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JOINT BASE SAN ANTONIO

JULY 16, 2021



SARAYUTH PINTHONG / SARAYUTH PINTHONG

Chief Master Sgt. Ramón "CZ" Colón-López, the senior enlisted advisor to the chairman of the Joint Chiefs of Staff, performs with the band LOCASH during the USO Summer Tour July 1 at Joint Base San Antonio-Lackland.

USO tour brings Joint Staff leaders to JBSA

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Sexual assaults will no longer be prosecuted by commanders

By C. Todd Lopez
DOD NEWS

Secretary of Defense Lloyd J. Austin III accepted all of the recommendations of an independent review commission that stood up in March and delivered its findings recently. The commission recommended an array of changes in how the defense department and the services that fall under it will handle sexual assaults.

"On my first full day as secretary of defense, I committed that we must do more as a department to counter the scourge of sexual assault and sexual harassment in our military," wrote Austin in a memorandum published July 2. "As I stated then — this is a leadership issue and we will lead."

Austin reviewed recommendations made by the IRC and said he agrees with everything submitted.

Chief among the recommendations Austin has agreed with is who will be charged with prosecuting those suspected of committing sexual assault in the ranks. Until now, it's been the domain of commanders to decide how to move forward when made aware of a sexual assault. That is no longer the case.

Based on recommendations from the IRC, Austin has directed that the department will work with Congress to make changes to the Uniform Code of Military Justice in such a way as to shift responsibility from military commanders for prosecuting sexual assaults and related crimes, as well as domestic violence offenses, child abuse and retaliation.

With commanders no longer

"These crimes are interpersonal in nature and have the potential to be re-traumatizing for victims as their cases move forward, so they need specialized care and handling."

Lynn Rosenthal, independent review commission director

handling the prosecution of sexual assaults, the department plans to create dedicated offices within each military service to take over the role.

As recommended by the IRC, the secretary is also seeking to have sexual harassment added to the list of offenses spelled out in the UCMJ. Sexual assault is already detailed there as an offense.

Making those changes to the UCMJ, which is part of federal law, requires congressional approval. But non-judicial punishments are within the purview of the military services. The secretary has directed each service to standardize, across the force, non-judicial punishments and to establish a separation process for service members against whom are substantiated claims of sexual harassment.

The secretary has also directed the military services to create professional career paths within their respective legal communities for both lawyers and investigators to specialize in the handling of sexual assault cases.

The IRC began its 90-day review of sexual assault in the U.S. military March 24. The commission's director, Lynn Rosenthal, said in conducting their work, her team met with

over 600 individuals in the U.S. military, including survivors, researchers, current and former service members, commanders, junior and senior enlisted members and advocates.

During a briefing July 2 at the Pentagon, she laid out exactly why the commission was asked to conduct their review and make recommendations.

"Twenty thousand service members experience sexual assault every year," she said. "Less than 8,000 report those sexual assaults, less than 5,000 of those are unrestricted reports — meaning the victim has said that he or she wants a full investigation — and only a tiny fraction of those end up with any kind of action at all in the military justice system. So that's the chasm that we're talking about."

Rosenthal said the recommendation that sexual assaults be prosecuted outside the chain of the command is in part because commanders themselves are not equipped to handle the complexity of a sexual assault scenario. The military justice system itself is also not ready for that, she said.

"These crimes are interpersonal in nature and have the potential to be re-traumatizing for victims as

their cases move forward, so they need specialized care and handling," she said.

When it comes to caring for victims, Rosenthal said, victims' advocates are largely collateral duty roles — they have another job in the military besides taking care of sexual assault victims. The IRC recommended changes there as well.

"Those recommendations include shifting sexual assault coordinators and victim advocates out of the command structure — largely eliminating collateral duty victim advocates — although you might need them in isolated deployed environments or on ships," she said. "This kind of independent advocacy, where someone is 100% focused on the victim and reporting outside of the command structure, is a best practice. It's what victims need — somebody 100% on their side."

