

JBSA

LEGACY

WWW.JBSA.MIL

JOINT BASE SAN ANTONIO

DECEMBER 6, 2019



Col. Andrew Morgan, formerly assigned to BAMC as an emergency physician, arrived on the International Space Station July 20, the 50th anniversary of the moon landing.

BAMC hosts chat with Army's first doctor in space

Page 6



JBSA-Randolph dorm residents ask, leaders answer

Page 16



'Mission Thanksgiving' helps Soldiers enjoy a taste of home cooking

Page 7

CID seeks military police investigators to join warrant officer ranks

From U.S. Army Criminal Investigation Command Public Affairs

As part of the U.S. Army Criminal Investigation Command's continued effort to recruit the best of the best to become special agents, CID is currently seeking military police investigators from Career Management Field 31 to become CID special agent warrant officers.

"The military police investigators possess valued training, investigated skills and experience," said CID's Command Chief Warrant Officer 5 Joel Fitz, who served as a military police investigator, or MPI, early in his Army career.

"These Soldiers will undoubtedly bring a lot to the fight and have a positive impact on CID's highly-skilled teams by providing what they have learned from the Military Police Corps," Fitz added. "MPIs are strongly encouraged to take the next step and take advantage of this career growing opportunity by applying now."

The application timeframe begins in December and runs through May 2021. Approved applications will be considered by warrant officer accession boards convening in fiscal year 2020 and FY 21.

Qualified MPI applicants are encouraged to coordinate with the USACIDC Recruiting Operations Cell at USArmy.Join-CID@mail.mil to speak with the USACIDC recruiting team regarding questions about the process and to start the application process.

Eligible applicants must be Regular Army Soldiers who hold Military Occupational Specialty, or MOS, 31B or 31E in the ranks of staff sergeant, staff sergeant (promotable), and sergeant first class (non promotable).

They are required to have completed V5 training at the U.S. Army Military Police School and have at least two years of investigative experience in the past four years, according to Military Personnel Message 19-346, MPI Application Requirements for Appointment to CID Warrant Officer (MOS 31A).

Upon completion of the required military and law enforcement training, the Soldiers



COURTESY PHOTO

The U.S. Army Criminal Investigation Command, commonly known as CID, is responsible for conducting criminal investigations in which the Army is, or may be, a party of interest.

will qualify for appointment to warrant officer as a 31A. Agents receive training at the USAMPs and advanced training in a wide range of specialized investigative disciplines.

"CID agents are sworn federal law enforcement officers who investigate felony crimes with an Army nexus," said Thomas Seaman, Chief, Special Agent Management Division, and retired CID special agent. "Our highly trained special agents receive some of the most state-of-the-art law enforcement training in the world today."

CID special agents routinely work closely with other federal, state and local law enforcement agencies to solve serious crimes of corruption, fraud, homicide, sexual assault, cybercrimes and drug trafficking. They also provide protective services to high ranking Department of Defense and Army officials.

Once individuals become CID special agents, opportunities exist to become forensic science officers, digital forensic examiners or even polygraph examiners.

There are many other professional opportunities for career growth within CID.

CID Special Agent warrant officers are subject matter experts and leaders who manage all aspects of felony criminal investigations in all operational environments. They plan, organize and supervise criminal investigations, protective services and rule-of-law operations.

For more information about application procedures, see MILPER 19-346, MPI Application Requirements for Appointment to CID Warrant Officer (MOS 31A), or contact the CID Special Agent Management Division ROC team at USArmy.Join-CID@mail.mil or [571-305-4348/4369/4337/4112](tel:571-305-4348/4369/4337/4112). For more information about CID, visit <https://www.cid.army.mil>.

At Joint Base San Antonio-Fort Sam Houston, the CID office is located at 2164 Wilson Way, building 268, suite 59. The phone number is 210-221-1050/0050/1514. Their email address is usarmy.jbsa.usacidc.mbx.fsh-cid-office@mail.mil.

JBSA LEGACY

Joint Base San Antonio
Editorial Staff

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

502nd ABW/JBSA
Public Affairs Director
MAJ. KIM BENDER

502nd ABW/JBSA
Chief of Command
Information
JET FABARA

Editor
STEVE ELLIOTT

Staff

2ND LT. CHRISTIAN EBERHARDT

MASTER SGT. TYRONA LAWSON

TECH. SGT. AVE YOUNG

AIRMAN 1ST CLASS SHELLEY PRUITT

DAVID DEKUNDER

ROBERT GOETZ

SABRINA FINE

ALLISON MILLER

LORI BULTMAN

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

This Department of Defense newspaper is an authorized publication for members of the DoD. Contents of the JBSA Legacy are not necessarily the official views of, or endorsed by, the U.S. Government, the DoD, or the U.S. Air Force.

Published by EN Communities a private firm in no way connected with the U.S. Air Force under exclusive written contract with the 502nd Air Base Wing and Joint Base San Antonio. The editorial content of this publication is the responsibility of the 502nd Air Base Wing Public Affairs Office.

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

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

Safety: A key component in any holiday event

By Josh Aycock
AIR FORCE SAFETY CENTER

As we approach Thanksgiving, leadership at every level should ensure our Airmen are prepared for the hazards they may face both on and off their installation. The Air Force's top leaders highlighted those hazards and began the conversation in a recently released tri-signature memorandum discussing holiday safety.

"Your health and safety is our priority, and requires all of us to do our part to take care of each other," stated the memorandum. "Thanksgiving weekend is the unofficial start of the holiday season which brings additional risk caused by inclement weather, decreased daylight hours and some of the heaviest travel days of the year. All of these factors increase the risk of accidental injuries, which in turn affects our readiness as a fighting force."

Throughout the past decade, 35 Airmen lost their lives to preventable on- and off-duty accidents during the holidays. Last winter alone, Airmen suffered 251 accidents that took them out of work at least one day, with a cost to readiness of nearly 11 work-years.

