

JBSA LEGACY

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JOINT BASE SAN ANTONIO

OCTOBER 18, 2019



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DOD zeros in on high-tech domestic abuse

From Defense.gov

The Department of Defense is raising awareness of technology-facilitated domestic abuse as part of its Domestic Violence Prevention Month campaign, which launched Oct. 1.

The campaign's tagline, "Mobilize Help for Safer Relationships," aims to alert the military community that domestic abuse can be perpetrated across a variety of communication platforms.

Technology-facilitated domestic abuse is increasingly common, and a majority of civilian domestic violence agencies report providing technology-specific advocacy and services for victims in 2018.

This type of abuse includes texting and posting on social media to bully, harass, stalk or intimidate a partner. It also includes monitoring and stalking behaviors — where one partner "keeps tabs" on the other's location, activities and communications with friends and family outside the relationship through apps and spyware or malware.



COURTESY GRAPHIC

While technology continues to change, an individual's right to safety and respect from their partner remains fundamental. A pattern of unhealthy behavior that violates trust, is disrespectful or makes one feel unsafe is abuse — regardless of whether it occurs using technology or some other form of communication.

"Treating others with dignity and respect is the department's grounding expectation for our military members," said A.T. Johnston, the deputy assistant secretary of defense for military community and family policy. "We expect this standard of conduct whether in the field or the home and do not tolerate abusive behaviors of any kind."

Everyone deserves to feel safe, respected and loved in their relationships — at all

times and under all circumstances. DOD offers several resources to help those who have noticed a pattern of behaviors that make them uncomfortable or have questions about a partner's use of technology.

For guidance on setting healthy boundaries with technology in a relationship, visit Military One Source. People can also reach out to the Family Advocacy Program on a local installation. If you are concerned about your safety and need immediate support, call the National Domestic Violence Hotline at 800-799-7233, or visit thehotline.org to live chat with an advocate.

Since 1981, October has been commemorated as National Domestic Violence Awareness

Month. The Defense Department participates in this observance to educate individuals, couples and families that comprise the military community about Family Advocacy Program services and other resources that can support victims and facilitate skill-building for healthy relationships.

The DOD is committed to preventing and responding to domestic abuse and intimate partner violence. The Family Advocacy Program works to prevent abuse in the military community through outreach campaigns that promote a climate of support for victims and evidence-informed programs for individuals and couples to build skills essential for healthy relationships.

The program's top priority is safety for individuals and families in the military community who may be at risk for, or experiencing, abuse. It also works with individuals who engage in abuse to learn critical thinking and interaction skills to change attitudes and behaviors to keep relationships free from violence.

Allergy season right around the corner

By Lori Newman

BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

It's that time of year again, when people start sneezing and coughing and they don't know if it's from allergies or a cold. One of the most common allergens in Central and South Texas is mountain cedar.

The Brooke Army Medical Center Allergy/Immunology staff at Joint Base San Antonio-Fort Sam Houston will offer free mountain cedar allergy testing from 2-4 p.m. Oct. 23 in the Medical Mall for all TRICARE beneficiaries ages 12 and older. People who wish to be tested should stop taking all antihistamines seven days prior.

The most common symptoms are itchy scratchy eyes, runny nose, congested nose, sneezing and sometimes respiratory symptoms such as cough, wheezing or shortness of breath.

"The test is called a skin prick test, so there is no needle and no blood," said Army Col. (Dr.) Kirk Waibel, allergist/immunologist. "After the test is placed, which takes about 10 seconds, we wait 15 minutes for the results. If the cedar allergy test shows a reaction, much like a mosquito bite, that indicates a likely allergy."

When the test is complete, the patient will be given an information slip with their results and recommendations to take back to their primary care manager.

According to the U.S. Department of Agriculture Forest Service, the Juniperus ashei, more commonly known as mountain cedar, is found in more than 8.6 million acres in

Texas, Arkansas, and Missouri, but mainly concentrated in Central and South Texas. It pollinates from November through January. Pollen from the trees can travel several miles, leaving a blanket of yellow dust on everything in its path and making people who suffer from this allergy feel miserable.

The most common symptoms are itchy scratchy eyes, runny nose, congested nose, sneezing and sometimes respiratory symptoms such as cough, wheezing or shortness of breath.

"It is often hard to tell the difference between allergies and

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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.

Personnel Issues

Q. Why does JBSA-Fort Sam Houston have events for soldiers and families when they are off on Saturdays (which is awesome), and JBSA-Lackland seems to only have events on Friday evenings for a few hours when everyone is tired from a long work week?

A. Thank you for sharing this observation. After talking with our team, I learned that after many years of Saturday events held on JBSA-Lackland, we found that members that did not live on JBSA-Lackland were less likely to return to base for these events, resulting in very low participation.

For the past few years, the larger community events held on Friday nights have proved more successful in terms of participation, because many folks stopped by the events after work before departing for the weekend.

That said, we will continue to evaluate participation and make necessary changes as needed. We strive to provide a fun and welcoming environment for all of our JBSA members, and I encourage everyone to come out and support our FSS events, and our overall JBSA community!

Installation & Facilities

Q. Living in Cibolo, Texas, I frequently use JBSA-Randolph facilities during the weekend.

During the summer, I visited the Randolph Center Pool next to the



COURTESY GRAPHIC

Officers' Club. I was pleasantly surprised to see it open and stopped in to take a refreshing swim.

I was surprised to see 11 lifeguards in the guard shack. One was taking money and the others were scattered about on both side of the entry. I made my way to a chair and found two additional guards in the pool area. They seemed to be the only ones actively working. I saw nothing that could be considered adult supervision.

At one point, I noticed roughhousing near the diving board including one 11- or 12-year-old tossing another into the pool. During another incident, three boys took pool floats into the men's room and proceeded to beat each other with them.

In the worst case, one of the male lifeguards grabbed a young boy and, his back to the pool, proceeded to fall back into the water as he tossed him over his shoulder. At no time did any guard call attention to any of these incidents.

I was not a happy camper. It seemed the only time the guards blew their whistle was to announce "adult swim."

I left soon after. Thirteen people are not required to guard, especially when at least 10 of them are sleeping or lounging.

I hope you consider some changes for next year to maximize coverage (extend your hours and days and efficiently use guard personnel) and help enforce safety rules to make your facilities fun and safe for all.

A. Thank you very much for your concern and input. Safety of all of our JBSA members and their families will always be my top priorities.

Based on your experience, it sounds like we may have over-scheduled some of our guards; however, safety is paramount around water, and the job should always be taken seriously. This is a topic that all guards are trained and certified on upon assuming the duties of a lifeguard, and it will definitely be re-addressed next summer as we get new and returning guards.

Overall, this summer was a huge success and our lifeguards did an awesome job of keeping our community safe! In the future, we'll make sure to

not let our focus fade, especially on the last weekend of the pool season.

