to get the message of community, awareness and healing across is a must."

O'Brien opened his presentation with a video that provided a "snapshot" of what he calls "This Crazy Journey" — the four major hurdles of prostitution, war, suicide and murder he experienced by the age of 23.

During his remarks to the audience, O'Brien detailed

those four hurdles that eventually led him to a better place.

Raised by a prostitute mother, O'Brien described the unspeakable things he witnessed as a child.

"I watched adultery; I watched people paying to have sex with my mom ever since the age of 6," he said. "I watched a lot of things throughout my childhood, and it was a really, really rough upbringing."

O'Brien also saw how his mother manipulated and used men.

After an addiction to methamphetamines during his teenage years and a period of homelessness, O'Brien enlisted in the Army, where he found — and lost — a sense of purpose.

O'Brien called his deployment to Iraq from 2008-2009 the happiest time of his life. After an unsuccessful turn as a truck driver, which he attributed to his lack of driving experience, O'Brien finally felt purpose and meaning as a lead gunner.

The experience had a profound impact on him.

"Iraq for me was a positive experience because it showed me what I am capable of, that I can be more than what I thought I could be," he said.

But O'Brien's return to the U.S. as a garrison soldier proved to be a difficult transition.

"It was hard because I finally felt purpose and it was like the purpose was ripped away from me so fast," he said.

A year later, at the age of 22, O'Brien tried to kill himself.

"My decision was an impulsive one," he said. "I didn't plan it out, I didn't have



TECH. SGT. AVE I. YOUNG

Andrew O'Brien, an Iraq War veteran and public speaker, shares his message of creating a positive life from negative experiences Sept. 10 at Joint Base San Antonio-Randolph.

a strategy. I went home that day and I decided I don't want to live anymore."

O'Brien downed 120 pills in less than two minutes, but he survived. When his leadership was notified that he was in the intensive care unit, they were confused because they did not know he was having any problems.

"I was a happy soldier; I came to work every day with a smile on my face," O'Brien said. "There was no way they could have known because I hid it so well."

Blaming the Army and his leadership for a long time, O'Brien said he did not realize until later that all his issues came from his childhood.

"I tried to kill myself because I watched my mom use and abuse men to get them to fall in love with her, give her what she wanted and then she would destroy them," he said. "I never got hugs or kisses or love or affection. I didn't get what a mom is supposed to give to her son, what my wife gives to my children. I didn't receive any of that my entire life."

O'Brien said he tried to kill himself because he was in pain, not because he wanted attention.

"People who want to kill themselves don't do it for attention," he said.

Less than a year later, in October 2011, O'Brien's mother,

Michele Williams, murdered her husband while he was sleeping. O'Brien recounted in the video that she asked him to help frame her husband's ex-wife for the murder and that he considered helping her because all his life he wanted to earn his mother's love. However, he testified against her in a case that captured national media attention.

After the trial, issues from his childhood started coming up, O'Brien said.

"I started emotionally abusing my wife — bad," he said. "I'm not talking about saying a couple of mean things. I said some of the worst things that any man could ever say to any woman."

O'Brien later apologized to his wife and told her he was sorry for all the pain he had caused her.

"It's not something I'm proud of," he said. "I treated her horribly and I'm lucky that she is still with me to this day and I have a beautiful family."

In April, O'Brien faced more adversity when he and his wife lost their unborn son at 14 weeks.

"That was the hardest experience that I've gone through out of everything," he said. "Testifying in court in front of all these media to put my mom in prison for the rest of her life was nothing compared to losing my son."

The loss of his son changed O'Brien's perspective on his life, prompting him to stop working long hours and spend more time with his family.

"I can either let my son die and have it mean absolutely nothing and give his life zero purpose, or I can realize that I can turn this into a moment of learning for me, a moment to create change," he said. "The loss of one son built a stronger relationship with me and my three kids because I allowed it to teach me something, instead of allowing it to destroy me."

Just a few months after his unborn son's death, O'Brien resolved the issue that brought him so much pain and filled him with so much anger when he embarked on an 80-mile

journey by foot from Austin to the Gatesville Women's Prison to see his mother and say the words "I forgive you."

"Those are the three most powerful words I can say in my life," he said.

The challenges in his life have steeled him, O'Brien said.