"Airmen are the backbone of our combat capability. Ensuring they are prepared to identify and mitigate risks in every environment is paramount," added Maj. Gen. John T. Rauch, Air Force chief of safety. "Given the nature of the holidays, we tend to see those guards start to slip as our minds focus on the enjoyment of celebrating with family and friends. That's why we want to ensure safety plays a key role in planning for the holidays and winter in general."

Throughout the last decade, the top five hazards Airmen incur during the holiday timeframe are operating a 4-wheeled personally owned vehicle; operating a 2-wheeled



A key component in any good holiday celebration

COURTESY GRAPHIC

personally owned vehicle; engaging in activities on natural water; aviation; and simply being a pedestrian.

In four of the five hazards, aviation excluded, alcohol use was the single most common factor, cross-cutting all off-duty mishap categories.

"No one is invincible or immune to accidents, but everyone can reduce the odds by using simple risk management steps such as having a plan and sticking to it. Err on the side of safety when conflicts in the plan occur," said Michael Ballard, Air Force chief of occupational safety.

While leaders around the Air Force should stress hazard identification and risk management with their Airmen, the Air Force's senior

leaders closed the memorandum by mentioning the importance of appreciating the reasons for the season:

"The holiday season provides abundant opportunities to celebrate with our family and friends. We urge you to take advantage of the long weekends and holiday periods, enjoy your hard-earned leave, and do it safely with a focus on returning to duty healthy and recharged. We wish you the happiest of holiday seasons and continued success in the New Year."

To keep the conversation going, the Air Force Safety Center will focus on providing materials relative to winter and holiday safety concerns during its 2019 Holiday Safety focus, but also encourages leaders to join in the conversation. The

primary focus areas will consist of promoting and educating Airmen on:

- ▶▶ Holiday Traveling — Rest prior to starting the trip; not stopping to rest; drowsy driving; night driving due to shorter days; trip planning
- ▶▶ Weather — Not being prepared for weather; driving on snow/ice; mountain driving; dressing for the weather
- ▶▶ Vehicle Preparation — Preparing your car for winter driving, adding to your vehicle emergency kit
- ▶▶ Slip, Trips and Falls — Snow/ice; wearing the wrong footwear; hanging decorations
- ▶▶ Exertion — Over-doing it; not preparing for an activity (snow shoveling, winter sports, layering)
- ▶▶ Alcohol — Impaired driving;

over-indulgence; having a "get home" plan

- ▶▶ Home — Furnace/fireplace maintenance; smoke/CO2 detector check-ups

Additionally, Airmen should consider using Check 3 GPS when holiday planning. In this case, GPS stands for Gear, Plan and Skills. Check 3 is a quick and easy method to assess an off-duty activity or event for possible hazards and allow mitigation when required. Learn more at check3gps.com.

For more information on holiday and winter hazards, or to download unit safety training aids, visit the Air Force Safety Center's winter safety page at <https://www.safety.af.mil/Divisions/Occupational-Safety-Division/Winter-Safety/>

Eating right will improve ACFT score, says Army dietician

By Thomas Brading

ARMY NEWS SERVICE

In addition to physical exercise, proper nutrition plays a major role in overall health, fitness, and training for the Army Combat Fitness Test, says Maj. Brenda Bustillos, the U.S. Army Training and Doctrine Command dietician.

“It’s important for Soldiers to recognize the impact proper nutrition has on them,” Bustillos said. “From how they get up and feel in the morning, how they recover from an exercise, how they utilize energy, and whether or not they have energy at the end of the day — proper nutrition is powerful, and stretches far beyond what we were taught as kids.”

Dietary decisions affect every Soldier’s individual physical performance differently, too, she said, and has the power to impact careers “whether that be good or bad.”

Bustillos, a clinician who’s seen patients for the last 15 years of her career, believes the ground rules for healthy eating are only that — ground rules. “Every patient I’ve met with is different, and their needs are all different, too.”

“Nutrition and dietary patterns are not one size fits all,” she said. “A registered dietitian understands this, and understands the biomechanics of each individual, along with the unique metabolic concerns they may have.

“How someone eats can be what makes or breaks them during big events, such as the ACFT, Bustillos added. “That’s why it’s important for Soldiers to take advantage of resources available to them, and meet with a dietitian about what works for them while training for the test.”

The ACFT is a six-event, age- and gender-neutral, fitness assessment set to replace the Army’s current physical fitness test by October 2020. It’s the largest physical training overhaul in nearly four decades, and is currently in its second phase of implementation, with every Soldier slated to take the test as a diagnostic at least once this year.

The test is designed to link Soldiers’ physical fitness with their combat readiness. Each event is taken immediately following the next, and aims to be an endurance-based, cardio-intensive assessment of overall physical fitness.

“The ACFT will require Soldiers to properly fuel their bodies to be fully ready to perform,” Bustillos said. “The six events require many different muscle movements, with both aerobic and anaerobic capacities, making the fueling piece of fitness incredibly important — as important as physically training.”

Nutrition has often been attributed as “fuel for the body,” she said. For example, proteins repair you, and give the body the building blocks it needs for everyday activities, carbohydrates give the body ener-



SPC. TIN P. VUONG

Soldiers assigned to 1st Armored Division receive meals during the Iron Focus exercise.

gy, vitamins strengthens the bones, minerals help regulate the body’s processes, and water is essential for being alive.

But, nutrition also plays a role “in terms of preparation and recovery,” she said. It doesn’t matter if someone is training for a marathon or the ACFT, how they eat, or what they drink makes a world of difference.

Bustillos urges Soldiers to always “train to fight,” meaning all their nutritional decisions, at all times, should holistically enhance their physical fitness, mental alertness, and overall health.

“If a Soldier only eats right the night before, or morning of an ACFT — but not during the months of training leading up to it, they won’t do as well on the fitness test regardless of physical activity,” she said.

The best course of action, according to Bustillos, is eating right “day in and day out” while training. “Muscles are hungry, and they need fuel, so if you implement a healthy dietary lifestyle while training, then your body performs much better while performing.”

Soldiers should consume a variety of healthy nutrients in their diet, she said. For example, carbohydrates, fats, dietary fiber, minerals, proteins, vitamins, and water should be taken in.