Q. The Joint Service bus service between Wilford Hall Ambulatory Surgical Center at JBSA-Lackland and JBSA-Fort Sam Houston has gotten worse for riders at JBSA-Lackland in the morning and evenings.

Currently, a new bus schedule, that eliminated the 6:30 a.m. bus service and now the 4 p.m. bus service to JBSA-Lackland, is causing major hardships on everyone commuting between the two bases since Wilford Hall ASC was closed and everything moved to JBSA-Fort Sam Houston.

Currently, the evening bus leaves at 4:45 p.m. from the Army hospital, instead of 4 p.m. when most riders get off from work to return back to JBSA-Lackland. In most cases, riders have to wait 45 minutes for the bus to show up each day after work at JBSA-Fort Sam Houston, then get stuck in traffic returning to JBSA-Lackland on non-air conditioned, hot buses.

A. Thank you for sharing your concerns
FEEDBACK FRIDAYS continues on 4

FEEDBACK FRIDAYS

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with our bus service. We have reviewed our schedule and have worked a change with Brooke Army Medical Center transportation personnel to begin our service earlier in the morning to allow the 6:30 a.m. route to be added back into the schedule.

While the route has been added back for the time being, to continue in the long run, the duty-passenger ridership will need to be there to justify the support. The purpose of this shuttle is to provide transportation for duty passengers between the facilities with all other passengers riding space-available.

The Department of Defense does not allow us to create or operate shuttles to cover portions of an employee's travel to/from work. Duty passengers include medical students and staff operating between the facilities during a duty day as well as active duty military members attending "scheduled" appointments. All other riders are considered space-available to include personnel who work at Wilford Hall or BAMC, but travel from the other facility using this service.

We encourage space-available riders to utilize this service as it helps to reduce other vehicle traffic. However, space-available riders are encouraged to always have a back-up plan in the event there is not room for space-available personnel.

Although a check of our buses over the past two weeks did not reveal any air conditioning issues, if you experience a bus that has issues, please let the driver know and/or contact the dispatch office using the phone number on the bus schedule. Please provide the date/time/bus number, so management can investigate and address the issue

promptly.

Q. I have a question and suggestion regarding the deteriorating facilities across JBSA. Quite a few organizations are in facilities that are very old and have significant mold (health issue), air conditioning, plumbing, etc. These buildings have needed repairs/renovations for years.

Because of a lack of funding, the necessary work has not been completed, which has resulted in additional and costly damage to facilities. As it stands now, it seems we are needlessly throwing an exorbitant amount of funding at old facilities that cost more to renovate than the building's worth.

Even if the funding comes available, these band-aid solutions take years and years to complete. All the while, even more facilities deteriorate.

Has anyone considered the financial benefits to leasing commercial building(s) off-post/base for carefully selected organizations to utilize? This would alleviate the backlog of facilities that require a complete overhaul and save the DOD a significant amount of money by placing the burden of facility maintenance on the property holder.

By reallocating resources into leases versus renovating/repairing facilities, the DOD could focus facility repair/renovation dollars on the essential base facilities that are sorely in need of repair, such as dormitories, trainee campuses, etc.

A. Thank for your question as well as proposing a solution for consideration. Luckily, the DOD has been using leases as an alternative for facility space for many years.

JBSA already employs a number of leases for our mission partners, primarily driven by a lack of space. However, cost analysis has shown that leases are not always the most cost-effective option; because of this, we

are aiming to maintain our existing real property, and JBSA, at the direction of OSD, is presently working to consolidate the amount of leased space.

A major factor that JBSA is working to address is to better manage mission growth to ensure that with growth comes resources to provide new, and maintain existing, facilities to support their needs. This something that we strive to continue to enforce as our JBSA community grows.

Q. Why is it that every time I call JBSA-Canyon Lake Park to book a bungalow, cabin or trailer, I am being told that they are all booked up? In the past, I have been able to obtain a spot without a problem. But why are people being told they are all booked up when there are seemingly many open facilities. Would it be possible to create an online program for reservations to show what is actually open and what is not?

A. We regret that you had an unpleasant experience with our customer service with obtaining lodging reservations at JBSA Canyon Lake Park. We realized that lodging has not always available to customers due to maintenance, repairs and timely turn-over of cleaning lodging units quick enough which limited reservations to our customers.

During park peak season, Memorial Day to Labor Day, our lodging is continuously booked. Our efforts to ensure all lodging is available to be reserved is even more critical during this period which has been set as a priority for our new park manager who was hired based on his extensive experience managing off-base recreation parks and outdoor recreation programs. He is focusing on improving customer service, lodging reservation practices and cleaning procedures.

Improvements will increase units being cleaned and available sooner and within 24 hours of last check-out, which will increase the amount of units available with less down-time between patrons. Please allow us another opportunity to serve you and come back out to visit the park!

Miscellaneous

Q. When will additional traffic safety measures be implemented around the 502nd Contracting Squadron, building 224 at JBSA-Lackland? We need some speed bumps, traffic speed limit signs, additional pedestrian cross walks, and maybe even some flashing lights around our building.

Our building sits like a virtual island

surrounded by several roads. Many motorists speed past our building from various directions and pay very little attention to our contracting personnel and our customers that walk from our building to the main parking lot and back.

We have had several near-misses, and most of the time, the pedestrians have to jump out of a speeding car's way in order to avoid not getting hit, injured or killed. We have raised this safety concern before in the past, but not much has seemed to have been done about it.

A. We truly appreciate your question as personnel safety is a 502nd ABW top priority.

The JBSA-Randolph Traffic Safety Coordination Group, led by the 502 ABW Safety office, and overseen by the JBSA-Randolph Executive Agent has made numerous efforts to resolve motorist/pedestrian safety concerns at and around building 224 over the years. The problems are attributed in-part to the parking area adjacent to building 224 which does not conform to regulation. It's within an intersection, has a poor pattern layout, and is within 20 feet of a marked crosswalk. In addition, site dimensions, topography, and vehicle types were not taken into account when the parking lot was designed years ago.

To assist with providing a safety buffer between pedestrian and vehicles, the following measures have been taken: a protected walkway has been installed, barrier posts along 3rd Street West have been installed, parking bumpers and striping has been installed in the parking area near the driveway adjacent to the building, and a crosswalk was installed with signs from the building to the Commissary parking lot.

There is an open work order to assess the possibility of additional measures that will assist in controlling vehicle traffic through the area. On Oct. 18, a comprehensive evaluation will be conducted by Safety, Civil Engineers, 902nd Security Forces Squadron and other supporting organizations to determine if any other mitigation efforts can be done to protect pedestrians.

We will keep this issue open and pursue all legal means to protect the safety of motorists and pedestrians in this area. In the near term, pedestrians need to make smart decisions ... don't step into a crosswalk until the approaching vehicle stops or cross the road when there are on-coming vehicles.