Austin said he's directed Deputy Secretary of Defense Kathleen H. Hicks to prepare a roadmap to implement recommendations from the IRC. Following his approval of that roadmap, he said, it will be the role of the undersecretary of defense for personnel and readiness to oversee the implementation of recommendations.

"Our most critical asset as a department is our people, and our people and readiness are inextricably linked," Austin said. "We will remain the preeminent fighting force in the world because we strive to take care of our people. Our values and expectations remain at the core of addressing this problem and I have every confidence that our force will get this right."

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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 we bringing back the Rambler 120 Challenge this year?

A. Thank you for your question. Due to a significant downward participation trend over the last few years, the decision was made to remove Rambler 120 from the 2021 events.

This event has been replaced with "Lakin' It Easy" which invites our community to visit JBSA Canyon Lake Recreation Park for a day of fun in the sun with food trucks, water slides, beach time, interactive inflatables, archery, boat rides and much more!

Lakin' It Easy is being planned for Oct. 2 and information will become



COURTESY GRAPHIC

available in September at <https://jbsatoday.com/>.

Q. I would like to get clarification on a regulation you commented on a few weeks ago. You stated that each JBSA installation required one valid Department of Defense

ID cardholder in each vehicle to get into the gates, including the JBSA Recreation Area at Canyon Lake.

That provided us a sense of safety for me and my family. I was told at the lake today that their command had overridden that regulation and they are now

allowing vehicles without IDs to enter into the park.

I find this very unsettling that such a change was made to our safety and it wasn't announced through your chain to us. I would have to consider going to another place, as we visit the park because it provides a sense of security being with other military members.

Allowing people to sign people on without a DOD ID card in each vehicle decreases space for military families, whom I thought the park was intended for. Why are they allowed to change base regulations about access? Thank you for your reply.

A. Thank you for your question. The requirement to have an authorized user with a valid DOD ID card in each vehicle for entry into the JBSA Recreation Area at Canyon Lake has not changed since the last publication.

Vehicles must have one valid DOD ID card holder for access. Patrons are allowed to sponsor guests in certain circumstances, but they must be present to validate entrance and escort them while at the park. We assure you that the safety of all patrons is a priority. Thank you for your question.

Fort Sam Houston Independent School District notice of public meeting to discuss budget

Fort Sam Houston Independent School District

The Fort Sam Houston Independent School District will hold a public meeting at 10:15 a.m. July 29, 2021, in the Professional Development Center, located at 1908 Winans Road at Joint Base San Antonio-Fort Sam Houston. The purpose of this meeting is to discuss the school district's budget.

Public participation in the discussion is invited.

Immediately following the public hearing, the Board of

Trustees will hold a public meeting that will include in the agenda an action item to adopt the 2021-2022 budget.

Additional information regarding the proposed budget is available on the school district's website at www.fshisd.net.

Comparison of Proposed Budget with Last Year's Budget

The applicable percentage increase or decrease (or difference) in the amount budgeted in the

preceding 2020-2021 fiscal year and the amount budgeted for the fiscal year that begins during the 2021-2022 tax year is indicated for each of the following expenditure categories:

- » Maintenance and Operations — 5.21% increase.
- » Total Expenditures (Maintenance/Operations and Child Nutrition Funds) — 5.20% increase.

Fund Balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

- » Maintenance and Operation Fund Balance - \$7,500,000
- » Interest and Sinking Fund Balance - \$0 (District has no debt.)

Summer plans? Have fun, stay safe with tips from TRICARE

By **TRICARE**
Communications

Are you vaccinated and excited for summer sun, fun, and travel? You aren't alone.

While you get back out there to enjoy all the joys of summer, TRICARE encourages you to do your part to prevent health emergencies. And know that if you do need care this summer, you have options.

Take the time now to review safety tips and resources to help you enjoy your summer plans.

Take precautions in the sun, water

According to the American Cancer Society, "Most skin cancers are caused by too much exposure to ultraviolet rays." This means you may be at greater risk for skin cancer if you get a lot of exposure to UV rays. If you spend time in the sun, you need to protect your skin. The American Cancer

Society recommends you block UV rays with sunglasses, a hat, and clothing that covers your skin. Always use sunscreen with SPF 15 or higher, and avoid outside activities during peak sun hours.