When a Soldier doesn’t eat properly in both short- and long-term capacities, muscles will break down because the body is continually searching for the fuel it needs to perform, she said.

“The night before an ACFT, a Soldier should take in some proteins and carbohydrates,” she said, adding that carbohydrates are the No. 1 source of fuel for the brain and body.

Examples include moderately-sized, protein and carbohydrate-rich meals, such as a grilled chicken

breast and brown rice, followed by a light breakfast the next morning, ideally two hours prior to taking the ACFT, she said. However, the possibilities for what foods to eat are seemingly endless, as long as they fall in the food healthy groups.

“I understand not everyone wants to wake up two hours before a performance test just to eat,” she said. “So, a light snack in the morning is also good. It can be a performance bar, a whole-grain English muffin, a banana, or just half of a muffin with smear of peanut butter — something to not disrupt the stomach while providing a fuel source for the body.”

With the ACFT around the corner, or if you have questions on how nutrition can enhance your lifestyle based on body type, Bustillos recommends you seek answers from a registered dietitian nearby.

“It’s important to remember there’s no such thing as bad foods, just bad dietary patterns,” she said. “As long as we’re eating well, taking good care of our bodies, and putting good things in it — it’s okay to have the scoop of ice cream, or sharing a tub of buttered popcorn with friends at the movies, those are certainly things that make life more enjoyable.”

AF officials release FY20 bonus program

From Secretary of the Air Force
Public Affairs

Air Force officials released details Nov. 20 on the fiscal year 2020 Selective Retention Bonus program, which includes 72 eligible Air Force specialties.

“The Air Force works hard to retain our highly trained and experienced Airmen and the annual Selective Retention Bonus program is a key element in that effort,” said Lt. Gen. Brian Kelly, Air Force Manpower, Personnel and Services deputy chief of staff. “Based on past efforts and the growth we’ve enjoyed the last few years, our manning levels are better than we’ve been in a while. Even so, we still have shortages and will continue to strategically use the Selective Retention Bonus program for those AFSCs that are most in need.”

The SRB is a tool used to retain Airmen in undermanned specialties. The program is designed to improve readiness and capacity by targeting retention of experienced Airmen in stressed career fields or those with high training costs, particularly those in



COURTESY GRAPHIC

operations, nuclear, maintenance, cyber, space, intelligence, surveillance and reconnaissance, and certain support career fields.

“We’ve used this program to balance career fields across the force for many years,” said Chief Master Sergeant of the Air Force Kaleth O. Wright. “We’ll continue to use bonuses where needed to make sure that our critical career fields are manned in order to meet mission requirements.”

The Air Force will spend more than \$150 million for the FY 2020 program, which includes 72 total Air Force

Specialty Codes, including 68 that remain eligible from the FY 2019 SRB program. Due to high operational demands, low manning and retention concerns, four AFSCs in aircraft maintenance and cyber security were added to the FY 2020 program. The previous efforts to improve career field health allowed 39 AFSCs to be removed from the list. During sequestration-related reductions in FY 2013-2014, the program had a low of 10 eligible AFSCs, and reached a high of 117 AFSCs while restoring readiness and growing over the last few years.

Determining SRB-eligible AFSCs is a collaborative process with senior leaders, career field managers, policy owners and operations analysts.

“We get this might not be what some folks were hoping for this year, but we’ve looked at it from all angles and this is what our experts are telling us is the right decision. When you look at it from an enterprise perspective, you can see that while not every career field gets a bonus, this is the right move to set our team up for success in the future,” Wright said.

The FY 2020 SRB program went into effect Nov. 21. Airmen in skills identified for a reduction or termination, and who are currently eligible to reenlist, will have until Dec. 20 to take advantage of the bonus at the previous rate.

The FY 2020 SRB listing is available both on myPers and the retention page on the Air Force’s Personnel Center website at <https://www.afpc.af.mil/Retention/>. For more information regarding the SRB program, visit the link or contact your local Military Personnel Flight Career Development section.

FORT SAM HOUSTON

BAMC hosts chat with Army's first doctor in space

By Elaine Sanchez

BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

With the holiday season at hand, the first Army doctor in space expressed his gratitude for the opportunity to serve his nation as a Soldier and a NASA astronaut during his live, in-flight interview with more than 250 staff members, patients and family members Nov. 27 at Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston.

Col. Andrew Morgan, formerly assigned to BAMC as an emergency physician, arrived at the International Space Station July 20, 2019, the 50th anniversary of the moon landing. Morgan will spend more than six months conducting about 350 science investigations.

Weightless and with a big smile, Morgan opened the interview by expressing his admiration for the hospital in which he served.

"It is an honor to have Brooke Army Medical Center, the gold standard in military trauma and burn care, aboard the International Space Station with me," said Morgan, who then displayed an organization T-shirt and set a BAMC coin spinning in zero gravity to huge cheers and applause.

"I'm 100 percent a product of military education, from my undergraduate to my medical school to my residency training to my tactical and operational training," Morgan said.

"I first made the decision to become a Soldier, and then a physician and then later an astronaut. I made decisions in that order for a reason," he said. "I wanted to serve my



COURTESY PHOTO

Col. Andrew Morgan, formerly assigned to BAMC as an emergency physician, arrived on the International Space Station July 20, the 50th anniversary of the moon landing.

country; I wanted to serve as a physician to Soldiers. Everything I have brought to the table as an astronaut is a result of that experience."

Morgan discussed virtual medicine and the unique challenges associated with space.

"As we explore deeper and deeper into space, and as we return to the moon as part of the Artemis program and then eventually on Mars, the capability of telemedicine and

ability to evacuate a patient are going to become more and more difficult. I think the role of a physician as part of the crew will become more critical."

When asked, Morgan noted the ISS is traveling at 17,500 miles with an orbital altitude of 250 miles "straight up."

"We orbit the Earth every 90 minutes and see a sunrise or sunset every 45 minutes," he said. "It's a spectacular view both day and night."