'HOME' FOR THANKSGIVING

San Antonio area families can express their warmth and hospitality to Airmen and trainees at Joint Base San Antonio-Lackland by providing them with an opportunity to enjoy a holiday meal and family atmosphere through "Operation Home Cooking."



COURTESY PHOTO

Take an AF trainee home for Thanksgiving with 'Operation Home Cooking'

By Rob Rubio

37TH TRAINING WING
PUBLIC AFFAIRS

San Antonio area families can express their warmth and hospitality to Airmen and trainees at Joint Base San Antonio-Lackland by allowing them an opportunity to enjoy a holiday meal and family atmosphere through "Operation Home Cooking."

Now in its 44th year, the program provides the opportunity for families to share their traditional Thanksgiving celebrations with Air Force Airmen and basic trainees. Throughout the years, families have generously opened their homes to these young men and women, recognizing that many of them are away from home for the first time.

This program is designed for family participation and not intended for groups. This ensures everyone wanting to participate has an opportunity to do so. Last year, local residents hosted 4,498 Air Force members for Thanksgiving dinner.

Families within the San Antonio metropolitan area may invite two Airmen/trainees as a

"General Request" by calling 210-671-5453, 5454 or 3701. To request an Airman/trainee under the "By Name Request" program, you must be a family relative (e.g., mother, father, brother, sister, aunt, uncle, grandparent or spouse) and live in the San Antonio Metropolitan area.

Exceptions will be for Airmen in the eighth week of training. To request an Airman/trainee using the "By Name Request," call the same numbers as listed above. Requests can be made weekdays from 8 a.m. to 3 p.m., beginning Oct. 28.

Reservations are required to host Airmen/trainees (e.g., people can't show up on Thanksgiving Day "no notice/unannounced" and obtain trainees).

Due to heightened security measures, hosts without a current Department of Defense identification card (e.g., active duty military, retired military or civil service) will require a background check and a visitor's pass prior to entering the base. Hosts can pick up their visitor's pass at the Luke Gate Visitor Reception Center off Military Drive (open 24/7) up until Nov. 27.

Once the total number of Airmen/trainees eligible for the program is reached, requests will stopped being taken. The phone lines will remain open until Nov. 27 or until all eligible trainees have been requested, whichever occurs first. Anyone who calls after we reach our total number of Airmen/trainees may be placed on a waiting list and called back if more hosts are required.

Out-of-town relatives who have trainees in basic training that will be graduating during Thanksgiving week may request them "By Name Request" for Thanksgiving lunch/dinner.

Since trainees are not permitted to have personal transportation during training, hosts must pick up "General Requests" at the Pflugston Reception Center, building 6330.

If the Airman/trainee is a "By Name Request," they will be picked up from their respective squadrons on Thanksgiving Day between 7 and 11 a.m. All Airmen and basic trainees must be returned back to their respective squadrons according to their designated return time which will be no later than 7 p.m. Sponsors should plan accordingly for traffic.



COURTESY PHOTO

For many young Soldiers attending training at Joint Base San Antonio-Fort Sam Houston, Thanksgiving will be their first major holiday away from their home and family.

Registration open for 'Mission Thanksgiving'

From U.S. Army Medical Center of Excellence
Public Affairs

The U.S. Army Medical Center of Excellence at Joint Base San Antonio-Fort Sam Houston has opened registration for the 2019 Mission Thanksgiving to allow Soldiers a taste of home during the holidays.

For many young Soldiers attending training at JBSA-Fort Sam Houston, Thanksgiving will be their first major holiday away from their home and family. Soldiers are committed to their training and understand the sacrifice of their service, but for some it can be lonely being away.

Mission Thanksgiving at JBSA-Fort Sam Houston started more than 20 years ago when area families and the installation chaplains joined to start a program providing an opportunity for Soldiers to take a break from training and enjoy a Thanksgiving within a family environment.

This annual event offers an opportunity for the communi-

ty to host Soldiers to their home for Thanksgiving Day. Last year, 235 families and 700 Soldiers participated in Mission Thanksgiving.

Families will check in at Blesse Auditorium located on the first floor of Willis Hall, building 2841, at the U.S. Army Medical Center of Excellence between 7-8 a.m. Nov. 28.

After opening remarks by Maj. Gen. Patrick D. Sargent, MEDCoE commanding general, from 8-8:15 a.m., families and Soldiers will depart at 8:15 a.m. The Soldiers must return no later than 9 p.m. at the 232nd, 187th and 264th Medical Battalion areas.

For more information on how to register, visit the MEDCoE website at <https://www.cs.amedd.army.mil/mission-thanksgiving/>. You can also send an email to usarmy.jbsa.medical-coe.mbx.mission-thanksgiving@mail.mil, call 210-669-7067, or search online for keywords "MEDCoE Mission Thanksgiving." Registration will close once the capacity of approved host families is reached.

FORT SAM HOUSTON

ARSOUTH Soldier honored at DOD Disability Awards

By Sgt. Ashley Dotson
U.S. ARMY SOUTH PUBLIC AFFAIRS

Sgt. 1st Class John C. Hoxie, assigned to U.S. Army South's Intelligence Operations Division at Joint Base San Antonio-Fort Sam Houston, was presented the Outstanding Department of Defense Employee with a Disability Award during the 39th Annual Department of Defense Disability Awards ceremony at the Pentagon Oct. 3.

"It is fitting that this year's theme for National Disability Employment Awareness month is 'The Right Talent — Right Now,'" said Secretary of Defense Dr. Mark Esper. "That's because our men and women, wounded warriors and civilians alike, all bring to the jobs the skills that are critical to accomplishing our mission exactly when they are needed the most, which is right now."

The Pentagon's annual awards ceremony highlights the achievements of DOD employees with disabilities, reflects the progress that's been achieved, and also serves as a reminder that more remains to be done.

Hoxie was one of 23 service members and civilians with disabilities recognized for their outstanding contributions supporting DOD's mission.

"Today, we are honoring the 23 service members and civilians for their remarkable achievements," Esper said. "They are joining us from all over the country. Their stories are different as are their areas of expertise, but all of them embody the spirit of service that defines our workforce."

Hoxie's left arm and leg were permanently injured by an improvised explosive device in



SGT. ASHLEY DOTSON

Sgt. 1st Class John C. Hoxie, assigned to U.S. Army South's Intelligence Operations Division at Joint Base San Antonio-Fort Sam Houston, conducts fine motor skills therapy at the Center for the Intrepid Sept. 27.

Iraq Aug. 21, 2007.

"They say time slows down when you are put in a dangerous situation — I can confirm it definitely does slow down," Hoxie said as he described the moment he stepped on the IED and was flipped through the air. "I knew as soon as I put my foot down that something was wrong."

After the explosion, Hoxie said, he tried to get up but was unable to stand. He said he realized the extent of his injuries, and he described how

difficult it was to try to place tourniquets on his legs using only one hand. He was grateful the unit's medic was able to get to him so quickly.