TRICARE covers skin cancer exams for individuals with a family or personal history of skin cancer, increased occupational or recreational exposure to sunlight, or clinical evidence of precursor lesions. If you're at a higher risk of developing skin cancer, talk to your provider. And learn how to take precautions when you're spending time outdoors.

Water activities are a great way to cool off at the lake, beach, or pool. If your plans include swimming or boating, be aware that drownings are a leading cause of death for children and adults. So, take the time to learn about drowning prevention. According to the Centers for Disease Control and Prevention,



parents and caregivers play a key role in preventing children from drowning.

Children should wear life jackets for all activities while in and around natural water. Weaker swimmers of all ages should wear a life jacket in and around natural water and swimming pools, according to the CDC. Remember that drowning is silent and swift, so avoid distractions like reading, looking at your phone, or drinking alcohol.

Get the care you need

If you or a family member needs health advice from a registered nurse this summer, you can use the Military Health System, or MHS, Nurse Advice Line. If you're in the U.S., Guam, or Puerto Rico, call 1-800-TRICARE (1-800-874-2273), then choose option 1. You can find all other country-specific phone numbers on the website. This is a convenient option, especially when you're away

from home, it's after hours, or you don't know if you need to see a doctor.

The MHS Nurse Advice Line is available 24/7 but isn't for emergencies. If you reasonably think you have an emergency, always call 911 or go to your nearest emergency room.

If you believe you have a non-emergency injury (like an ankle sprain or bug bite), then TRICARE may cover your urgent care needs. Check your region's provider directory to find network urgent care centers near you. Not sure you know the difference between emergency and urgent care? TRICARE compares the two types of care here.

Find more summer safety tips from the Military Health System, including dealing with extreme heat. Now, get outdoors, have fun, and stay safe this summer. And remember, when you travel, TRICARE goes with you.

Proclamation signing kicks off Social Wellness Month at JBSA

By David DeKunder

502ND AIR BASE WING PUBLIC AFFAIRS

The Community Resilience Working Group, a subcommittee of the Commander's Ready & Resilient Council, kicked off Social Wellness Month by hosting a proclamation signing ceremony and social line dance July 1 at the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center.

Attending the event were JBSA service members, civilians and leaders. Signing the proclamation and giving remarks were Maj. Gen. Robert Whittle Jr., U.S. Army North (Fifth Army) deputy commanding general; Rear Adm. Cynthia Kuehner, Naval Medical Forces Support Command commander; and Brian Hoffman, 502nd Air Base Wing vice director. Col. Shane Cuellar, 502nd Force Support Group commander and Community Resilience Working Group chair, also gave remarks at the ceremony.

Social Wellness Month focuses on the relationships people have and how they interact with others. This includes building healthy, nurturing and supportive relationships and establishing a genuine connection with people around them. It reminds people that relationships can offer support to them during difficult times and to take time during this month to evaluate their close relationships.



TRISTIN ENGLISH

Brian Hoffman, 502nd Air Base Wing vice director, signs the Inaugural Social Wellness Month Proclamation, July 1 at Joint Base San Antonio-Fort Sam Houston.

This is the first year JBSA is observing Social Wellness Month, said Darlene Taylor, JBSA-Fort Sam Houston M&FRC supervisory community readiness consultant. Taylor said JBSA is observing the month as a way to promote awareness of mental health and social wellness services at the installation, especially since many

JBSA members are not aware of the services available to them according to a survey done earlier this year.

Taylor said a social line dance was conducted in which service members, military family members and civilians were able to participate, adhering to COVID-19 protocols in which participants were spread out.

The Patch/Chaffee Youth Programs DJ Club at JBSA-Fort Sam Houston provided the music for the dance.

"We had a great time," Taylor said. "Our biggest hope is that this opens the door as we're coming out of COVID-19. We're all starting to venture out again and people use this month going forward as a time to be social and reconnect with one another."