Six-year-old Fiona Bell asked how the Earth looks from space.

"It's beautiful," he said. "Day and night it's beautiful. At night we see the cities light up the ground."

Morgan also responded to a question about his current series of space walks, to include one scheduled for Dec. 2.

"We are in the middle of a series of space walks to fix the payload on the outside of the

space station called the alpha magnetic spectrometer, which is an instrument that is going to help us understand the origins of the universe, to oversimplify a bit. It has a failing thermo pump."

The next spacewalk will involve Morgan and his colleague installing the pump and connecting it to the payload, he noted.

On the eve of Thanksgiving, 10-year-old Madeline Bell asked the astronaut what he was most thankful for.

"I'm most thankful for the opportunity to serve my country in this way," Morgan said without hesitation. "When I was 18 years old I made the decision to become a Soldier. I view my time here on the International Space Station as a continuation of that service. I'm not only serving my country, but serving the international community as part of the International Space Station program."

Despite a career that's moved at warp speed and unparalleled accomplishments, Morgan said his greatest achievement is his time as a military doctor.

"The greatest honor of my life was serving in combat, serving Soldiers, wounded warriors. Nine months in space will not change how I view how important that was and crucial it was to my experience as a military medical officer."

Morgan concluded by underscoring his community ties.

"Joint Base San Antonio, the San Antonio community, the San Antonio military community, Fort Sam Houston, Brooke Army Medical Center, all have been part of my life for decades. It's been my honor to represent you up here."

‘Mission Thanksgiving’ accomplished; local Soldiers enjoy a taste of home cooking

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

Mission Thanksgiving 2019 was declared a success, as more than 300 community members volunteered to host more than 800 Soldiers from the U.S. Army Medical Center of Excellence at Joint Base San Antonio-Fort Sam Houston Nov. 28.

For many young Soldiers attending training at JBSA-Fort Sam Houston, Thanksgiving was 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. The charity and dedicated support demonstrate the appreciation the community has for their service and sacrifice of their families.

The MEDCoE command team of Maj. Gen. Patrick D. Sargent and Command Sgt. Maj. William “Buck” O’Neal were on hand to speak to the area families and outgoing Soldiers about the event, now in existence for more than two decades.

The long-running annual tradition of Mission Thanksgiving provides an



COURTESY PHOTO

Mission Thanksgiving 2019 was declared a success as more than 300 community members volunteered to host more than 800 Soldiers from the U.S. Army Medical Center of Excellence Nov. 28 at Joint Base San Antonio-Fort Sam Houston.

opportunity for Soldiers to take a break from training and enjoy the Thanksgiving holiday away from the installation, hosted by members of the community in

their home.

The Medical Professional Training Brigade Command Team and Cadre, lead planners for this year’s event, were

instrumental in ensuring registration went smoothly and Soldiers left with their respective families without a hitch.



JOSE E. RODRIGUEZ

MEDICAL CENTER OF EXCELLENCE LEADERS SERVE THANKSGIVING LUNCHEON

Maj. Gen. Patrick D. Sargent (left) and Command Sgt. Maj. Buck O’Neal, along with other U.S. Army Medical Center of Excellence leaders, serve Thanksgiving luncheon to Soldiers at the Slagel Dinning Facility at Joint Base San Antonio-Fort Sam Houston Nov. 28. The time-honored military tradition of senior leaders serving Thanksgiving Day dinner to Soldiers is an example of how military service is like an extended family. For many, this is their first time away from home and their first holiday away from home.

RHC-Central hosts National American Indian Heritage Month celebration

By Erin Perez

REGIONAL HEALTH
COMMAND-CENTRAL PUBLIC AFFAIRS

Regional Health Command-Central hosted the Joint Base San Antonio-Fort Sam Houston National American Indian Heritage Month Celebration Nov. 11 to honor the lasting contributions and achievements Native Americans and Alaskan Natives have made to the U.S. Armed Forces and the nation.

The ceremony, hosted by Brig. Gen. Wendy Harter, commanding general of Brooke Army Medical Center and deputy commanding general of RHC-C, featured a guest speaker, traditional dancing, Medal of Honor walk, displays and more.

“When compared to other ethnic groups within the United States, Native Americans have the highest record of military service per capita and according to the latest U.S.



ERIN PEREZ

Milo Colton, a professor at St. Mary's University and member of the Winnebago tribe, performs the Sneak Up Dance, a traditional Northern Plains dance, for attendees at the National American Indian Heritage Month celebration Nov. 19 at JBSA-Fort Sam Houston.

Census, there are more than 150,000 veterans of American Indian and Alaskan Native descent,” Harter said.

The general spoke about the history of the Native American Code Talkers — pioneered by the Choctaw and Comanche Soldiers during World War I and how by the end of World

War II, service members from more than 33 tribes served their nation valiantly as code talkers and were essential to the Allied victory in both wars.

Erwin De Luna, president of the board of directors for the United San Antonio Pow Wow Inc., who is of Taos Pueblo and Navajo ancestry, was the guest

speaker. He spoke about his work within the San Antonio community and how four of his brothers served their country in both the Marines and the Navy.

Milo Colton, a criminal justice professor at St. Mary's University of Winnebago descent, performed the “Sneak Up Dance,” a traditional dance belonging to the Northern Plains Tribes. The dance evolved into a type of song honoring veterans after World War I and World War II, and would be sung at pow-wows.

Observances like this also allowed people of similar backgrounds or interests to meet. Two service members who work on JBSA-Fort Sam Houston, in different services, found they had a lot in common once they started talking.

Air Force Tech. Sgt. Ninanne Gutierrez, an Airman from the 381st Training Support Squadron, met Army Maj. Michael John, who works at

U.S. Army North. The two found that not only are they both of Navajo (Diné) descent, they are from the same clan — the Black Sheep people.

“I enjoyed the chance to connect with and be able to meet more people on JBSA,” Gutierrez said. “In fact, when I talked to Maj. John, I was excited to find out that we know some of the same people.”