"While I was in the hospital, I was actively trying to convince the medical staff to send me back to my unit," Hoxie said. "Gen. Richard Cody, the Army Deputy Chief of Staff at the time, was visiting wounded warriors and he asked me if there was anything that he could do for me."

Hoxie expressed to Cody his

desire to stay in the Army. Recognizing his drive and motivation, Cody told Hoxie about the Army's Continuation of Active Duty Program.

"I really held onto that the whole time," Hoxie said.

He credits the Army's Wounded Warrior Program with assisting him with the difficult process and allowing him to continue serving. He offered advice to others in his situation.

"To anyone who receives an injury, don't give up and don't

get down on yourself," Hoxie said. "The biggest problem I had, and a lot of other people had, was due to the limitations from an injury. You may feel like less of a Soldier or you are not good enough anymore. The truth is, that is just in your head. Yes, there are things I cannot do anymore, but this is the Army; I can get better and push to the task that I want to be able to do."

Hoxie has pushed through years of surgeries and physical therapy to get back to the force.

"I didn't want to leave on someone else's accord," Hoxie said. "I wanted to leave the Army on my own accord."

Hoxie said he was not expecting to be recognized, but he was honored to receive the Outstanding DOD Employee with a Disability Award.

"I know there are very few Continuation of Active Duty Soldiers in the Army and most of them are not amputees," Hoxie said. "So to me, this award stands for how committed the Department of Defense is to retaining people who have the skills and knowledge to fill a job even if they aren't the most physically fit."

Hoxie said he set a goal in 2009 to run at the 2010 82nd Airborne Division All American Week division run.

Unfortunately he was unable to reach that goal. He is using the resources available at JBSA-Fort Sam Houston, like the Center for the Intrepid, to assist him in trying to run and pass as many of the events for the Army's Combat Fitness Test.

Hoxie was recently selected for promotion to master sergeant and plans on continuing his service until retirement.

ALLERGIES

From page 2

a cold early on as many of the symptoms are similar,” Waibel said. “Mountain cedar symptoms can last several weeks to months depending on how long the season lasts.”

“Some patients start with allergies but they can lead to a sinus infection,” Waibel added. “A runny nose with mucus that is yellow or green in color is much more likely to be a viral illness or sinus infection. Nasal secretions from usual seasonal allergies like mountain cedar are almost always clear.”

Some tips to mitigate mountain cedar pollen include:

- ▶ During the peak season, keep doors and windows closed and run an air filtering unit when the pollen is extremely high.

- ▶ Change air-conditioning filters at least a few times a year. A HEPA (high efficiency particulate air) filter will help filter the pollen even more.

- ▶ Dust with a damp cloth, and

vacuum carpets with a vacuum equipped with a HEPA filter.

- ▶ Wash your hands and face as soon as you come indoors.

- ▶ Take a shower and change clothes after being outdoors for a long period of time. This will protect you from pollen that lands on clothes and in your hair.

- ▶ Bathe pets more often if they remain outdoors for long periods of time.

- ▶ Wear a dust mask when doing yardwork or when you are outdoors for an extended period of time.

“While it is almost impossible to avoid this pollen during the peak months, keeping the windows closed and minimizing time outside on high pollen count days or windy days can be helpful,” Waibel said.

Those who suffer from allergies should talk with their PCM about treatment options and testing. Referrals to the BAMC Allergy/Immunology Clinic or the clinic at Wilford Hall Ambulatory Surgical Center can be made.



COREY TOYE

Army Col. (Dr.) Kirk Waibel, allergist/immunologist, prepares to give a mountain cedar allergy test to Army Sgt. Javier Pacheco in the Allergy/Immunology Clinic at Brooke Army Medical Center Oct. 8.

OPERATION BUDDY CHECK

Army medicine leaders visit wounded warriors

By 1st Sgt Cinnamon Chambers and Jose E. Rodriguez
AMEDD NCOA AND MEDCOE PUBLIC AFFAIRS

Thirty-three students attending the Army Medical Department Noncommissioned Officer Academy, or NCOA, Senior Leader Course 201-20 volunteered to speak to several Soldiers at the Brooke Army Medical Center Warrior Transition Battalion, or WTB, and their families Sept. 28.

Three SLC squad leaders, including Staff Sgt. Richard M. Davis, who is currently in the SLC class that graduates Oct. 31, facilitated the volunteer event they named "Operation Buddy Check."

The impromptu initiative had a positive outcome. Among the WTB population were four soldiers at high medical risk.

The NCOA students, in leader training with the U.S. Army Medical Center of Excellence at Joint Base San Antonio-Fort Sam Houston, or MEDCoE, purchased pizza and soda and visited at the WTB's Liberty Barracks, while a team of 10 students accompanied two of SLC Squad Leaders to visit wounded warriors at the Fisher House.

Many of the Soldiers in transition at the WTB said they

were thankful they had others to speak with and share their stories. At one point, Soldiers who originally did not sign up for the event came out of their rooms and joined the gathering.

A result of the event was re-emphasizing comradery, ensuring Soldiers who are transitioning out of the Army for medical reasons and their families they were not forgotten after they are assigned to the WTB. The SLC students also had a new perspective on the leadership attributes required to serve in MEDCoE, a complex Army medicine organization.

The Warrior Transition Battalion provides competent and compassionate leadership through mission command, complex case management, comprehensive transition planning and primary care in a safe environment promoting optimum healing for wounded, ill or injured Soldiers returning to the force or transitioning to civilian life as productive veterans. To learn more about the WTB, visit <https://www.bamc.health.mil/wtb/>.



COURTESY AMEDD NCOA

Soldiers at the Warrior Transition Battalion Liberty Barracks at Joint Base San Antonio-Fort Sam Houston enjoy a game of cards.

JBSA-Fort Sam Houston holds National Disability Employment Awareness Month seminar

By Steve Elliott
502ND AIR BASE WING
PUBLIC AFFAIRS

October is National Disability Employment Awareness Month, with a purpose of educating people about disability employment issues and celebrating the many and varied contributions of America's workers with disabilities.

"The Department of Defense

is a culture that embraces diversity," said Kendra Duckworth Shock, disability program manager with the Air Force Equal Opportunity Policy Office, in her remarks at the JBSA San Antonio National Disability Employment Awareness Month seminar at the JBSA-Fort Sam Houston Military & Family Readiness Center Oct. 8. "National Disability Employment Awareness Month emphasizes



STEVE ELLIOTT

Kendra Duckworth Shock (right), disability program manager with the Air Force Equal Opportunity Policy Office, speaks about the opportunities those with disabilities have with the Air Force and Department of Defense at the JBSA San Antonio National Disability Employment Awareness Month seminar at the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center Oct. 8.

the importance of all Americans having access to employment."