"Life cannot throw anything to me at this time in my life," he said. "I have faced some of the most extreme situations that most people wouldn't believe. There's nothing that can be thrown at me. It's just not possible. I am prepared now; nothing can destroy me."

O'Brien, whose "Rising Phoenix" video series helps tell his story, offered advice on coping with life's challenges, comparing people's lives to the four seasons.

Just as a tree must cycle through the seasons to achieve health and growth, people must face the metaphorical seasons in their lives — the pain of autumn, the consequences of that pain in winter, the rebirth experienced in spring and the sunlight and warmth of summer — sometimes multiple times during the year.

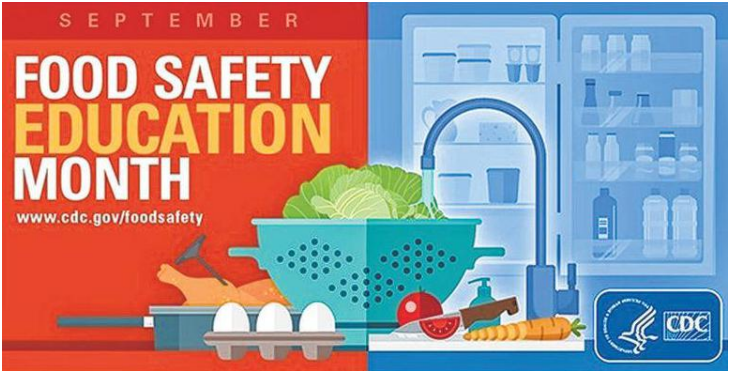
"In your life, every year without a doubt you will face four cycles," O'Brien said. "There is only one person you can make happy in your life, and that's you. And we will only have happiness when we learn to accept the pain that comes with life and appreciate life."

"The last thing is to be grateful every moment that you can that you have in this world, because I almost lost that moment," he said. "If we focus on the problems of the day, if we don't see the future tomorrow, that's what leads to depression."

In his presentation, O'Brien was able to give a voice to those painful moments all people experience, Ramirez said.

"He offered his story as a way for us to recognize the hurts in our lives while offering a framework for working through the obstacles that we all inevitably face," she said.

NATIONAL FOOD SAFETY EDUCATION MONTH



COURTESY GRAPHIC

Fowl or foul, filthy food effects, sickens unsuspecting thousands

By Sabrina Fine
502ND AIR BASE WING PUBLIC AFFAIRS

Dinner may look delicious — but food poisoning doesn't taste good.

September is National Food Safety Education Month, established to bring awareness to how each year one in six Americans get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food, according to the Centers for Disease Control and Prevention.

Joint Base San Antonio has inspectors for food facilities on base and they offer safety recommendations.

"Overall, the facilities here are very good," said Cesar Romero, 359th Aerospace Medicine Squadron chief of public health operations. "People should feel safe that they have a very high standard."

Base inspectors often share teaching points, such as following expiration dates and food storage.

Senior Airman Haleigh Kendall, a public health technician for the 359th AMDS, recently inspected a facility and informed them that food must be stored at least 6 inches off the ground.

"I go out and inspect not only the food facilities on base but also the public facilities such as the Child Development Center," she said.

Those most vulnerable to food poisoning are children, the elderly, people with pre-existing health problems and pregnant women.

Clean, separate, cook and chill are the four steps to promote food safety that the Centers for Disease Control and Prevention recommends.

"I used to live in the dorm and whenever I would go into the community kitchen, it was always messy," Kendall said. "So, I would go ahead and clean off the surface. Everyone on your floor is using one kitchen. You don't know what their methods are, I would make sure all utensils were sanitized."

Next, she would clean her hands and use separate knives and cutting boards for meat and vegetables.

"If you are cooking chicken, you want to make sure it's at the right temperature, which is 165 degrees," Kendall said. "Also, we don't want it going longer than four hours without being refrigerated."

Prepared food, stored correctly in a refrigerator, is only safe to eat within a week of being cooked, Romero advised.

"As far as the fridge in the dorm, I recommend common cleaning," Kendall said. "They should store prepared food on the bottom. If it's on the top, it could be dripping onto whatever is stored below."

She said not following safety rules can cause food to grow bacteria and make people sick.

"Our main mission is to protect our people on base," Kendall said.

To learn more about food safety, visit <https://www.cdc.gov/foodsafety/>.