

JBSA LEGACY

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JOINT BASE SAN ANTONIO

OCTOBER 2, 2020



ANDREW C. PATTERSON / SPECIAL WARFARE TRAINING WING

Tactical Air Control Party, or TACP, Airmen complete a field training exercise at Joint Base San Antonio-Camp Bullis, Texas. The exercise included training on leadership, weapons systems, individual combat skills, land navigation, communications and patrolling.

Special Warfare TACP training incorporates virtual reality tools

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Run with the Chief brings JBSA teammates together

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Lifeguards take action at house fire

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DOD anticipates troop reduction in Afghanistan

By C. Todd Lopez
DEFENSE.GOV

Based on the current conditions in Afghanistan, the Defense Department expects there will be fewer than 5,000 U.S. military service members in that country by the end of November, said David F. Helvey, who is currently performing the duties of assistant secretary of defense for Indo-Pacific Security Affairs.

"We've long maintained that our force presence in Afghanistan is conditions-based," said Helvey during testimony today before the House Committee on Oversight and Reform, national security subcommittee. "This August, the president decided that the conditions of Afghanistan were sufficient to reduce our force presence to between 4,000 and 5,000 by the end of November 2020."

At that force level, Helvey said, the U.S. maintains an ability to conduct the core aspects of its existing missions in Afghanistan. One of those missions is to participate in the NATO-led Resolute Support Mission, which is



MASTER SGT. ALEJANDRO LICEA

A crew member assigned to the scans his sector while providing security during a flight aboard a CH-47 Chinook helicopter during a fly-to-advise mission Dec. 14, 2019, in Southeastern Afghanistan.

focused on training, advising and assisting the Afghan National Defense and Security Forces. The U.S. also conducts a counterterrorism mission in Afghanistan that works with partners to mitigate terrorist threats there.

Right now, there are no orders to reduce the force presence any further, Helvey said, though there is planning to draw down to zero troops in

Afghanistan by May 2021. But those plans can't be implemented unless the conditions of an agreement with the Taliban are met, he said.

"As [Secretary of State Mike Pompeo] said in Doha, the Taliban must uphold their counterterrorism guarantees to the United States," Helvey said. "We also expect the Taliban to meaningfully

participate in Afghan peace negotiations, and to do their part in preventing outside actors from negatively impacting the peace process."

In late February of this year, the U.S. and the Taliban signed an agreement that includes, eventually, the complete withdrawal of U.S. forces from Afghanistan. Since the signing of that agreement, the U.S. has reduced forces to 8,600. Part of that agreement also requires the Taliban to agree to no longer allow its members, or other groups, to use Afghanistan as a location from which to threaten the security of the United States or its allies.

Since the signing of that agreement Feb. 29, Helvey said, no U.S. military personnel have been killed in Afghanistan.

"Ultimately, what we want to be able to see in Afghanistan, is an enduring peace," Helvey said. "In that type of environment ... the terrorist organizations, terrorist groups, will not be able to operate, will not be able to plan, will not be present. That's the focus, and we're looking to get the Taliban to adhere to its commitments."

JBSA discontinues 'For Official Business Only,' changes to HPCON BRAVO PLUS

From 502nd Air Base Wing
Public Affairs

As of Sept. 25, Joint Base San Antonio discontinued "For Official Business Only" access to the installation and has changed the Health Protection Condition to BRAVO PLUS.

JBSA intends to balance expanding installation access and services while continuing to emphasize public health precautions in accordance with established city, state, and Centers for Disease Control and Prevention guidelines and limits.

"We must minimize spread to avoid reversing the trends and gains we have

made," said Brig. Gen. Caroline Miller, the 502d Air Base Wing and Joint Base San Antonio commander. "We all must do our part to implement public health recommendations that include: social distancing, wearing face masks, practicing good hand washing, and taking appropriate actions if feeling sick."

As a part of the changes, all Department of Defense ID cardholders will have access to the installation and the ability to vouch for occupants in their vehicle, and command sponsorship will no longer be required for visitor's passes. Changes to gate openings and hours will be based on demand and observed traffic patterns. All

JBSA gate hours are available here: <https://www.jbsa.mil/Gate-Hours/>

To stay informed on JBSA's phases for reopening services and facilities, please monitor the JBSA webpage dedicated to COVID-19 at <https://www.jbsa.mil/coronavirus/>.

For the latest changes to Morale, Welfare, and Recreation opportunities, visit <https://www.JBSAToday.com>

HPCON BRAVO PLUS indicates a moderate disease threat and risk of exposure to personnel and includes some measures from HPCON CHARLIE. The public health emergency remains in effect on JBSA until Oct. 30.

JBSA LEGACY

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Feedback Fridays

Brig. Gen. Caroline M. Miller

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

Q. Are there any plans to open the Winans gate at JBSA-Fort Sam Houston back up?

Schools at JBSA-Fort Sam Houston have started allowing some

students to go back to face to face school and the sports teams have begun practice again (many at 6 a.m.).

It is inconvenient for parents and faculty to have to drive all the way around just to get on the base and then have to drive across base to get to the schools.

A. Thank you for your suggestion. Starting Sept. 28, JBSA-Fort Sam Houston, Winans Gate is now open Monday through Friday from 5:30 a.m. until 9 p.m. for inbound and outbound traffic. We continue to monitor and evaluate the gates based on both traffic patterns and the needs of the community.

Q. My question is why can I get service to get my nails done, go to GNC, and get a latte, but I can't get a will accomplished on base?

Especially with everything that is going on? I am recently divorced, and God forbid anything would happen.

From my understanding, their previous procedure before the pandemic was to complete the majority of the process online ahead of time, then read over it, and then sign. Why can't that still be accomplished?

I just bought land last Monday and it had curbside closing. Just like above, the paperwork was submitted prior, verified over the phone, then I drove up for the signature.

I couldn't imagine if anything happened to me and my current documentation was not up to date.

A. Thank you for your question. Currently, all three legal offices within Joint Base San Antonio (JBSA-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph) are offering the full range of legal assistance services from wills to powers of attorney and legal

advice on civil law matters by appointment only.

The JBSA-Fort Sam Houston legal office is taking appointments for all eligible ID cardholders, including active duty, retired military members, and their dependents.

The JBSA-Lackland and JBSA-Randolph legal offices are currently only taking appointments for active duty military members and their dependents. Will worksheets and other select services may be prepared online at <http://aflegalassistance.law.af.mil> ahead of an appointment.

However, with will services, the client still needs to meet with an attorney to confirm and coordinate details of their will and to execute the documents with witnesses and a notary.

For more information please visit: <https://www.jbsa.mil/Resources/Legal.aspx> or the offices may be contacted at 210-671-3362 for JBSA-Lackland, 210-808-0169 for JBSA-Fort Sam Houston, and 210-652-6781 for JBSA-Randolph.

Understanding depression in a time of COVID-19

By Greg Chadwick

AIR FORCE MATERIEL COMMAND
HEALTH & WELLNESS TEAM

This is a stressful, uncertain time. The COVID-19 pandemic has brought many significant changes to how we live daily life. Social distancing, quarantine, and isolation can be overwhelming and may cause feelings of insecurity, confusion, hopelessness, and, ultimately, depression.

The National Institute for Mental Health defines depression as a common but serious mood disorder that negatively affects how you feel, think, and handle daily activities such as sleeping, eating, and working. People who are dealing with depression typically experience one or more of the following symptoms:

- » Persistent sad, or "empty" mood
- » Feelings of hopelessness, or pessimism
- » Irritability
- » Feelings of guilt, worthlessness, or helplessness
- » Loss of interest or pleasure in hobbies and activities
- » Decreased energy or fatigue
- » Difficulty concentrating, remembering, or making decisions
- » Difficulty sleeping, early-morning

awakening, or oversleeping

- » Appetite and/or weight changes
- » Thoughts of death or suicide, or suicide attempts
- » Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

We all have days when we feel down, but when the periods of sadness persist and are severe enough to impact daily functioning, it may be time to assess your emotional health by completing a self-assessment.