In his closing remarks, RHC-C Command Sgt. Maj. Joseph Cecil said most of the tribal-owned lands in the United States reside within the geographic footprint of the region. He also spoke about the importance of diversity within the military.

“Diversity is one of our military's greatest strengths,” Cecil said. “Events like this, where we have the opportunity to gain a better understanding of people and cultures within our own communities, help ensure lasting relationships.”

Alamo City twins join America's Navy together

By Burrell Parmer
NAVY RECRUITING DISTRICT
SAN ANTONIO PUBLIC AFFAIRS

Twin brothers Stephen and George Coppage of San Antonio are making final preparations to attend recruit training and becoming Sailors in America's Navy's aviation support career field.

According to Stephen, joining the Navy was something that he always wanted to do since graduating high school in 2011.

"At that time, I didn't

have the courage," said Stephen, who will be shipping to boot camp with his brother in January 2020. "I know it will make me a better person and I want to challenge myself."

It's a twin thing, said Stephen, who will serve as an aviation electronics technician.

"My brother and I are very competitive and we challenge each other," Stephen said. "I am super excited and ready for a great journey."

For George, having the opportunity to travel was one of the keys aspects

for joining the Navy. "I know that in some services, you can get locked down to a few locations, but not in the Navy," said George, who will serve as an aviation structural mechanic.

According to George, he likes working with his hands and is following the career field of his grandfather who served as an aviation mechanic in the Air Force.

"Since leaving high school, I've been an auto mechanic and roofer," George said. "I'm looking forward to working on jets, planes, and

whatever I can get my hands on."

Both brothers were recruited by Petty Officer 2nd Class Brooks Anderson, an Aviation Boatswain's Mate, or aircraft handler, assigned to Navy Recruiting Station Mercado.

Navy Recruiting District 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 territory.



BURRELL PARMER

Twin brothers Stephen (left) and George Coppage of San Antonio are making final preparations to attend recruit training and becoming Sailors in America's Navy.

PRESENT MEETS PAST AT FORT SAM HOUSTON MUSEUM



LAUREN PADDEN

Jacqueline Davis (left), Fort Sam Houston Museum director, shows Mary Jean Eisenhower, granddaughter of President Dwight D. Eisenhower, artifacts from her grandfather's life, during her visit to the Fort Sam Houston Museum Nov. 22. During her visit, Eisenhower also toured the U.S. Army North headquarters and visited the Eisenhower quarters, still in use today. President Eisenhower was stationed at Fort Sam Houston both as a lieutenant and a colonel, and he even met his wife, Mamie, at the Army post.

Breast cancer diagnoses leads to friendship

By Lori Newman

BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

A diagnosis of breast cancer is a scary thing, especially when your life is already in disarray, but that's the news a 32-year-old active duty Airman received last summer.

Air Force Staff Sgt. Desiree Mora Mundt had just moved to San Antonio. The young mother of a toddler was living with her grandmother until her husband and daughter could make the move down to Texas from Wisconsin.

"I had pain in my right breast," Mora Mundt said. "I thought that I was wearing my bra too tight because it was in the band region. I started rubbing the area to see if I could get some comfort and that's when I felt it. It was obvious that something was wrong."

After a mammogram and ultrasound, Mora Mundt found out she had an eight-centimeter mass. Within hours of the diagnosis, she received a call from Bianca Rodriguez, a breast nurse navigator at Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston.



LORI NEWMAN

Bianca Rodriguez (left), a breast nurse navigator at Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston, talks with breast cancer survivor Air Force Staff Sgt. Desiree Mora Mundt Oct. 31.

A breast nurse navigator assists patients and their caregivers through their treatment and recovery journey.

"I didn't know who she was," Mora Mundt said. "I didn't know what her title meant; but from that moment, I have always been able to get ahold of her. She is invaluable."

"Initially, when patients are first diagnosed, I am the first one making the call to arrange all of their initial consultation appointments," Rodriguez explained. "Here at BAMC, things are so unique because we

have a multidisciplinary approach. All the services are in one place, so it's so easy for us to all communicate."

Every Monday, BAMC holds a clinic just for breast cancer patients. During the clinic, patients see surgery, medical oncology, radiation oncology and a cancer psychologist.

"We screen patients for any psychosocial needs they may have so we can help them with any barriers to care immediately," Rodriguez said. "We also hold a monthly breast cancer support group."

Rodriguez serves as an advocate for her patients, arranging surgery, acting as a go-between for the patient and their provider, and even coordinating transportation to and from appointments.

"Things that I wouldn't know to advocate for myself, she does it for me," Mora Mundt said. "I'm so grateful for her."

"I love what I do," Rodriguez said. "I'm passionate about what I do and I see the benefits of what I do."

"Bianca is my role model because she shows me how to do it, because that's what her job is to support those of us who have no idea what this journey is going to be like," Mora Mundt said.

Mora Mundt opted to have a unilateral mastectomy and underwent a year of chemotherapy.

"I decided to have a single mastectomy because I want to have another child and be able to breastfeed," she said.

Mora Mundt is currently cancer-free, and she is devoted to helping others who have been diagnosed with cancer.

"Even in the midst of her treatment, she has always been

that person who wants to give back and do for other people," Rodriguez said. "Her and her husband have been really active in our support groups and other events. Her husband actually wants to start a men's support group for the spouses of cancer patients."

Over the past year, the two women have become friends, sharing their aspiration to help others.

"I just found myself wanting to do more," Mora Mundt said. "I still have a hard time being part of a support group, and being around people who have a worst prognosis than me, but I do find it easy to help them."

Rodriguez is impressed by Mora Mundt's positive attitude and confidence.

"You have a young woman, who is active duty military, serving our country, in the midst of a significant health crisis, and every time you see her she just lights up the room," Rodriguez said.

"Right now I'm cancer free, so I make myself feel better by helping others," Mora Mundt said. "I'm making a difference for those who don't get to say they are cancer-free."

The need for blood remains

From 502nd Air Base Wing Public Affairs

Blood donations often decline during the holidays when busy schedules, holiday travel and seasonal illnesses can make it more difficult for donors to make and keep blood donation appointments. But the need for blood doesn't get a break for the holiday season.