Other NDEAM events this month include:

Management Training (Schedule A hiring authority & reasonable accommodation processes for Army and Air Force)

DATE/TIME: Oct. 29; session 1, 8-10 a.m.; session 2, 10 a.m.-noon

LOCATION: JBSA-Randolph Military & Family Readiness Center, 555 F St. West, building 693, JBSA-Randolph

FOR MORE INFORMATION: call 210-808-0571 or email usaf.jbsa.502-abw.mbx.jbsa-fsh-cps@mail.mil.

Army South general visits Honduran hospital

U.S. Army South Public Affairs

COMAYAGUA, Honduras — Brig. Gen. Irene Zoppi, director of U.S. Army South Army Reserve Engagement Cell, was invited to witness a full surgical process at Santa Teresa Community Hospital in Comayagua, Honduras, Sept. 24-26. The medical element team conducts surgical readiness training exercises for the local community.

“I was thoroughly impressed with the manner of the care and professionalism from both the U.S. Army Reserve medical personnel and the Santa Teresa medical staff during my visit,” Zoppi said.

During her visit, she also conducted an engagement with the Joint Task Force-Bravo Civil Affairs Planning Team. The general discussed the vitality of

having U.S. Army Civil Affairs forces operating in Honduras, and approved the recommendation of changing Civil Affairs Army Reserve force structure to a doctrinal level. The recommended change would request a Civil Affairs Army Reserve Company, which would better suit the requirements necessary to support JTF-B operations and build complete readiness for supporting units.

The U.S. Army Reserve capabilities that support the JTF-B missions continue to be a vital factor in ensuring that the U.S. retains its status of being the partner of choice within the U.S. Southern Command area of responsibility, as other countries, friendly or adversarial, strive to gain a foothold in the Latin American countries.



MARTIN CHAHIN

Brig. Gen. Irene Zoppi, director of U.S. Army South Army Reserve Engagement Cell, was invited to witness a full surgical process at Santa Teresa Community Hospital in Comayagua, Honduras, Sept. 24-26. The medical element team conducts surgical readiness training exercises for the local community.

JBSA, partners address Electromagnetic Defense Strategy

From 502nd Air Base Wing Public Affairs

Joint Base San Antonio, along with research partners from the National Security Collaboration Center at the University of Texas at San Antonio and Southwest Research Institute, had their inaugural Domestic Electromagnetic Spectrum Operations, or DEMSO, Working Group meeting Sept. 27.

Formed in response to the concerns addressed in Presidential Executive Order (13865) March 2019, “Coordinating National Resilience to Electromagnetic Pulses,” the DEMSO working group’s vision is for JBSA to become the model program in the Department of Defense for resiliency against electromagnetic events to educate the public, civil, federal, and military.

“Our world revolves around the electromagnetic spectrum,” said Adam L. Hamilton, P.E., SwRI President and CEO. “It’s crucial we recognize vulnerabilities and prepare for electromagnetic threats, both man-made and solar.”

Recent studies by federal and military agencies identified gaps with the ability to plan, prepare and recover from electromagnetic pulse and geomagnetic disturbances, and that any of these events represent an immediate and tangible threat to national security and public safety.

“Southwest Research Institute is working closely with JBSA and the city of San Antonio to identify solutions and strengthen our community’s electromagnetic defense initiatives,” Hamilton added.

An EMP is an intense pulse of radiation released by a

nuclear explosion high above Earth’s surface. The EMP effects can be as short as eight seconds or up to eight minutes and last hours to days. A geomagnetic disturbance is a similar EMP event except the source is an electromagnetic disturbance from the sun.

These pulses can damage electronic circuitry and induce high voltages in long wires such as power lines resulting in catastrophic failure in critical electric power grid components.

JBSA brought local subject matter experts from government, military, industry, research, and academia together through a collaborative community forum known as San Antonio Electromagnetic Defense or SA-EMD to create a pilot project in a test city and base.

“UTSA is building education programs to raise awareness and increase preparedness to

enhance the resiliency for major metropolitan areas, like San Antonio,” said retired Brig. Gen. Guy Walsh, executive director of UTSA’s National Security Collaboration Center. “As a top cybersecurity research university, UTSA has a wealth of experience designing education programs for the military, industry, and community.”

As a pilot project, there are four working groups within SA-EMD to focus on Grid Resiliency, 5G Implementation, Planning for Long Term Regional Power Outage, and DEMSO.

“San Antonio is the right city with the right talent and resources to tackle these threats,” said Brig. Gen. Laura Lenderman, JBSA commander. “The working group is establishing policies for protecting military and civilian assets and devising plans for

the Alamo Region and JBSA to mitigate and respond to electromagnetic events.”

Such policies will influence doctrine development and enable protection for critical assets including infrastructure (electric, gas, water/water), telecommunications, and create educational programs for civil, military, and civilian populations.

The Domestic EMSO steering group held its first meeting June 30, 2019, and the Sept. 27 working group meeting was their inaugural event. The next DEMSO working group meeting is scheduled for Oct. 23, 2019.

Principals from the Domestic EMSO working group will present at Resilience Week 2019, a national conference organized by Idaho National Laboratories, from 1:30-5 p.m. Nov. 4 at the Westin Riverwalk, 420 Market Street in San Antonio.

LACKLAND

Local intel, cyber communities honor fallen heroes

By Lori A. Bultman

TWENTY-FIFTH AIR FORCE PUBLIC AFFAIRS

Airmen and families from the intelligence and cyber communities gathered at Security Hill at Joint Base San Antonio-Lackland Oct. 4 to recognize and honor their fallen heroes.

More than 5,600 of the community's brothers and sisters have perished, and the names of more than 130 of the most recent losses were read during the ceremony.

Maj. Gen. Timothy D. Haugh, Twenty-Fifth Air Force commander, spoke to attendees about the significance of this annual event.

"Each year, both past and present members of our community come together to celebrate our heritage, and one of our most sacred ceremonies happens here, in front of our iconic EC-47, where we pay tribute to our silent warriors — men and women who served with distinction and paid the ultimate price," Haugh said.

This year's ceremony was the first to include fallen members of the cyber community. This as the Numbered Air Forces prepare to become a consolidated Information Warfare NAF, which will integrate cyber and ISR capabilities under a single organization and commander.

"Over the past 71 years, USAFSS, ESC, AFIC, AIA, AFISRA, Twenty-Fifth Air Force, and soon to be Information Warfare NAF, Airmen have answered the call," Haugh said. "This year is notable because we pay homage to the service of our cyber brethren alongside our own."



SHARON SINGLETON

A U.S. Air Force Airman with the Twenty-Fifth Air Force salutes a wreath laid in tribute during the annual headquarters remembrance ceremony at Joint Base San Antonio-Lackland Oct. 4.

One such Airman was Staff Sgt. Cierra Rogers, a former member of the 67th and 688th Cyber Space Wings at JBSA-Lackland.