You can take a free, anonymous, and confidential mental health screening at myhealth.va.gov. Screening results are educational, not diagnostic, but are provided so participants may find out quickly if a consultation with a mental health professional would be helpful.

During the COVID-19 pandemic, you may experience stress, fear, sadness and loneliness. Learning self-care strategies can help you take charge of your life and are good for your mental and physical health. A guiding principle that can help us all cope effectively during this time is to focus on what we can control.

Keep routines as much as possible. Maintaining structure and routine is critical because it reinforces order and

predictability, and is something over which we have control.

Stay connected. Identify friends and family that you can check in with regularly. FaceTime, Skype, phone calls and other social media platforms can be a great way to connect family and friends.

Take breaks from listening to the news. Constant news about COVID-19 from all types of media can heighten fears about the disease. It is important to stay informed, however, if you are noticing an impact on your mood/stress, it may be time to limit your exposure.

Engage in self-care. Participate in regular physical activity to reduce stress and improve mood. Eat healthy, nutritious foods and drink plenty of water. Avoid tobacco, alcohol and drugs. Get at least seven hours of sleep each night.

Do what you can to protect yourself and your family, including excellent hygiene and social distancing practices. Wash your hands frequently and thoroughly, wear a mask when you venture out, and keep your distance from people you don't live with.

How can you tell when bad days or weeks have turned into a clinical depression that you shouldn't try to

address on your own?

A consultation with a mental health professional is recommended when feelings or tendencies have become persistent and have affected you consistently for more than two weeks. Your initial phone call or email doesn't commit you immediately to treatment, so don't be afraid to reach out.

Getting support plays an essential role in coping with depression. Professional counseling services are available for the AFMC workforce and their families.

Military members can contact their local mental health clinic for services. Military OneSource is another option for military and their families. For more information, call 800-342-9647 or visit militaryonesource.mil.

Civilian employees may contact the Employee Assistance Program for free, confidential counseling services at 866-580-9078 or visit the EAP website at AFPC.af.mil/EAP.

For more information on depression education materials, visit USAFwellness.com or contact your local Civilian Health Promotion Services team. Comprehensive information on mental health can be found at the National Institute of Mental Health at nimh.nih.gov.

HISPANIC HERITAGE MONTH

‘Damn the Torpedoes — Full Speed Ahead’: The Navy’s first Admiral was Hispanic hero



COURTESY OF THE U.S. NAVAL INSTITUTE

Adm. David Glasgow Farragut's father, Jordi Farragut Mesquida, was a merchant mariner born in Minorca, Spain. Emigrating to the United States in 1766, he commanded a small merchant ship that traded goods across the Caribbean and Gulf of Mexico.

By Lt. Cmdr.
Rolando Machado

TASK FORCE ONE NAVY, VIA CHIEF OF
NAVAL PERSONNEL PUBLIC AFFAIRS

David Glasgow Farragut was the U.S. Navy's first full admiral. At the time of his death in 1870, Farragut had served a total of 59 years in uniform.

Two separate classes of destroyers and five total U.S. Navy ships have been named in his honor. The current USS Farragut (DDG 99) is an Arleigh Burke-class destroyer based in Mayport, Fla.

Farragut's father, Jordi Farragut Mesquida, was a merchant mariner born in Minorca, Spain. Emigrating to the United States in 1766, he commanded a small merchant ship trading goods across the Caribbean and Gulf of Mexico.

Responding to a sense of service, he declared his allegiance to the fledgling United States in 1776, anglicized his name to George Farragut, and accepted a commission as a lieutenant in the South Carolina Navy during the American Revolution.

After the war, George and his wife, Elizabeth Shine, of Scots-Irish descent from North Carolina, moved west to Tennessee where he became a ferry captain on the Holston River and served as a cavalry officer in the state militia.

In 1801, their son, David Glasgow Farragut was born. At the age of eight, his mother died of yellow fever. A year later he followed his father's example of service and the sea and took an appointment as a midshipman in the U.S. Navy and commenced his life at sea.

A warfighter, Farragut served during the War of 1812



David Glasgow Farragut was the U.S. Navy's first full admiral. At the time of his death in 1870, Farragut had served a total of 59 years in uniform.

COURTESY PHOTO

and commanded ships during counter-piracy operations throughout the Caribbean and during the Mexican American War. When the Civil War broke out, despite his career of service and his vocal criticism that secession was treason, superiors in the Union Navy questioned his loyalty.

With much to prove, Farragut executed an exceptional naval campaign taking New Orleans and in follow-on battles for Vicksburg and Port Hudson. Best known for the battle of Mobile Bay in August 1864, he was in command of a squadron of ships when one of them was struck by a mine (then referred to as "torpedoes").

Recognizing hesitation from his subordinate commanders, he took the bold and decisive action of placing his flagship Hartford in the lead and giving

the order, "Damn the torpedoes, Full speed ahead!" His actions in the face of danger led the flotilla to victory.

Farragut's career as a naval officer is not simply an example for sound naval tactics and determination. Choosing not to discipline with the lash despite its popularity among other captains, he also proved that tolerance, kindness and moral courage are not disadvantages, but rather strengths to naval leadership.

A role model for confidence in one's self, perseverance, integrity, and loyalty, Farragut's legacy, in words and deeds, lives on with Our One Navy Team.

More can be learned about Farragut from the Navy History and Heritage Command website at <https://www.history.navy.mil>.

COVID-19 amplifies importance of Trusted Care culture

By Lindsay Mahon

AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

Preparing for the unexpected has long been an essential part of the military ethos. While you can never fully prepare for something like a global pandemic, the best alternative is having a culture in place that empowers your team to adapt and respond to heightened uncertainty.

For Air Force Medicine, this is the Trusted Care culture.

The vision for Trusted Care has been around for a few years, with the aim of building and nurturing a culture of safety and high reliability throughout the Air Force Medical Service. But the importance of this culture shift has been amplified throughout the COVID-19 fight.

“When an aircraft is experiencing an emergency, the pilots refer to their emergency procedures checklist to narrow down what the cause is, where the smoke is coming from and how to alleviate it,” said Col. Michele Shelton, Special Assistant to the Surgeon General for Trusted Care. “While we didn’t have

an emergency checklist for the magnitude of the pandemic we were facing with a previously unknown virus, what we do have is an established culture to guide us.

“In the midst of this unprecedented pandemic, we’ve been able to build on past disease response and rely on the principles of high reliability as our culture checklist to guide us through these challenging times,” Shelton added.

The goal is to create a team of innovators focused on patient safety.

Every Airman, every day, a problem solver

During this pandemic, the Trusted Care culture has been on display through problem solving and innovation from the front line. Specifically, in the development of processes or acquisition of resources to protect both patients and staff. These daily wins in the fight against the virus are attributable to the Air Force Medicine team as a whole.

Senior Airman Olivia LeBoeuf, a biomedical equipment technician, 15th Medical Support Squadron at Joint Base

Pearl Harbor-Hickam, Hawaii, knows the importance of adapting to the situation. Her team, which is responsible for readying critical medical equipment, decided the best way to approach social distancing would be to work through the night in shifts. LeBoeuf rapidly certified and repaired an onslaught of non-contact thermometers and ventilators, even stepping in to train others on the equipment.

“Early on we were all concerned that if COVID-19 hit Hawaii hard, how we would be able to respond, and if we would have enough equipment available,” LeBoeuf said. “I was fortunate to know how to calibrate and repair the ventilators we had in storage, and I was given the opportunity to train Army counterparts on this process as well.”

Her response to these high-pressure situations was gratefulness.

“It was a great experience because it enabled me to interact with a variety of units on base that I usually would not have and to be a part of their mission,” LeBoeuf said. “It’s always great to be

able to share knowledge.”