Donors with all blood types are needed during the next few weeks before the start of Holiday Block Leave, or HBL, to help ensure the Brooke Army Medical Center and Audie Murphy VA hospitals have critically needed blood and blood products.

Scheduling an appointment in advance minimizes waiting time and allows donors to select location and time

that best suits them. There are two locations in San Antonio to donate.

The first is the Akeroyd Blood Donor Center at Joint Base San Antonio-Fort Sam Houston, located at B1249 Harney Road, next to the Medical Education and Training Camus dining facility. Whole blood and plasma donations are needed at this facility.

While walk-in donors are welcome, appointments between 8 a.m. and 2 p.m. are encouraged. Call 210-295-4655 for information.

People can also go to the Armed Services Blood Bank Center-San Antonio at JBSA-Lackland, located in building 3425 at 2430 Ladd Street.

Again, walk-ins are welcome, but it's best to make an appointment between 8 a.m. and 2 p.m. Call 210-292-8145 for more information.



LACKLAND

Archaeologist preserves history at JBSA

By Allison Miller

502ND AIR BASE WING
PUBLIC AFFAIRS

The Joint Base San Antonio area is rich with history ranging from mastodon remains to historical buildings and was even a pathway for early Native American tribes traveling to and from Mexico.

The link between JBSA and Native American history has developed into a relationship with several tribes located around the U.S.

The history and relationships are being preserved by people like Arlan Kalina, a cultural resource manager for archaeology at JBSA and a professional archaeologist since 1980.

"The Comanche, the Mescalero Apache and the Wichita are not from this area, but their grocery store, so to speak, was Mexico," Kalina said. "They would travel through this area many times,



ARLAN KALINA

Arlan Kalina, a cultural resource manager for archaeology at Joint Base San Antonio, works on an archaeological site located on JBSA.

often two or three times a year with large parties and so they have a connection to the land that's called Aboriginal land."

Aboriginal land is land where tribes may have traveled through or used for resources, but they did not settle there, according to Kalina.

When construction on a new JBSA site begins and an

artifact is found, the archaeologists will be called in to begin research. During this research, the tribes will often be contacted to see if they have any knowledge of that area or what was happening with their tribe during a particular time.

If anything is found that relates to the federally

recognized tribes such as grave sites, Kalina will contact the tribes immediately per the Native American Graves Protection and Repatriation Act. NAGPRA is a federal law that was enacted in 1990 to establish the ownership of cultural items discovered on federal or tribal land.

"Sometimes it's knowledge about a particular type of rock that's important for making arrow heads or something. It's important to include them in whatever kind of researches that are done," Kalina said.

The JBSA archaeological team was instrumental in organizing the first ever tribal conference held at JBSA-Camp Bullis in June. The intent of this conference was to strengthen relationships between the four federally recognized tribes who have connections to JBSA: the Comanche Nation, the Mescalero Apache, the Tonkawa and the Wichita. The

conference also enabled the parties to discuss what they would like to do in the event that something significant is found, such as human remains.

"We have that relationship built in such a way that I know who to call (when something is found)," Kalina said.

Later this month, Kalina will be working with the University of Texas at San Antonio Center for Archeological Research on a large project involving 17 new sites located across JBSA. While they are expecting to make several finds during these excavations, they are also trying to determine whether the land needs to be protected or not.

Kalina and his team are currently planning a trip to visit some of the tribes next spring to continue to maintain the relationships they have built and to learn more about the culture and history behind them.

Gunfighters recognize the heritage of F-16 maintainer at JBSA-Lackland

By Master Sgt. Mindy Bloem

149TH FIGHTER WING
PUBLIC AFFAIRS

Tech. Sgt. Robert Guerrero was born and raised in San Antonio.

"I am proud to be a native Texan and a God-fearing Christian," he said. "I am also proud of my American Indian roots. I'm Modoc Indian on my father's side and Wichita Indian on my mother's side."

For Guerrero, there was little choice in his mind when it came to deciding to dedicate

his life to military service.

"My grandfather served, my father served, and it just came natural to pay it forward and to be of service for my faith, my family and this great country," Guerrero said.

That call to duty took root in 1995 when Guerrero signed on the dotted line and enlisted into the active duty Air Force for four years until entering Reserve status in February 1999. One year later, Guerrero signed up to serve with the 149th Fighter Wing at Joint Base San Antonio-Lackland in

the Air National Guard where he has continued to serve for the past 19 years.

During his time in the Air Force, Guerrero has served in various capacities including hydraulics, crash recovery, wheel and tire, fuels, F-16 crew chief, hydrazine, egress and aircraft fleet production.

Today, Guerrero's skills as an F-16 fleet maintenance manager play a vital role in maintaining, repairing and servicing sortie capable fighter jets for the 149th Fighter Wing's flying mission.



MASTER SGT. MINDY BLOEM

Tech. Sgt. Robert Guerrero, an F-16 fleet maintenance manager assigned to the 149th Maintenance Group, performs repairs on an F-16 Fighting Falcon Nov. 21 at Joint Base San Antonio-Lackland.

"The most rewarding part of my job is the people, just being of service to my country" Guerrero said. "I've never been one to ever feel the need

for such recognition of things like this, but I have come to realize its importance and the pride in the sum of who I am in this world."

Alamo Wing assists with ‘Turkeys for Troops’ annual event



MASTER SGT. KRISTIAN CARTER

Major Jaime Barker, 433rd Civil Engineer Squadron commander, hands a turkey to a military family at the ninth annual Turkeys for Troops event at Toyota of Boerne Nov. 22 Boerne.

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

Nearly 8,000 turkeys and two houses were awarded to military members and families Nov. 22 during the ninth annual Turkeys for Troops event in Boerne, Texas.

Six hundred volunteers from military and veteran units, businesses, and other organizations gathered to help hand-out turkeys as military members, veterans and military families drove through a local car dealership's parking lot.