"Staff Sgt. Rogers was stationed here on Security Hill for five years following her enlistment in 2010," said Ted Colquhoun, Twenty-Fifth Air Force member and Freedom Through Vigilance Association

president. "An administrative assistant beloved by many in our community, she was a kind person with a desire to serve."

On April 29, 2016, while Rogers was visiting a Nigerian family living in Korea, she realized she and the Enyioko family were trapped inside the family's apartment.

"Staff Sgt. Rogers smelled smoke, and after searching several venues of escape, she proceeded to kick out a window and lead the family out to an exterior patio."

Rogers attempted to climb down the 37-foot building to find help, at which time she fell and was injured.

"Despite these injuries, she was able to gather volunteers and blankets," Colquhoun said.

Rogers ensured the family was safe before seeking medical attention herself. Rogers was relocated to a new duty station within a month, where she passed away as a result of her injuries.

"Her efforts in saving that family places her in rare and elite company, among those who have died so that others may live," Colquhoun said.

The fallen Airmen whose names were read aloud during the NAF's Remembrance Ceremony are cherished not only today, but throughout the year; and not only for their sacrifice, but for their dedicated service to the nation.

"For those of us who knew and served alongside them, we know their lives and service were so much more than a single act of heroism. We come to this place to honor their service and sacrifice alike," Haugh said.

Air Force's new Justice Information System goes live

By Vicki Stein

AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

Air Force Security Forces Defenders uploaded the first case to the new Air Force Justice Information System last week, marking the launch of the most modern criminal data reporting system in the Department of Defense and providing global integrated awareness of criminal activities that affect the security and safety of Air Force personnel and resources.

Learning from decades of high-ops tempo and web-based technologies, an Air Force team developed a \$5.7 million professional system in less than 10

months that provides Security Forces operations with a progressive criminal data reporting system.

"Deployment of the system will occur in phases and will go live for all Air Force Security Forces units — including Reserve and National Guard — by October 31," said Lt. Col. Sandra Thompson, AFJIS project leader. "The rapid launch of this system is unprecedented in the world of IT as the system was developed, tested and deployed in less than a year. Over the next week, Hanscom, Patrick and Andrews Air Force Base subject matter experts will operationally test case management and global blotter modules, providing direct feedback to

the AFJIS team and vendor."

Thompson, with help from Maj. Tom Lowe, Capt. Jon Wallace and a Total Force and contractor team, partnered with Army, AFOSI and the Navy to develop the new system to replace the Security Forces Management Information System, a case management system the Air Force has been using since the 1990s.

In early 2019, Thompson's criminal data reporting team, in a joint effort with the Navy, modified the Naval Justice Information System to meet Air Force needs. The new system uses Air Force hierarchies, roles and workflows, and includes a global blotter module.

Master Sgt. Elizabeth Sadler, who

led system development efforts, said AFJIS provides an innovative, agile and centralized capability for all aspects of criminal data reporting, meeting the requirements set forth by the Under Secretary of Defense (Information), DoD Inspector General and federally mandated instructions.

"This is a monumental step in the modernization of Security Forces criminal data reporting system, providing a centralized hub of criminal data reporting, automatic flagging of federally reporting of offenses, providing installation breach tracking and criminal data reporting trends and analytics that allow for predictive analytics," Sadler said.

16th Air Force activates, integrates missions, strengthens information warfare capabilities

By Lori A. Bultman

SIXTEENTH AIR FORCE PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas — In March 2019, Air Force leaders decided to create a new information warfare numbered air force with enhanced missions and capabilities.

Sixteenth Air Force activated at Joint Base San Antonio-Lackland Oct. 11, integrating Twenty-Fourth Air Force, to include Air Forces Cyber, and Twenty-Fifth Air Force into a single headquarters that will provide global intelligence, surveillance and reconnaissance, cyber, electronic warfare and information operations.

The new information warfare NAF remains aligned under Air Combat Command and draws from decades of innovation and operational experience through the ISR, cyber and electronic warfare enterprises. Both the Air Force chief of staff and ACC commander spoke during the ceremony.

“This is an important and historic day for our Air Force and it’s an honor to share this event — the stand-up of the 16th Air Force as an information warfare-focused numbered air force — with all of you today,” said Air Force Chief of Staff Gen. David L. Goldfein. “Today’s ceremony isn’t just about pulling organizations together, it is creating opportunity for new operational art to compete against transregional, all-domain and multifunctional challenges and conduct operations in the information environment.”

Goldfein recently spoke at the 2019 Air Force Association Air, Space and Cyber Conference about the need for an Air Force that seamlessly combines weapons, sensors, data and people from air, space, sea, cyber and



TECH. SGT. R.J. BIERMANN

Lt. Gen. Timothy Haugh (right) assumes command of Sixteenth Air Force from Gen. Mike Holmes, Air Combat Command commander, during the Sixteenth Air Force assumption of command at Joint Base San Antonio-Lackland Oct. 11.

information. Today, he expounded on those needs.

“The time has come to strengthen our Air Force’s information warfare capabilities. And the work of this community will provide the tools our nation’s leaders need to succeed in the 21st century. Perhaps our adversaries will watch how we are operating and take pause — and if we are successful at causing our enemies to pause and question whether they can achieve their political objectives, perhaps that is what deterrence looks like in the age of hybrid warfare,” Goldfein said.

Gen. Mike Holmes, ACC

“This is an important and historic day for our Air Force and it’s an honor to share this event — the stand-up of the 16th Air Force as an information warfare-focused numbered air force — with all of you today”

Air Force Chief of Staff Gen. David L. Goldfein

commander, reiterated that the activation of Sixteenth Air Force (Air Forces Cyber) was essential to synchronizing the mission areas of ISR, electronic warfare, cyber, and information operations capabilities across the conflict continuum, ensuring the joint force’s ability to compete, deter, fight and win wars across all domains.

“Our intel, cyber and information operations communities bring unparalleled expertise, war-fighting capability and deterrence to the table,” Holmes said. “Each community is strong on its own, but we knew that integrating all of these capabilities would make them much stronger.”

The Twenty-Fourth and Twenty-Fifth Air Force flags were furled as the Sixteenth Air Force flag took center stage, opening a new chapter in the NAF’s history.

Lt. Gen. Timothy D. Haugh received the guidon from Holmes, along with responsibility

for leading the nearly 32,000 military and civilian Airmen assigned to the new organization.

Haugh championed Goldfein’s vision for the future in his remarks.

“Sir, your vision for our service has postured us to compete and win in this era of great power competition across the board,” he said. “The Air Force is ready to forge new concepts for cognitive warfare in all domains; we stand prepared to create decisive outcomes against our adversaries.”