Patient-Centeredness

Trusted Care’s problem-solving mentality also has a direct impact on patient care. Maj. Mark Gosling, a registered nurse, 81st Medical Group, Keesler Air Force Base, Mississippi, worked with the critical care team and his simulation laboratory team to step in and modify the design of their intensive care unit beds to optimize them for ventilated COVID-19 patients.

Gosling and his team’s solutions are laser-focused on patient-centered care.

“The patient is always our number one focus, but this frame of thinking is even more important when you’re dealing with critical care from a COVID standpoint,” Gosling said. “When you’re using ventilator techniques on a patient, they can’t tell you what they’re feeling, or if they’re uncomfortable. They’re completely dependent on you and how in tune you are with their needs now and throughout their care. So we need to be thinking multiple steps ahead.

TRUSTED continues on 6

FIRE PREVENTION WEEK

'Serve up fire safety in the kitchen'

From Joint Base San Antonio Fire Emergency Services

Joint Base San Antonio Fire Emergency Services is teaming up with the National Fire Protection Association, or NFPA — the official sponsor of Fire Prevention Week for more than 90 years — to promote this year's Fire Prevention Week campaign titled "Serve Up Fire Safety in the Kitchen!"

The campaign works to educate people about simple, but important, actions they can take to keep themselves and those around them safe.

According to NFPA, cooking is the leading cause of home fires and home fire injuries in the United States. Almost half (44 percent) of reported home fires started in the kitchen. Two-thirds of home cooking fires start with the ignition of food or other cooking materials.

"We know cooking fires can be prevented," said Lorraine Carli, NFPA's vice-president of outreach and advocacy. "Staying in the kitchen, using a timer, and avoiding



COURTESY OF NATIONAL FIRE PROTECTION ASSOCIATION

Have a "kid-free zone" of at least three feet around the stove and areas where hot food or drink is prepared or carried.

distractions such as electronics or TV are steps everyone can take to keep families safe in their homes."

"JBSA Fire Emergency Services encourages all

residents to embrace the 2020 Fire Prevention Week theme," said Mark R. Ledford, JBSA Fire Chief.

"The most important step you should take before making

a meal is to 'serve up fire safety in the kitchen,' added Darrin Tannert, JBSA Lead Assistant Chief of Fire Prevention. "A cooking fire can grow quickly. I have seen many homes damaged and people injured by fires that could easily have been prevented."

The JBSA-Fire Emergency Services has these safety tips to help people from having a cooking fire:

- ▶▶ Never leave cooking food unattended. Stay in the kitchen while you are frying, grilling or broiling. If you have to leave, even for a short time, turn off the stove.
- ▶▶ If you are simmering, baking, roasting, or boiling food, check it regularly. Remain in the home while food is cooking, and use a timer to remind you that you're cooking.
- ▶▶ Be alert when cooking. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.
- ▶▶ Always keep an oven mitt and pan lid nearby when you're cooking. If a small

grease fire starts, slide the lid over the pan to smother the flame. Turn off the burner and leave the pan covered until it is completely cool.

▶▶ Have a "kid-free zone" of at least three feet around the stove and areas where hot food or drink is prepared or carried.

In a ceremony Oct. 1, Brig. Gen. Caroline M. Miller, commander, 502nd Air Base Wing and Joint Base San Antonio, will proclaim Oct. 4-10 as Fire Prevention Week throughout JBSA.

For fire safety information, contact the JBSA fire prevention offices at JBSA-Fort Sam Houston at 210-221-3465, at JBSA-Lackland at 210-671-2921, and at JBSA-Randolph at 210-652-6915.

For more general information about Fire Prevention Week, visit <http://www.fpw.org> and <https://www.nfpa.org/fpw>.

Editor's Note: Due to the Covid-19 pandemic, this year's JBSA Fire Department Open House has been canceled.

TRUSTED

From page 5

"Much of the COVID-19 response has forced us all to do critical care medicine in a way we've never done it before. It's about chronically adapting and learning as we go how to best treat this virus and save lives," Gosling added.

Culture of Safety

This virus has required everyone to look at the big picture and to be vigilant at home, at work, and within their communities for their own health and the health of others. Due to the importance of these implications, the AFMS has followed guidelines

from the Centers for Disease Control and Prevention to establish policies and procedures to prevent the spread of the virus between the medical facility and the home.

"We've instituted the option for staff to change into freshly laundered scrubs at work and change back into uniform or civilian attire when leaving," explained Ferdinand Blaine, Infection Preventionist, 96th Medical Group, Eglin Air Force Base, Florida. "The staff can bring home or spread this virus unknowingly, so cleanliness, hand hygiene, common surface area cleaning, staying home when sick, social distancing and wearing a mask or face covering are the keys to defeating this virus."

The medical group even instituted a "Hy5" hand hygiene campaign, which adopts the practice of saying "High Five" to fellow staff members as an inspirational reminder to perform hand hygiene. The Hy5 campaign extends from the treatment facility into their homes. Medical Airmen understand the importance of maintaining the routine to keep themselves and their families healthy.

Medical Airmen, like those with the 96th Medical Group, overcame challenges through creativity as the pandemic expanded. Teams developed ways to safely handle, clean and dispose of contaminated linens and trash while managing personal protective equipment

supplies. Relying on guidance from leadership and CDC guidelines, they built self-assuredness in protecting against this new virus.

Leadership Engagement

Trusted Care culture comes down to leadership at all levels of the AFMS, especially in a time when Air Force medical capabilities have become increasingly vital.

"We've seen time and time again, our clinicians and non-clinicians working through the complex challenges this virus has brought on the AFMS, let alone, the world," Shelton said. "As our Airmen have endured, they have exemplified resilience, in putting people first, taking care

of their teams, doing the right thing and seeing the big picture.

"When you think about Air Force operations, historically the primary operators have been pilots. They are the tip of the spear, the front line, what makes the Air Force the Air Force," Shelton added. "While the medical community has always been a support function to front line operations, during this pandemic the focus shifted and the medical community has stepped in and become the operator, the tip of the spear."

At the end of the day, when it comes to challenging situations, the AFMS was built to handle the pressure, and the Trusted Care culture will continue to provide the way.

FORT SAM HOUSTON

BAMC Behavioral Health professionals are here to help

By Lori Newman
Brooke Army Medical Center
Public Affairs

Across the nation, there has been an increase in suicide deaths in the general population over the past decade. Suicides across the military have also increased, affecting every segment of the force — active, Guard and Reserve; officers and enlisted personnel.

A Department of Defense annual suicide report shows \$41 service members across the military's active and reserve components died by suicide in 2018. Additionally, the U.S. Department of Veterans Affairs reports more than 6,000 military veteran suicide deaths in 2017.

Brooke Army Medical Center Behavioral Health professionals are here to assist service members and beneficiaries who seek help for their mental health and wellbeing.

"There are many reasons an individual may seek behavioral health care," said U.S. Public Health Service Capt. (Dr.) Richard Schobitz, deputy chief, BAMC Department of Behavioral Health. "Some are related to life stressors such as post-deployment stress, family challenges, or distress related to adjusting to a change in life. Other reasons may be related to a behavioral health condition such as depression or anxiety."

Schobitz said if someone is not able to enjoy life's activities, function at work or connect with others because of the distress they feel, and these feelings last for more than a couple of weeks, it might be time to seek help from a behavioral health professional.

"More importantly, if an



Don't be afraid to reach out for help.

AIRMAN 1ST CLASS THOMAS CHARLTON

September is Suicide Prevention Awareness Month. For more information, or help, call the National Suicide Hotline at 1-800-273-8255.

SUICIDE PREVENTION

210-808-2846 to make an appointment. Walk-in services are also available.

Outpatient behavioral health services are also available for active duty permanent party and active duty San Antonio Uniformed Services Health Education Consortium trainees on 7 West in BAMC weekdays from 7:30 a.m. to 4:30 p.m. Call 210-539-9565 to schedule an appointment.

"We ask that permanent party service members go to the Moreno Clinic for walk-in appointments," Schobitz said.