"We started off doing 500 turkeys nine years ago, which went to 1,000 and then 1,500. Now, we're over 7,000," said Vic Vaughan, owner of Toyota of Boerne. "We'll probably go to close to 8,000 today."

It was more than just turkeys being given away.

The Military Warriors

Support Foundation's, "Home4WoundedHeroes," and their partners gave two mortgage-free homes to two military families as well.

"We're happy to be able to do this, but it is really our partners too; we couldn't do it without them," Vaughan said. "This is a big military community, and in our own way, we wanted to let the military know how much we appreciate them."

Of the many volunteers, there are also many reasons for them to serve. For one military member, it is about family.

"I like to do events like these that bring families closer together," said Staff Sgt. Joshua Ramos, 433rd Airlift Wing command post controller. "I noticed there is a family out here volunteering their time to hand out turkeys. I thought it was an amazing thing, why not, do that with your family as well?"

37 TRW LEADERS SERVE THANKSGIVING DINNER TO BMT AIRMEN



Col. Jason Janaros (right), 37th Training Wing commander, passes a generous plate of Thanksgiving fare to an Airman in basic training Nov. 28 at Joint Base San Antonio-Lackland. Military leaders from the 37th TRW donned aprons and chef hats Thanksgiving Day to serve a holiday dinner to Airmen in Basic Military Training.

1ST LT. KAYSHEL L.P. TRUDELL

433rd Airlift Wing supports Veterans Day at Briscoe Middle School

By Minnie Jones

433RD AIRLIFT WING PUBLIC AFFAIRS

Members of the 433rd Airlift Wing joined service members from other military services and from several Air Force Junior ROTC squadrons to support multiple Veterans Day events held throughout the day at Dolph Briscoe Middle School Nov. 11.

In addition to volunteers, there were veterans in the audience representing wars from World War II, Korea, Vietnam, Desert Storm and Enduring Freedom.

“Getting a chance to expose kids to the vast opportunities within the military, not only helps inspire them in their career choices, but it’s a unique

opportunity to remind them of the importance of serving their nation,” said Maj. Matthew Menendez, a pilot with the 68th Airlift Squadron at Joint Base San Antonio-Lackland.

The occasion was to volunteer at two schools from the Northside Independent School district during their Veterans Day ceremony for Veterans Appreciation Day. The event was to give students at the school some insight into the several jobs military members perform in the Air Force. The event marks the 10th year the NISD has hosted this type of event at their campus.



CARLOS J. TREVIÑO

Maj. Matthew Menendez, 68th Airlift Squadron pilot, awards patches and coins to students Casey Finn, Owen Coleman and David Oludare at Dolph Briscoe Middle School Nov. 11 during Northside Independent School District's 10th annual Veterans Day ceremony.

‘Developing Mach-21 Airmen’ features AETC Command Team on latest podcast

From Air Education and Training Command Public Affairs

Lt. Gen. Brad Webb, commander of Air Education and Training Command, along with AETC’s senior enlisted leader, Command Chief Master Sgt. Julie Gudge, discuss the recently released command priorities on the latest episode of the “Developing Mach-21 Airmen” podcast series, released Nov. 22, 2019.

Featuring the audio stream from the recent AETC Command Team Facebook Town Hall, the command team talks about a host of topics, including the First Command’s new mission, vision, and priorities. We also in depth in each of the four priority areas, which align with the letters of AETC:

» Advance Force Development

- » Enhance Lethality & Readiness
- » Transform the Way We Learn
- » Cultivate an Environment of Excellence

There also questions from the Facebook Town Hall viewers, including one asking for the general’s favorite song to play on the guitar.

The professional development podcasts are designed to help communicate and inform Total Force Airmen across the globe on relevant, timely topics related to the recruiting, training, education and development fields and can be listened to on the government network on the AETC website, or via mobile application as well as on Apple Podcasts (iTunes). For Android or Google mobile users, the podcast can be found on their favorite third-party podcast phone application.

RANDOLPH

JBSA-Randolph dorm residents ask, leaders answer

By Tech. Sgt. Ave I. Young

502ND AIR BASE WING
PUBLIC AFFAIRS

A dormitory at Joint Base San Antonio-Randolph now has a fully furnished and equipped learning center with two Air Force network computers and a printer.

The dorm council presented an idea to convert the unused game room into a computer room to Chief Master Sgt. Anthony Fleming, 502nd Security Forces Group command chief, during a tour of the dorms.

“Our executive council noticed how many Airmen go to school, but have to travel back and forth to work in order to do their homework and print things out,” said Airman 1st Class Amelia Franklin, dorm council president and Air Force Training Center retraining technician. “We also took notice of how the game rooms here at the dorms were never used, so we came up with a plan to turn that room into the study room.”

The center’s office furniture was donated from various JBSA-Randolph offices.

“The 502nd Civil Engineer IT department donated two computers for the learning center,” said Joseph Turnbow, dormitory manager. “The 502nd CES will also be providing a printer.”

“The study room will be available at all times,” Franklin said. “We have many different career fields here at the dorms, meaning many different time schedules. The goal is to take stress off of the Airmen when it comes to school so the study room will be available 24/7.”

Without the efforts of Turnbow and Fleming,



PHOTOS BY JET FABARA

Joseph Turnbow, dormitory manager, left, 502nd Civil Engineers Squadron, cuts the ribbon with help from Chief Master Sgt. Anthony Fleming, 502nd Security Forces Group Command Chief, at the front entrance to the new dormitory Airman Learning Center Nov. 22 at Joint Base San Antonio-Randolph.

Franklin believes the learning center could not have been created.

“The project took some time because we had to figure out how to come up with the money for the communications squadron to provide connectivity,” Turnbow said.

“Having this computer room will result in more participation in pursuing higher education and take some of the stress off of student Airmen who cannot afford a computer,” Franklin said. “Having the resources more available to us makes Airmen want to participate.”

The video game consoles from the game room were donated to the JBSA-Randolph Fire Department.



Turnbow, left, hands the first package of printing paper to Airman 1st Class Amelia Franklin, dorm council president, commemorating the opening of the Airman Learning Center at Joint Base San Antonio-Randolph.