“We’re moving out with a mandate to transform the way the Air Force fights in the information environment,” Haugh continued. “Our adversaries should take note: No longer will they be able to effect a strategic double-speak — publicly engaging in the international process while simultaneously taking actions in the cyber and information space to undermine international norms. They will no longer have plausible deniability; we will expose actions that undermine international norms and take the conflict in the information environment to their front lines.”

Haugh sees the NAF stand-up as a natural growth on top of the rock-solid ISR and cyber foundations the Air Force has built.

“This is an incredibly exciting opportunity as we expand into this new mission space,” Haugh said. “We are now empowering our Airmen with the authorities required to achieve new outcomes for our nation. And we, the Sixteenth Air Force, stand ready to rise up and deliver.”

(Editor’s note: Following the ceremony, Maj. Gen. Robert J. Skinner, the former Twenty-Fourth Air Force commander, moved to U.S. Pacific Command, where he will be the Command, Control Communications and Cyber director.)

Airman Heritage Museum wins Air Force-level award

By 1st Lt. Kenya Pettway

AIR EDUCATION AND TRAINING
COMMAND PUBLIC AFFAIRS

Members of the Joint Base San Antonio-Lackland Airman Heritage Museum team were honored Oct. 2 as winners of the 2019 Air Force Heritage Award.

The Heritage Award is an Air Force-level annual award which recognizes outstanding accomplishments by Air Force History and Museum members that foster a better understanding and appreciation of the Air Force, its history, heritage and accomplishments.

The team members recognized by Lt. Gen. Brad Webb, commander of Air Education and Training Command, and Gary Boyd, AETC command historian, during the presentation of the award at AETC headquarters at JBSA-Randolph were Senior

Master Sgt. Sonjia Rodriguez, Tech. Sgt. Joe Williams, Staff Sgt. Ryan Stockbridge, Stephanie Ritter, William Manchester, Joseph Orr and Fernando Cortez.

Specifically honored during the presentation was Rodriguez, who built a new, interactive Medal of Honor exhibit that includes a touchscreen display which showcases the hometown, citation and photograph of 61 air component Medal of Honor recipients. Rodriguez also upgraded the museum's Tech. Sgt. John Chapman display by syncing it with a presidential award ceremony that took place Aug. 22, 2018, during which Chapman's Air Force Cross was upgraded to the Medal of Honor.

"It is very important to be able to educate our patrons on every level possible," Rodriguez

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SARAYUTH PINTHONG

Members of the Airman Heritage Museum's Historian office gather for a photo after receiving the 2019 Air Force Heritage Award in the Enlisted Heritage Training Complex Oct. 8 at Joint Base San Antonio-Lackland.

AWARD

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said. “To do this, we chose to incorporate newer technology in order to appeal to younger generations through these interactive exhibits.”

Using the Medal of Honor interactive exhibit, Rodriguez educated 600 to 950 basic military training graduates weekly on the senior enlisted leader’s role and effect on Air Force heritage. She also collaborated with the 737th Training Support Squadron to gather new reference materials and historical career field documents that were later incorporated into the squadron’s course revision.

According to Boyd, museum members currently have plans to expand the Medal of Honor interactive exhibit to include a “Ring of Honor” featuring Airmen at their best throughout Air Force history. The expansion will be used by Air Force Recruiting Service detachments and off-base museums in order to foster relationships with the local community, supporting AETC’s priority of enhancing lethality and readiness through Total Force recruiting.

“We hope these displays will anchor

“We hope these displays will anchor in a rise of interest in aeronautical and astrophysical science among local children and young adults.”

Gary Boyd, AETC command historian

in a rise of interest in aeronautical and astrophysical science among local children and young adults,” Boyd said. “The Port San Antonio-Kelly innovation hub can then help serve as an outreach method to establish stronger relationships with the surrounding community and recruit future Airmen. We are also hoping to create a partnership with schools to strengthen STEM education as well — an idea we hope can be exported throughout the Air Force.”

All in all, Rodriguez says that the most important mission of the museum is “to educate and inspire visitors by telling the Air Force story, highlighting contributions made by Airmen throughout our great history.”

RANDOLPH

NATIONAL BREAST CANCER AWARENESS MONTH

Early detection, regular screenings help in fight against breast cancer

By Robert Goetz

502ND AIR BASE WING
PUBLIC AFFAIRS

Early detection is one of the keys in fighting a disease that will take the lives of an estimated 42,000 people in the United States this year, most of them women.

At Joint Base San Antonio medical clinics, early detection is the focus of health care providers' efforts to combat breast cancer, the second most common cancer affecting women in the U.S., and screening is their most important tool.

Several tests can help detect

breast cancer, starting with a mammogram, said registered nurse Debbie Mason, 359th Medical Group Disease Management.

"A mammogram is a type of X-ray that doctors commonly use during an initial breast cancer screening," she said. "It produces images that help a doctor detect any lumps or abnormalities."

A doctor follows any suspicious results with further testing. Those tests are ultrasound, a scan that uses sound waves to help a doctor differentiate between a solid mass and a fluid-filled cyst, and

DETECTION continues on 18



COURTESY GRAPHIC

Annual 5K/9K event at JBSA-Randolph to raise awareness

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

The 59th Medical Wing will sponsor its annual Breast Cancer Awareness 5K/9K at 9 a.m. Oct. 26 at Joint Base San Antonio-Randolph's Heritage Park.

The annual event, which is open to anyone with base access, raises awareness of breast cancer and the importance of early detection and regular screenings during Breast Cancer Awareness Month.

"Breast cancer is a condition that affects so many in our country both directly and indirectly," said Gina Ramirez, JBSA-Randolph Mental Health Outreach coordinator. "It is important that we all come together as the Joint Base San Antonio community to support those that are currently fighting breast cancer, to celebrate with those that have survived breast cancer and to honor those that breast cancer has taken from us."

The 5K is a noncompetitive event for all participants with one exception: boys and girls ages 7-15, who will be given the opportunity to compete for a medal. Age categories for boys and girls are 7-9, 10-12 and 13-15.



TECH. SGT. AVE I. YOUNG

These medals are for participants of the 59th Medical Wing annual Breast Cancer Awareness 5K/9K at 9 a.m. Oct. 26 at Joint Base San Antonio-Randolph's Heritage Park.

All 5K participants are welcome to run and/or walk. Jog strollers and leashed pets are also welcome and encouraged.

The 9K is strictly a competitive running event for men and women. Runners will compete for a first-, second-

or third-place medal in these age categories for men and women: 16-29, 30-39, 40-49, 50-59, and 60 and over.

Runners can check in starting at 8 a.m.; a Zumba warmup begins at 8:30 a.m.

Registration is available at <https://59mdw.org/bca>.

The event will also include a resiliency fair featuring members of national, local and base organizations who volunteer their time to share resources with the military community.

Breast Cancer Awareness Month activities also include posters and an information table in the JBSA-Randolph Family Health Clinic waiting room and walk-in mammograms at JBSA radiology clinics.