Campus Behavioral Health Services are available for Medical Education and Training Campus students at two locations. Walk-in and triage services are offered at McWethy Troop Medical Clinic weekdays from 6 a.m. to 2 p.m., call 210-808-5021. Routine and follow-up care is available on the second floor of the Capt. Jennifer M. Moreno Clinic weekdays from 6 a.m. to 2 p.m.,

individual's distress is at a level where they are having thoughts of harming themselves or others we definitely need to provide support right away," Schobitz said.

The BAMC Department of Behavioral Health offers a wide range of behavioral health services to include substance use concerns and other specialty areas. A mix of face-to-face and virtual appointments are available based on patient need.

"BAMC Behavioral Health provides care for all active duty, activated guardsmen and reservists and active duty family members," Schobitz said. "For the rest of our team and family, there are excellent services available where we can refer them, in addition to a large number of community resources."

The Outpatient Behavioral Health Clinic located in the Capt. Jennifer M. Moreno Clinic at Joint Base San Antonio-Fort Sam Houston is open from 7:30 a.m. to 4:30 p.m. weekdays for active duty service members. Call 210-808-1859 or

call 210-808-2534 or 210-808-2584.

"We also offer child and family behavioral health services on the first floor of the hospital near the Pediatrics Clinic," Schobitz said. "These services are available to our beneficiary population."

To schedule an appointment with CAFBHS, call 210-916-5047. The clinic is open weekdays from 7:30 a.m. to 4:30 p.m.

In and out processing for permanent party Soldiers can be done over the telephone weekdays from 7:30 a.m. to noon. Call 210-808-1859 or 210-808-2846.

"There are a number of potential benefits from receiving behavioral health support," Schobitz said. "One of the most important benefits is that behavioral health professionals may be able to help someone see their problems from a new perspective, which in turn may help them to overcome the challenges they face."

"Another benefit is a behavioral health professional may be able to guide the patient

to engage in coping strategies to reduce the psychological distress they may be facing," he added. "A third benefit is to provide a patient with time in a safe environment that allows them to navigate a crisis situation with support."

"We have an amazing amount of support available to us in the military — command, chaplains, our primary care managers, behavioral health, and others are available to help," Schobitz said.

Beneficiaries and BAMC staff members can call the Behavioral Health Support Line at 210-539-9567 weekdays from 7:30 a.m. to 3:30 p.m. to speak with behavioral health personnel. If someone needs immediate help they can call 911 or the National Suicide Prevention Lifeline at 800-273-TALK (8255).

The Veterans Crisis Line connects Service members and Veterans in crisis, as well as their family members and friends, with qualified VA responders through a confidential toll-free hotline, online chat, or text messaging service. Dial 1-800-273-8255 and Press 1 to talk to someone or send a text message to 838255. You can also start a confidential online chat session at veterans.crisisline.net/get-help/chat.

"One of the best actions you can take to support an individual who is in trouble, such as those who are contemplating suicide, is to provide them with social support," Schobitz said. "It may sound simple, but there is power in being a present, empathic listener. Stick with your battle buddy or wingman, listen to what they are going through, and offer to go with them to reach out for support."

Navy Recruiting District San Antonio earns Bronze ‘R’ Award

By Burrell Parmer

NAVY RECRUITING DISTRICT SAN ANTONIO PUBLIC AFFAIRS

The mission of Navy Recruiting District San Antonio, or NRD SA, is to recruit the best and brightest men and women for service in America's Navy, and for its performance during the first half of the fiscal year 2020, NRD San Antonio was awarded the Navy Recruiting Command's Bronze "R" Award.

To be eligible for the award, an NRD or Navy Talent Acquisition Group, or NTAG, must achieve all Enlisted "E" and Officer "O" recruiting categories selected by NRC.

"We are so fortunate to be recognized amongst the highest caliber NRDs and NTAGs in the nation," said Cmdr. Nicholas Gamiz, NRD commanding officer. "It is truly a testament to the hard work that the recruiters and support



BURRELL PARMER

Cmdr. Nicholas Gamiz (center right), Navy Recruiting District San Antonio commanding officer, is joined by (from left) Command Master Chief Francisco Valdovinos; Cmdr. Michael Files; and Master Chief Matthew Maduemesi, along with the 2004 Navy Recruiting Command's Bronze "R" Award at NRD-SA headquarters at Joint Base San Antonio-Fort Sam Houston.

personnel of NRD San Antonio who put their heart into their jobs on a daily basis."

According to Master Chief Navy Counselor Matthew Maduemesi, NRD San Antonio

chief recruiter, the earning the award took teamwork.

"We have not won the

Bronze "R" since 2004," said Maduemesi, who has been the chief recruiter since 2018. "It took a team of professionals. Our Sailors and support personnel are the best and are getting better every fiscal year."

Other Bronze "R" winners included NRD New England, NTAG New Orleans, NRD Phoenix, NTAG Portland, NTAG Rocky Mountain, NTAG Pittsburg, and NTAG Ohio River Valley.

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

The NRD was officially redesigned as an NTAG Oct. 1. It will be comprised of a headquarters and two Talent Acquisition Onboarding Centers, or TAOC: TAOC Alamo City and TAOC Capital City.

ARNORTH adjusts COVID-19 operations as demand for federal military support decreases

From U.S. Army North (Fifth Army) Public Affairs

At the request of the Federal Emergency Management Agency, U.S. Army North, U.S. Northern Command's Joint Force Land Component Command, adjusted its COVID-19 operations, and as of today, all of the approximately 740 federal military medical and support professionals from the U.S. Army, U.S. Navy and U.S. Air Force who deployed to Texas and California in July have returned to their home units.

"Through our Defense Coordinating Officers and Defense Coordinating Elements, we remain in constant coordination with the Federal

Emergency Management Agency, and have carefully monitored conditions as they relate to COVID-19 in both Texas and California," said Lt. Gen. Laura J. Richardson, U.S. Army North (Fifth Army) and JFLCC commander. "As demand for federal military support declines, so too can our presence as we reset for potential, future missions directed by the Department of Defense."

The redeployment of the 740 service members occurred over the last three weeks as these medical professionals and support staff personnel were no longer required.

The first to return to their home stations were 100 U.S. Air



SGT. 1ST CLASS KENNETH SCOTT

U.S. Army Reserve Soldiers assigned to Urban Augmentation Medical Task Force-7452, mobilized from San Diego, Calif., arrive in San Antonio, Texas, July 27. The UAMTF-7452 is supporting DHR Health in Edinburg, Texas as part of the Department of Defense support to the Federal Emergency Management Agency response to COVID-19.

Force medical providers and support staff at five California hospitals. They redeployed Aug. 30.

The next to end their mission was approximately 480 U.S. Army and U.S. Navy medical providers and support staff at 13 Texas hospitals. They returned to their units during a three-day

period, Sept. 8-10. These Soldiers and Sailors were followed a few days later by 60 U.S. Air Force medical providers and support staff, who concluded operations at three California hospitals Sept. 12.

The last to leave were 100 U.S. Army and U.S. Navy medical

providers and support staff. They redeployed Sept. 23 from three Texas hospitals.

The Department of Defense remains postured to provide capacity and capability when requested by FEMA, in support of local authorities, and is in the COVID-19 fight for as long as needed.

ARMY NORTH CAISSON HORSES GET VISIT FROM THE FARRIER

Rodney "Skip" Burgess, a Farrier, resets the shoe of U.S.

Army North Caisson horse Munemori, at the Fort Sam Houston Caisson stable, on Joint Base San Antonio-Fort Sam Houston, Sept. 21. The Fort Sam Houston Caisson Platoon, one of two active duty caisson units in the U.S.

Army, proudly honors fallen members of the military with funeral honors at the Fort Sam Houston National Cemetery. Regular care for the unit's 18 horses falls to eight Soldiers, with advising from the Herd Manager and Horse Trainer, as well as weekly equine hoof care visits.