Holiday blues can lead to a season that doesn't bring good cheer

By Robert Goetz

502ND AIR BASE WING
PUBLIC AFFAIRS

Christmas standards that flood the airwaves, shopping malls and supermarkets typically paint a joyous, uplifting portrait of the holiday season, but for many people, it's not the most wonderful time of the year.

The holiday blues can leave one feeling less than jolly.

"Depression and holiday stress can be more common than you think," said Gina Ramirez, Joint Base San Antonio-Randolph Mental Health Outreach coordinator. "With the many demands placed on an already busy person, it's easy to start comparing your emotions to what you think others are experiencing or what you're supposed to feel and when it falls short, that's when judgment sets in."

Money and spending time with family and friends are among the stressors that can lead to depression during the holidays, Ramirez said.

"The pressure to purchase gifts for the whole family, your work crew and friends can seem overwhelming," she said.

"Getting along with family, planning large dinners, making room for extended friends and family to stay over can be a challenge when we are already overburdened with normal day-to-day living."

Loneliness is another factor, Ramirez said.

"More than 40 percent of Americans report being lonely," she said. "When we can't be around our close families during this time of year, it can be tough."

Emotional upheaval that coincides with the holidays — such as grief, estrangement or divorce — can also contribute to feelings of depression, Ramirez said. For military families, separation by deployment falls into that category.

"Missing loved ones is painful at any time of year, but this time



COURTESY GRAPHIC

of year when many people celebrate traditions it can be particularly tough," she said

Unrealistic expectations are yet another stressor, said Chaplain (Lt. Col.) Larry Fowler, JBSA-Randolph chaplain.

"Don't expect your very normal family to suddenly behave like they have just walked out of a Norman Rockwell painting," he said. "Life and holidays can be messy, so anticipate things being less than perfect. No one who attends your holiday celebrations is perfect; in fact they are quite imperfect, so having realistic expectations will go a long way toward warding off frustration and anxiety. Let yourself enjoy the holidays by accepting the fact that your guest list is made up of very ordinary people who are

dearly loved, but also less than perfect."

Ramirez offered several suggestions to combat the holiday blues.

"The best thing to do is to plan ahead," she said. "Make plans in advance so you know how and with whom you'll be spending the holidays. Budget for your gift giving and shop early to avoid the rush of crowds and remember that sometimes the best gifts can be homemade."

Another strategy is to ask for help.

"Most people take on more than they can handle during this time of year," she said. "Don't allow perfectionism to take over and ruin your holiday spirit. Be realistic about what you can take on this season and then stick to those boundaries."

Ramirez also recommended that people take care of themselves.

"That may mean that you get together with a close friend over coffee or lunch, or spend some time alone and take a warm bath, or read a good book," she said. Whatever you need to nourish your spirit during this season, do it."

Her other suggestions are to maintain healthy habits, resisting the temptation to overindulge; avoid isolation by reaching out and volunteering time to those in need; and get professional help if necessary.

Fowler said JBSA's chapel teams and other helping agencies are here to help.

"Also, keep in mind that you don't have to be a professional to provide the care and support that someone might need during

the holiday season," he said. "Look around your shop and your neighborhood to see those who might need just a bit of support. Perhaps you can add one more seat at the table at your place over the holidays. It could make a huge difference in someone's life."

For people of faith, focusing upon the religious aspect of the holidays elevates the celebration so that it has deep religious, familial and cultural significance for them and their families, Fowler said.

"These faith traditions become part of the fabric of your family's heritage," he said. "Parents are encouraged to live out their faith through the traditions of their faith group. Doing so creates a legacy that will foster positive memories of the holidays for our children."

Civilian developmental education, strategic leader program application window opens Jan. 13

By Angelina Casarez

AIR FORCE'S PERSONNEL CENTER
PUBLIC AFFAIRS

The application window for Civilian Developmental Education, Civilian Strategic Leader and the Engineer and Scientist Exchange Program assignments is Jan. 13 through Feb. 28, 2020, which is earlier than in previous years.

Eligible Air Force civilians will use MyVECTOR to apply for CDE for the 2021 academic year, CSLP and the ESE program assignments for the 2021 fiscal year.

These developmental programs prepare Air Force civilians to anticipate and successfully meet challenges across the wide range of Air Force operations and missions through unique educational

and leadership opportunities.

"Deliberately developing our civilian workforce is a focus for Air Force senior leaders," said Vicki Sanders, Chief of Central Leadership Development Programs at the Air Force's Personnel Center. "Continued development will prepare our civilian Airmen for increased responsibility and hone leadership skills in delivering world class air and space power."

Requirements and eligibility may vary for specific programs. In order to be considered, applicants can self-nominate and must be endorsed by their chain of command. Applicants should carefully review program requirements before preparing and submitting application packages.



Applications for CDE, CSLP and ESEP will be submitted through MyVECTOR. Registration is required for applicants, supervisors and endorsing officials. Application packages must be submitted by Feb. 28, with chain of command concurrence by March 13. Major Commands and unit deadlines may vary; employees

should confirm timelines with their local organizations to ensure applications meet appropriate deadlines.

"Supervisors and leaders are critical in preparing civilian Airmen for the Air Force we need," said Gina Banda, Chief, Civilian Leadership Development and Education section at AFPC. "Civilians should start talking to their supervisors about long and short term goals, and understand the benefits of education, training and assignment programs — civilian development is key to enhancing one's skills and is central to the continuum of learning that spans a civilian's professional career."

The selection board will convene in the summer of 2020, with final approval of

primary and alternate candidates released in the fall of 2020.

"Don't delay," Banda said. "Get familiar with MyVECTOR, start reviewing and updating your resume and records and ensure you know when the appropriate deadlines are so you don't miss an opportunity!"

For program requirements, eligibilities and up-to-date civilian development information, visit the Civilian Force Development page on myPers, or select "Civilian Employee" from the myPers dropdown menu and search "developmental education." Required documents, application instructions, a list of development opportunities and other criteria are available on the page.