The posters display information about breast cancer, signs and symptoms of breast cancer, and factors that increase the risk of breast cancer. The information table holds educational literature on mammograms, breast exams and breast cancer.

Walk-in mammograms will be offered from 8 a.m. to 3 p.m. Oct. 18 at the JBSA-Fort Sam Houston radiology clinic and from 8 a.m. to 3 p.m. every Friday in October at the JBSA-Randolph radiology clinic.

Kids learn to win from coach who beat death

By Sabrina Fine

502ND AIR BASE WING

PUBLIC AFFAIRS

He jolted upright suddenly out of sleep with an excruciating headache, waking and startling his wife.

“The first thing she said was, ‘Do you want to go to the hospital?’ not ‘Can I get you some aspirin?’ and me being a guy that don’t like hospitals, the first thing I said was yes,” said Tony Lightner of the 502nd Air Base Wing Safety office.

That July 2008 decision saved his life. Doctors rushed him into brain surgery for treatment of an aneurysm.

“I get chills every day because I hear so many people pass away because of brain aneurysms,” said Lightner.

A bout of meningitis followed his surgery. Yet more than a year later, Lightner’s recovery had him back to one of his passions, coaching track.

“I think he truly and honestly wants what is best for the kids; I think what it does for the community is empowering the children,” said retired Army Capt. Tamekia Carter, whose son JaCorey trains with Lightner. “It shows them that there are people out here that really believe in them, believe in their talents and are willing to take their own time to train them.”

Lightner, a Vietnam-era Army veteran, has been teaching track and field to young people since 2006. When asked what he charges, he said, “not a dime.”

“I am a Christian person and I feel like I am really blessed, and I believe if you are being blessed, then you must bless someone else,” said Lightner with a smile across his face. “I couldn’t think of a better way than to bless children and I couldn’t think of a better way than giving them my time.”

In 2013, another diagnosis halted Lightner in his tracks: stage four throat cancer.

Throughout chemotherapy



PHOTOS BY SABRINA FINE

Tony Lightner pauses during track and field practice Oct. 2 at JBSA Randolph. Lightner, despite health hurdles, has trained kids in track and field for free since 2006.



Tony Lightner holds a resistant band while training JaCorey Anderson during track and field practice Oct. 2 at Joint Base San Antonio-Randolph.

and radiation treatments, he never stopped coaching.

“I wouldn’t allow people to whisper that I had cancer; I wanted to be very open about that,” he said. “I thought that I could set the example and influence someone else who may have suffered the same thing and encourage them to

live life as you normally would.”

He recalls a time his students visited him in the hospital

“I wouldn’t let my athletes be sad or cry - It’s important to remain positive. I made them joke and laugh and have fun with it,” said Lightner. “You never know who’s watching you and you don’t know how your

actions can influence someone else who could be going through a similar situation.”

Lightner’s coaching is not just about teaching track. He imparts life lessons on the field. His former students have graduated to become professional runners, play in the NFL and earn college athletic scholarships.

“His birthday was about two or three weeks ago and he was on the track at 9 a.m. on a weekend,” said Carter. “Some of his older athletes that are running for the pros, they came back and surprised him on his birthday and had dinner with him.”

Lightner coaches using principles of physiology and biomechanics. Lightner breaks down techniques of track to a scientific level.

“I am a Christian person and I feel like I am really blessed, and I believe if you are being blessed, then you must bless someone else.”

Tony Lightner, 502nd Air Base Wing Safety office

Garrett Kaluund’s goal is the Olympics; he is a high school sophomore. He has been training with Lightner since seventh grade.

“Coach T? His drive is amazing, he knows the science and he tells us to become students of the sport,” said Kaluund. “He says that sprinting is not all about running. He says there is block clearance, acceleration, transition, top-end speed or max velocity and deceleration, and each of these is actually broken into small parts on which we train a lot.”

Lightner says that trained neurons is the reason people do not forget how to ride a bike once it becomes habit.

“I always tell parents I don’t train an athlete, I train an athlete’s cells,” said Lightner. “Neurons fire during training, and once they perfect that skill the neuron is going to fire every time you do a task correctly. So you deep practice and myelin wraps around the neuron as you practice and get it right, then the skill is locked in.”

In defeating a brain aneurysm and cancer, Lightner has won the race.

“I’m blessed and I don’t get it twisted,” he said. “I know why I am still here.”

The coach pauses and repeats, in a softer voice, “I know why I am still here.”

DETECTION

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magnetic resonance imaging, or MRI, which combines different images of the breast to help a doctor identify cancer or other abnormalities.

“A doctor may recommend an MRI as a follow-up to a mammogram or ultrasound,” Mason said. “Doctors sometimes use them as a screening tool for those at higher risk of breast cancer.”

Age is an important consideration when it comes to mammogram screening.

The American Cancer Society recommends that women with an average risk of breast cancer between the ages

of 40 and 44 have the option to start screening with a mammogram every year, and women 45 to 54 should have a mammogram every year. In addition, women age 55 and older have an option to have a mammogram annually or every other year.

The ACS defines average risk as no personal history of breast cancer, no strong family history of the disease and no genetic mutation known to increase the risk of breast cancer.

Women who are at high risk for breast cancer should have an MRI and mammogram every year. High-risk factors are having a parent, sibling or child with a history of breast cancer; or having a parent or sibling with a BRCA1 or BRCA2

gene mutation.

Women who are not at high risk for breast cancer should not be complacent, said Capt. Melissa Everage, 59th Training Squadron Women’s Health Nurse Practitioner student.

“It’s important to be proactive because 85 percent of women who are diagnosed with breast cancer do not have a family history of the disease,” she said.

According to the ACS, women should be familiar with how their breasts normally look and feel and report any changes to a health care provider.

The most common symptom of breast cancer is a new lump or mass that is hard and painless, with irregular borders, but other symptoms include red, scaly nipples; skin

dimpling; unilateral nipple retraction; and nipple discharge. However, soft, tender, round lumps should not be disregarded.

Regular screening is essential since many women with breast cancer have no symptoms initially.

Screening detects breast cancer before symptoms appear, Everage said. Early detection leads to quicker treatments and better outcomes.

Although there is no way to prevent breast cancer, certain lifestyle decisions can significantly reduce the risk of breast cancer, Mason said.

“These include not smoking, avoiding excessive alcohol consumption, following a

healthful diet containing plenty of fresh fruit and vegetables, getting enough exercise and maintaining a healthy body mass index,” she said. “Women should also consider their options for the use of hormone replacement therapy following menopause, as this can also increase the risk.”

The JBSA-Randolph Medical Clinic takes a proactive approach to educating its patients about breast cancer, Mason said.

“Females are educated by their providers at their annual appointments during their exams,” she said.

“Mammogram reminder postcards are mailed to women who are due or overdue for their mammograms.”

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)
- **Duty Chaplain**
210-221-9363