LAUREN PADDEN

MICC analyst earns spot in Maryland program

By Daniel P. Elkins

MISSION AND INSTALLATION
CONTRACTING COMMAND
PUBLIC AFFAIRS OFFICE

A Mission and Installation Contracting Command senior procurement analyst began studies Sept. 23 at the University of Maryland Global Campus Graduate Certificate Foundations of Business Analytics Program following her selection by the Office of the Deputy Assistant Secretary of the Army for Procurement.

Veronica Limon serves on the business intelligence team in the MICC Contracting Operations Directorate's Training, Analytics and Functional Support Division at Joint Base San Antonio-Fort Sam Houston, Texas.

"I am honored and feel lucky to be able to participate in this educational opportunity. I have so much to learn, and I hope to share the knowledge I gain with my co-workers and to employ it in support of future Army initiatives," Limon said, adding that work on the business

intelligence team has allowed her the opportunity to learn and grow as an analyst.

"I've been lucky to work alongside great people who have always been willing to share their knowledge with me," she said. "A significant portion of my job as part of the business intelligence team involves performing workload analysis by utilizing system information, synthesizing and analyzing data to develop relevant information and recommendations for management and leadership's decision making."

The online program allows Limon the opportunity to further advance her analytic skills in support of the multiple initiatives across the Army acquisition enterprise.

Her recent efforts at the MICC have included workload analysis support to the Installation Management Command Contract Review Board process as well as analyses and data-driven recommendations in support of MICC strategic initiatives in support Army Materiel



BEN GONZALES

Veronica Limon was selected by to participate in the University of Maryland Global Campus Graduate Certificate Foundations of Business Analytics Program.

Command readiness priorities, Army Contracting Command transformation efforts, and category management objectives.

Limon, who considers San Antonio home, possesses a Bachelor of Business Administration and a Master of Science both in accounting from the University of Texas at San Antonio.

She said the certificate program will provide her the appropriate foundational business analytic skills and

exposure to the latest business analysis technologies while also expanding her knowledge on predictive analytics methodologies, all of which serve to increase her confidence in providing the MICC and Army with proficient data-driven recommendations.

The University of Maryland Global Campus program combines study in technical and business disciplines to develop powerful data analysts following the successful completion of the 12 semester hours of credit as well as strengthen career potential. Following the orientation now underway, Limon will also complete six credits each in decision management systems and data management and visualization over the next year.

As part of this coursework, program officials anticipate students learning how to transform big data into actionable insights using advanced analytics software; manage data analytics projects, present findings, and make strategic recommendations to

organizational leadership; evaluate modeling approaches for data analysis and predictive analysis; design and deploy databases and dimensional models; apply advanced data warehousing and data mining methods, and manage infrastructure systems to ensure the quality, security and privacy of data.

John Campos, the business intelligence team lead, said that upon completion of her advanced studies in business analytics, Limon will be poised to close the MICC Headquarters gap with predictive analytics.

"While she has expanded her knowledge of analytics through self-study, Ms. Limon's skills and abilities will be greatly enhanced by learning predictive analytics in a classroom environment to maximize her understanding and application of this complex field," Campos said.

He added that Limon also plans to share her newfound knowledge with colleagues, thus amplifying the benefits of the program.

Run with the Chief event brings JBSA teammates together

By Lori A. Bultman

502ND AIR BASE WING
PUBLIC AFFAIRS

For U.S. Air Force Chief Master Sgt. Wendell Snider, 502nd Air Base Wing and Joint Base San Antonio command chief, his chief's run Sept. 22 was about more than exercise, it was about participants coming together to connect, decompress and reduce stress.

"The intent for Run with the Chief was just to get out," Snider said after he completed the run. "I realize that we are in a tough time, in this COVID environment, and one of the things we can do is exercise."

During the three-mile run at JBSA-Fort Sam Houston, Snider, along with JBSA teammates, used the time

outside to visit with each other, while also social distancing.

The Chief said he did not put any pressure on participants, because the important thing was for teammates to run their own pace and to be the best they could be.

"Run with the Chief is open to anyone who wants to run and just get better," Snider said. "I want to encourage you to come on out, run with the chief, have some fun, get your exercise in, and I promise you, there will be no judging and it will be a good opportunity for me to meet you."

Snider's plan is to hold Run with the Chief events across JBSA, bringing service members of all branches together to meet and exercise.



SARAYUTH PINTHONG

U.S. Air Force Chief Master Sgt. Wendell Snider (left), 502nd Air Base Wing and Joint Base San Antonio command chief, meets with participants for a three-mile run Sept. 22 at JBSA-Fort Sam Houston.

LACKLAND

Be THAT sergeant: Celebrating Hispanic Heritage Month

By Rachel Kersey

502ND AIR BASE WING

PUBLIC AFFAIRS

"I was so afraid when I went to Basic Military Training because it was my first time ever being in an environment where everyone spoke only English," said Staff Sgt. Soleine Izquierdo, international student manager at the Inter-American Air Forces Academy on Joint Base San Antonio-Lackland.

"Fast forward to 2020, and seeing how comfortable I am with the language, how my communication skills have improved, and how I'm serving at a special duty; It's amazing," she said.

Born in San German, a small town in Lima, Peru, Izquierdo has fond memories of being surrounded by family in her neighborhood.

"I grew up surrounded by love, a place where my parent's friends were, and until this day, my aunts and uncles still live there," she said. "Peru is known for its food; it's an integral part of our culture. I remember my mother having a soup-kitchen style gig where she and my aunts would cook for over 100 families of low-income backgrounds every day of the week. They would ensure everyone had a hot meal at their tables come dinnertime."

Izquierdo would sit back and watch her family having fun chopping vegetables and cooking rice while a nice conversation was simmering in the kitchen. This was where she learned the importance of community service and love for what you do, which is

foundational to her life and career in the Air Force.

At the age of 14, Izquierdo and her family immigrated to the United States and settled in Long Island, New York.

"My parents moved to the USA in search of a better future for us," she said, noting that her integration into American life was scary. "Freshman year of high school is hard enough as it is without having a language barrier."

When Izquierdo was 16, she started her first job doing maintenance work at a state park. She said her parents did not realize people in America put away money for their children's college, so that was not an option for her after high school.

Since she. She had nothing planned for her future, the Air Force seemed to be a good opportunity, she said.

"I knew joining the military would make my parents proud, especially my father who served more than 30 years in the Peruvian National Police. And, I knew it would give them, as well as myself, as a sense of security," she said. "It was also a way to thank this country for the many doors it had opened for us since we migrated."

Izquierdo enlisted but struggled in Basic Military Training with the language barrier. After she went to her first duty station, she still had trouble keeping up, she said.

"I knew English, but I didn't know military English," she explained. "I had to learn all over again and study twice as much just to make sense of

Hispanic Heritage Month

September 15 - October 15

"I'm so proud to be a Peruvian serving in the Air Force, speaking Spanish, and not being expected to forget my roots."

- Staff Sgt. Soleine Izquierdo

Joint Base San Antonio

Staff Sgt. Soleine Izquierdo, international student manager, Inter-American Air Forces Academy

COURTESY GRAPHIC

Staff Sgt. Soleine Izquierdo, international student manager at the Inter-American Air Forces Academy on Joint Base San Antonio-Lackland, knew joining the military would make her parents proud.

things."

Now, Izquierdo has been in the military for seven years and eight months. She has overcome much, and she knows many people do not understand the significance of that, which is difficult.

"The hardest part of being Hispanic in America is being told to 'go back home' and only speak English," she said.

"People really don't understand how much we have given up to come to the states and join the military. A lot of times, all we have left is our native language."

Now that she works at IAAFA Izquierdo speaks her native language as part of her job.

Her favorite thing to do is to find a common word that

means something different in other Latin American countries. The sheer number of ways to say the word "pen" blows her mind, she said.

"I still can't believe the Air Force pays me for speaking Spanish. It really is a dream come true," she said.

Meeting other Latinx service members and people with similar stories and backgrounds is one of Izquierdo's favorite things. Not only does it give her a sense of community, but it also motivates her.

"I will never forget the first time I met another Hispanic female service member from New York. She was smart, caring, a hard worker, a great mentor, and respected by all, but more than anything, she

was familiar," Izquierdo said. "She instantly became someone I looked up to. She was (and is) the person I strive to become one day: a successful Latina."

Francisco Hernandez, the protocol officer at IAAFA, called the motivated young Airman "amazing" and "professional."

So, it seems Izquierdo is well on her way to becoming the woman she wants to be.

"I'm so proud to be a Peruvian serving in the Air Force, speaking Spanish, and not being expected to forget my roots," she said. "I look back to my first year in the Air Force and I'm amazed at how far I've come. I hope to one day be THAT sergeant that another Latina can look up to thinking, 'I can do it, too.'"

433rd AW Airmen help combat spread of COVID

By Master Sgt. Kristian Carter

433RD AIRLIFT WING PUBLIC AFFAIRS

Senior leaders from the 433rd Airlift Wing, the Air Force Personnel Center, the City of San Antonio and Bexar County Metropolitan Public Health District gathered to recognize 433rd AW Reserve Citizen Airmen who assisted at the Bexar County COVID-19 Operations Center at the Alamodome in San Antonio Sept. 17.

The Alamo Wing Airmen were part of the COVID-19 case investigation team.

When health care providers or other organizations discover a positive case of COVID-19 in Bexar County, they are required by law to report the case to local public health departments immediately.

Within 24 hours after that notification, these case investigators will launch an investigation, using a standardized questionnaire to collect additional data about the patient. Collected data include clinical signs and symptoms, date of symptom onset, and any complications. Most importantly, the case inspector will notify people who were exposed to provide appropriate public health recommendations to limit disease transmission.

In the act of appreciation, the Armed Forces Service Medal was presented to the team members. Several organizations also presented challenge coins to them. Additionally, several city and county representatives and members from Joint Base San Antonio provided remarks of appreciation.

"This COVID-19 pandemic has really put an extraordinary strain on the public health infrastructure," said Dr. Anita Kurian, San Antonio Metropolitan Health District assistant director and Bexar County Communicable Disease Division director. "I have never witnessed this much public engagement, interest, and support for public health in my 18-year public health career. We appreciate all the assistance we have received."

Kimberly Toney, Air Force Personnel Center executive director, said, "It is an exceptional honor to be here to say thank you to our men and women in uniform. When this started, and we were looking for volunteers, they raised their hands and said, 'I want to be there and do that. I want to be a part of it.'"



TECH. SGT. IRAM CARMONA

Tech. Sgt. Juan Vazquez Garcia, 433rd Medical Group, processes a COVID-19 positive case report as a case investigator at the Bexar County COVID-19 Operations center in San Antonio Sept. 17.

A Gold Star to remember for Reservist

By Tech. Sgt. Samantha Mathison

433RD AIRLIFT WING PUBLIC AFFAIRS

The last Sunday of September every year is Gold Star Mother's and Family Day, where the families of service members who died while in the line of duty are honored.

On this day, these families are remembered for the losses they suffered. While many choose to honor their losses in different ways, Tech. Sgt. Joseph Perez, 26th Aerial Port Squadron ramp services supervisor, said he chose to honor his father by serving in the same unit as him.

Perez said that the main reason he joined the Air Force Reserve in 2006 was in memory of his father. Furthermore, he said he specifically joined the 433rd Airlift Wing as a way to remember and honor him.

"Being a part of the Reserve and the 433rd AW has brought into perspective a lot of things about my father's job that I didn't know before," Perez said. "It gives me a sense of pride that goes deeper than just being a part of the wing; there's more to it for me and it's because of my dad."

On Aug. 29, 1990, Perez's father was one of the members of the BRAVO-12 aircrew who perished in a C-5A Galaxy crash in Ramstein Air Base, Germany.

Perez said soon after the crash he received a call from his younger brother, who saw the news on TV. They had been given enough information on where their father was to be concerned.

"I don't remember the exact date, but I remember he was activated in early August in support of Operation Desert Shield," Perez said. "We knew where he was and what aircraft he was on."

The aircrew was tasked with flying passengers, medical supplies and other cargo back into the



TECH. SGT. SAMANTHA MATHISON

Tech. Sgt. Joseph Perez, 26th Aerial Port Squadron ramp services supervisor, visits the grave of his father Sept. 25 with his family at Fort Sam Houston National Cemetery.

hostile area. While taking off from the runway, the aircraft experienced a mechanical difficulty, which led to the crash. Of the 17 people on board, only four survived.

Tech. Sgt. Daniel Perez, 68th Airlift Squadron loadmaster, husband, father and Airman, gave his life in service to his country.

"It was surreal," Perez said. "My father had been flying for such a long time. I was around 12 years old when he started, and this happened when I was 24. It was so sudden and with it being so far away; I don't know how else to explain it."

Often called "the honor no one wants," Perez

became a Gold Star family member that day.

According to defense.gov, the Gold Star symbol began during World War I. At the start of the American involvement in 1917, families hung banners with blue stars representing family members in the services. If the service member died in combat, the family changed the blue star to gold.

The trend has somewhat died out since then, but the meaning behind the stars has lingered.

According to Air Force Wounded Warrior case manager Howard Dixon, Gold Star family members are given special honors and benefits by the Department of Defense. One of the items they receive is a small pin with a Gold Star on a purple field, worn on the lapel.

"This Gold Star pin is a symbol of appreciation for the service member's tremendous sacrifice to their country and service, and to the families of these brave men and women, so they'll always be remembered," Dixon said.

Dixon, who is also a senior master sergeant in the 433rd Medical Squadron, said that it's important for members to keep their Service Group Life Insurance and virtual Record of Emergency Data information current, so that family members receive these benefits in case of a tragedy.

Other benefits include, but are not limited to, transportation, funeral and burial costs, healthcare, commissary and exchange access, education and counseling services.

More than 7,000 American service members have been killed in the wars in Afghanistan and Iraq alone since Sept. 11, 2001, and more than 16,000 have died of other causes in that time, according to defense.gov.

For more information on family and service member benefits, check out Military One Source.



TACP Airmen complete a Field Training Exercise at Joint Base San Antonio-Camp Bullis Jul. 11, 2019.

ANDREW C. PATTERSON

Special Warfare TACP training incorporates VR tools

By 1st Lt. Jeremy Huggins

SPECIAL WARFARE TRAINING WING

The Air Force Special Warfare Training Wing has incorporated virtual reality software to aid in Joint Terminal Attack Controller, or JTAC, training for Tactical Air Control Party enlisted and officer candidates at Joint Base San Antonio.

This virtual reality training called the Joint Terminal Control Training Rehearsal System, or JTC TRS, is part of the final block of the high-stress, 106-day TACP Apprentice Course that trains candidates to be TACPs and tests their physical and mental capabilities. This training is run by the 353rd Special Warfare Training Squadron headquartered at the JBSA-Chapman Training Annex.

"JTACs communicate with ground commanders and aircraft to destroy enemy targets", said Tech. Sgt. Scott Eubanks, 353 Special Warfare Training Squadron TACP Apprentice Course block 4 flight chief. "The JTC TRS provides students with a scenario where they can coordinate with simulated commanders and pilots, and see the effects their actions have on the battlefield in real-time."

In October 2019, the wing began using this virtual reality system to give candidates the opportunity to communicate with aircraft and face

simulated enemies that attack them in order to create more well-rounded JTACs.

"While there is nothing better than actually getting our candidates out in the field to communicate with real aircraft and drop live ordinance, this system provides a feasible alternative that we can run right here at JBSA," Eubanks said.

The simulator is comprised of two main areas, a control area and a JTAC area. Two instructors sit in the control area and communicate with the student to provide instruction, name targets and simulate the communication a JTAC would have with aircraft during a real mission. The student sits in the JTAC area and from there has access to simulations of equipment they would have in the field. This includes a radio, a GPS and a tripod with binoculars along with a range finder.

Students interact with the simulation through its main display screen where battlefield information is displayed. Students are surrounded by speakers to simulate the sounds of aircraft overhead and ordinance being detonated.

"We're continually refining our systems and training to best prepare our students for real-world scenarios," Eubanks said. "Our goal is to ensure our students are ready and able to meet mission requirements once they complete training and move to operational units."

Hero's Highway — 13 years down the road

By **Airman 1st Class
Melody Bordeaux**

59TH MEDICAL WING PUBLIC AFFAIRS

"Protect and return home," was the motto for retired U.S. Air Force Col. Michael Patronis while serving as the Patient Administration Division lead at the Air Force Theater Hospital, once located on Joint Base Balad, Iraq.

The large canopy tent hospital had a massive American flag hanging from

the ceiling that bridged the helipad to the emergency department, known as Hero's Highway, where many of the injured service members were treated from Operation Enduring Freedom and Operation Iraqi Freedom.

The first thing injured service members would see upon arrival to the theater hospital was the American flag flying above them, a symbol they made it to safety. Seeing the flag, they knew their

chance of surviving was high, and if need be, they could be back in the United States in just a few days.

When Patronis arrived in Balad in September 2007, his team was charged with retrieving patients from Black Hawk helicopters and transporting them to the emergency department through Hero's Highway.

"There is no better way to show service members they've made it to safety," Patronis said. "Face up, back down, and being able to look up and see the American flag."

When the original flag became too worn from the elements, Patronis was tasked to source a replacement.

Patronis, with the help of his comrades, made contact with the Marion Military Institute in Alabama to get a new flag.

At the same time, a USO tour with country-western singer Darryl Worley was coming to Iraq and the team coordinated for the flag to be shipped to Balad as part of the USO's cargo.

Due to the enormous size of the flags, volunteers were recruited to make the swap, placing the old flag into a shadow box and raising the new one in a small ceremony.

But the lighthearted mood under Hero's Highway wouldn't last. After all, the flag was hung to give hope to service members in a warzone.

Through his deployment, Patronis developed a close and trusting relationship with his Airmen as they experienced the trials of a combat hospital.

"Folks would come in right off the battlefield," Patronis said. "Having fresh trauma come through underneath Hero's Highway, we always felt a certain sense of pride being able to get down in front of the emergency department staff so they could start stabilizing and preparing life-saving measures."

Balad was in close proximity



AIRMAN 1ST CLASS MELODY BORDEAUX

The second flag from Hero's Highway is displayed in the atrium of Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio-Lackland, Texas, on Sept. 14. The flag was retired in 2007 and provided to the 59th Medical Wing where it was displayed in the old WHASC, and upon its decommission, was moved to the atrium of the new medical facility.

to the Diyala province, a hotbed of fighting in Iraq during 2007. As a result, Patronis and his team transported thousands of casualties, many in critical condition, imparting a special significance to their bond and special meaning to the flag.

"We were bringing in someone who had been hit pretty hard, and we very quickly and efficiently got them into the ED," Patronis said. "One of my Airmen had forgotten to put rubber gloves on. We always had our PPE on to keep us from getting bloody but she got blood on her hands as we were helping the ED staff. I remember her staring at her hands, and she just stood there. You could tell she was going into a minor state of shock. I went over to her and said 'Katy, are you ok?' she just said 'I didn't have my gloves on.' I took my gloves off and grabbed her hands and we

walked over to wash our hands together. That's part of what the flag means for me."

The second flag flew from Jan. 22 to Dec. 28, 2007. The Air Force Medical Services History Office brought it back to the 59th Medical Wing where it has since made its home in the halls of Wilford Hall Ambulatory Surgical Center. When the facilities moved to a new building, it followed.

The flag is now on display in the atrium of WHASC. With this, the 59th MDW highlights the importance of the mission and honors the lives of the Airmen, Soldiers, Marines, and Sailors who came through Hero's Highway and the medics who carried them in.

When other service members see the flag display here, Patronis hopes they know they are part of the life-saving chain protecting service member's lives.



SENIOR AIRMAN JEFFREY SCHULTZE

Airmen from the 332nd Expeditionary Medical Group carry a stretcher under the Hero's Highway flag during an aeromedical evacuation training exercise.

RANDOLPH

JBSA-Randolph lifeguards come to the rescue

By Robert Goetz

502ND AIR BASE WING
PUBLIC AFFAIRS

At the beginning of every pool season at Joint Base San Antonio-Randolph, MariAnne Clark tells the lifeguards she supervises they have the most important job of all the summer hires.

Their job is to save lives.

On the morning of Sept. 20, Clark's lifeguards did exactly that — only it was not at JBSA-Randolph's Center Pool, where they were accomplishing end-of-season cleaning after the facility had closed.

Noticing a plume of black smoke in the distance, a "squadron" of those lifeguards bolted for the area the smoke was coming from and saw a house a few blocks away was on fire.

Quickly, they alerted the family and, with the help of neighbors, extinguished the blaze that had climbed up a wall on the right side of the structure and into a utility room.

During a 502nd Air Base Wing staff meeting Sept. 24 at JBSA-Fort Sam Houston, Clark told the group commanders in attendance about the remarks she makes to lifeguards at the beginning of every swim season and summarized the decisive steps the students took that Sunday morning in the officers' family housing area.

Moments later, Brian Hoffman, JBSA vice director, presented a quintet of lifeguards — Maiaiah Kuzan, Sam Landreth, Blake Mai, Dominic Mercado and Matt Oakland — with coins recognizing the wingmen's heroic efforts in averting a potential tragedy. The lifeguards, ranging in age from



BRIAN J. VALENCIA

(From left) Lifeguards Maiaiah Kuzan, Samuel Landreth, Dominic Mercado, Blake Mai and Matthew Oakland hold coins they received at the 502nd Air Base Wing Commander's Staff meeting at Joint Base San Antonio-Fort Sam Houston Sept. 24. The lifeguards were recognized for their actions taken in putting out a fire in JBSA-Randolph base housing.

16 to 21, were also the recipients of enthusiastic applause from a grateful audience.

"I'm very proud of them," Clark said. "I've had Dominic for six years, and the rest of them for one year and up, so they're a great, great team of people."

Although more than a dozen lifeguards were involved in the life-saving mission, the five honored at the staff meeting played leading roles.

Maiaiah and Dominic called 911 while Sam sprinted toward the father, who was in the backyard on the other side of the house, to tell him about the blaze. Sam and the father ran upstairs to alert the rest of the family — the man's wife and three daughters — and Blake escorted them safely outside through the front door.

"I know they were probably surprised to see me — some random dude in their house on a Sunday morning, but I was telling them their house was on fire," Sam said. "The dad and I

then ran back outside to fight the fire."

Matt had already found a fire extinguisher and was fighting the blaze with the help of a few neighbors.

"The neighbors, seeing all of us running, immediately came out to help us — that made it a whole different story," Blake said. "It wasn't just us — it was everybody working together."

Subsequently, JBSA-Randolph Fire Emergency Services arrived on the scene, but the lifeguards and neighbors had worked so quickly and completely that little was left to do.

"We got there and knocked out the rest of the hot spots," said Tech. Sgt. Joseph Tvrdy, acting assistant fire chief.

The fire started in a trashcan near the house that contained ashes from the family's barbecue grill and spread to a fence and up the side of the house, charring part of the exterior and causing a window to crack and eventually break.

"It was starting to get into other areas and had the potential to really cause serious damage," Tvrdy said.

Interior damage was minimal, except for vents leading into the attic.

"Thank God the lifeguards were there," Tvrdy said. "They really prevented a catastrophe from happening."

The father said was not aware of the blaze until he saw the lifeguards running toward the house, and then Sam told him his house was on fire.

"The scariest part was that the fire was literally underneath my youngest daughter's bedroom while she was playing," he said.

The father told the lifeguards that his daughter summed up their efforts the best by writing them a card that read, "Lifeguards are firemen in disguise."

"That day they saved four lives for sure," he said. "I am so grateful to them for being so aware and so caring."

Clark's supervisor, Brian Roush, 502nd Force Support Squadron director, called the lifeguards "a great group of young adults."

"They all did an awesome job all summer with an incident-free pool season, and then to finish the year with this amazing emergency response to a potential lifesaving event as a team shows they are all capable of great things," he said.

The lifeguards were simply responding to someone in need, Blake said.

"We went over there with whatever we had on," he said. "Some of us were missing shirts; I was barefoot. We just went over there to help."

Sam said the lifeguards' response was "the right thing to do."

"You just see somebody that needs help and kind of react, especially growing up in an on-base community where you're taught to be close to your neighbors and help those in need," he said.

12th FTW protocol chief recognized by AETC commander

By Benjamin Faske

12TH FLYING TRAINING WING PUBLIC AFFAIRS

Lt. Gen. Marshall Webb, commander, Air Education and Training Command, presented the Award for Civilian Achievement to 12th Flying Training Wing protocol chief Ty Reyes Sept. 22 at Joint Base San Antonio-Randolph.

Reyes was recognized for planning and executing several major events for AETC to include the 2019 Squadron Leadership Course, which consisted of five separate conferences with more than 300 attendees and the 2019 Fall Civic Leader Conference held at Maxwell Air Force Base, Alabama. He also streamlined office procedures resulting in a 30 percent decrease in processing time for reconciliation of Official Representation Fund packages.

"This award shows appreciation for some of the events I did at AETC as a civilian and I am thankful for that," Reyes said. "This award means even more coming from Lt. Gen. Webb since I really enjoyed working for him. Protocol is a very thankless job, but I am not in it for the recognition, I just like to help people out the best I can and make our events successful."

Reyes is no stranger to AETC having previously served as the protocol superintendent as a master sergeant.

"I retired from the Air Force in June of 2018 and then went back to AETC in February 2019 as a civilian. I am truly excited to be working now at the 12th FTW and am grateful for the opportunity to be the chief of protocol."



BENJAMIN FASKE

Lt. Gen. Marshall Webb (left), commander, Air Education and Training Command, presents the Award for Civilian Achievement to 12th Flying Training Wing protocol chief Ty Reyes Sept. 22 at Joint Base San Antonio-Randolph.

School Liaison Program focus of latest 'The Air Force Starts Here' podcast

From Air Education and Training Command Public Affairs

A look at the Air Force's School Liaison Program is the focus of the latest episode of "The Air Force Starts Here" podcast, released Sept. 22.

In this episode, Jennifer Gonzalez from the Air Education and Training Command public affairs team sat down remotely with Lori Phipps, the director of the Air Force School Liaison Program, to talk about the program, and how it helps our AETC families and supports wing commanders.

School liaison offices are on every installation worldwide

and provide outreach, advocacy, and partnership initiatives that generate real-time solutions for military students and families.

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, Spotify and Google Play.



COURTESY GRAPHIC

Don't overlook the signs: Suicide prevention is everyone's responsibility

By Airman 1st Class
Tyler McQuiston

502ND AIR BASE WING
PUBLIC AFFAIRS

One of the messages military members can take away from Suicide Awareness and Prevention Month each September is that it is their responsibility to serve as wingmen to all their brothers and sisters in arms.

During a virtual presentation Sept. 16, which was part of the observance month's activities at Joint Base San Antonio, a retired Air Force master sergeant and Wounded Warrior ambassador, Ashley Dunning, described how finding a true wingman helped her turn despair into hope.

"I joined the Air Force right out of high school in 2003," Dunning said. "I left an abusive background. My leadership and peers became my family and I felt at home."

The family-like support did not last long, Dunning said. During her first assignment, she was sexually assaulted after a night of drinking. She tried talking to some of her close friends and reached out to her immediate chain of command, but she said no one believed her.

As time passed, Dunning's career continued and her location changed. She enjoyed her next assignment, and she wanted to leave behind the trauma she had experienced. However, one day at a pool event, Dunning's daughter was

having trouble with her bathing suit top. The incident triggered her past trauma.

Additional incidents followed.

Dunning and her husband worked in close proximity but did not have the same supervisor. Her husband's supervisor began acting inappropriately toward her, she said, sending her text messages and making sexual comments. This harassment ended shortly afterward when Dunning brought the situation to her leadership. The incident was investigated and the individual was removed.

Dunning was then moved from wing command to a major command, or MAJCOM. With her job at MAJCOM, her

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COURTESY GRAPHIC

triggers became worse. She became hyper-vigilant, and couldn't sleep.

"I became more anxious," she said. "All of my past instances were coming to me at once, and I knew that I needed help."

Dunning immediately went to her leadership and explained that she was struggling with the new additional responsibilities, but her superiors did not offer support, she said.

During this time, the already overwhelmed Dunning also was forced to put her dog down and requested some time off to recover. Her leadership told her to wait until the weekend, she said. So, she scheduled a visit with a mental health clinician.

"I had no source of support at my installation," Dunning said. "My female functional manager called me a worthless NCO and made me feel like I was the problem. My passive suicidal thoughts became more active."

Dunning started visiting a mental health provider five days a week, eight hours a day, in order to cope with trauma. She went up her chain of command, explaining that her job was becoming detrimental to her health.

Finally, after she climbed

higher through her chain of command, Dunning met a command chief who gave her a chance and supported her, she said. She also continued a 30-day inpatient program and was able to finally focus on herself and not have to worry about anything else.

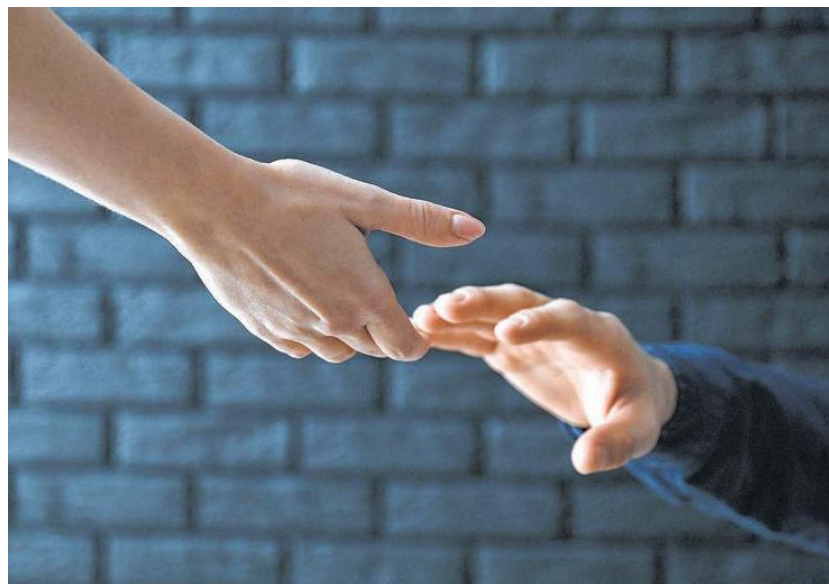
Having a support system helped her and gave her what she needed to stay mentally prepared and resilient, Dunning said. Now, she is an active ambassador in the Air Force Wounded Warrior program.

"My purpose before was to wear the uniform, and I needed to find something new," she said. "Now, I'm here to help people. I have always been a giver at heart. There is not a single road to recovery or progress for instances like these; it takes time."

Dunning said she gets a little emotional when she looks back at her journey.

"I work really hard on my happiness," she said. "I knew that I wanted my pain to stop and now I know how I can help those in the same situation."

For information on suicide prevention, visit the Air Force Wingman Online Suicide Prevention website at <http://www.wingmanonline.org/> Home or call 866-966-1020.



COURTESY PHOTO

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