Activities for Social Wellness Month include a scavenger hunt at JBSA-Fort Sam Houston July 22. Teams will look for items in locations throughout JBSA-Fort Sam Houston and discover resources that promote social wellness along the way.

Teams participating in the scavenger hunts will post photos on Instagram with their team's hashtag and #jbsagetsocial to show completion. Teams with the most points per week and the most points overall will be recognized at a ceremony July 29, from 10 to 11:30 a.m. at the JBSA-Fort Sam Houston M&FRC auditorium, 3060 Stanley Road, building 2797.

FORT SAM HOUSTON

U.S. Army South welcomes new commanding general

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

U.S. Army South conducted a change of command ceremony at Joint Base San Antonio-Fort Sam Houston on June 30. Adm. Craig S. Faller, commander of U.S. Southern Command, presided over the ceremony in which Maj. Gen. Daniel R. Walrath relinquished command to Brig. Gen. William L. Thigpen.

In keeping with military tradition, Walrath relinquished command by passing the colors to Faller, which symbolized the transfer of responsibility and authority, who then passed them to Thigpen, recognizing him as the U.S. Army South commander.

Walrath, who will retire after 33 years in uniform, credited the Army South team for the many accomplishments during his time as commander.

"I am immensely proud of what U.S. Army South has achieved these last two years," said Walrath. "When I arrived here two years ago, I had no experience in the region, so I trusted the experience and expertise in Army South to help me understand what was most important in our mission."

Faller recognized Walrath for his contributions to strengthening partnerships in the Western Hemisphere, as well as his many accomplishments throughout his career.

"I couldn't be more proud," said Faller as he described Walrath's career. "You pull out the history of our nation's



STAFF SGT. ASHLEY DOTSON

Brig. Gen. William Thigpen, U.S. Army South commanding general, addresses the audience during the change of command ceremony at Joint Base San Antonio-Fort Sam Houston June 30.

conflicts and, at the point of attack, each and every time has been Dan Walrath. His command and leadership roles, serving this country selflessly and sacrificing everything for the nation and for the world."

Faller explained that U.S. Army South will be in good hands with Thigpen in command.

"I know your character and caliber, and I know you're ready to step forward and

meet the challenges we face," Faller said to Thigpen.

Following his introduction, Thigpen expressed his excitement to join U.S. Army South and strengthening regional partnerships.

"It truly is great to be back in the State of Texas, and it's even better to be back in the state of Texas as a part of U.S. Southern Command and Army South," Thigpen said. "To our partner nations — I look forward to serving with

all of you as we continue to build capacity, learn and train together, and successfully defending our respective national interests."

Thigpen most recently served as the Deputy Director for Operations, National Joint Operations Intelligence Center, Operations Team Four, J-3, Joint Staff at the Pentagon. Originally from Virginia, he earned degrees from Virginia State University, Embry-Riddle Aeronautical

"It truly is great to be back in the State of Texas, and it's even better to be back in the state of Texas as a part of U.S. Southern Command and Army South. To our partner nations — I look forward to serving with all of you as we continue to build capacity, learn and train together, successfully defending our respective national interests."

**Brig. Gen. William L. Thigpen,
U.S. Army South
commanding general**

University and National Defense University. His career spans nearly three decades and includes command and staff assignments in the United States, Republic of Korea, Kuwait, Bosnia, Iraq, Afghanistan and Poland.

U.S. Army South is the Army Service Component Command of U.S. Southern Command with an area of responsibility that encompasses 31 countries and 15 areas of special sovereignty in Central and South America, and the Caribbean and covers about 15.6 million square miles.

ARNORTH completes 5G CoLT training expanding communication capabilities

By **Bethany Huff**

U.S. ARMY NORTH PUBLIC AFFAIRS

What was once science fiction is slowly becoming reality as the Department of Defense pushes the boundaries to create smart bases across America that accelerate operational capabilities for the warfighter by providing fast and secure communication.

These smart bases are part of the Army's modernization efforts that provide Soldiers with equipment and data systems while simultaneously testing, upgrading and fielding multi-domain technologies. Smart bases are part of a three-year experiment that will test the capabilities of the 5th Generation Cell on Light Truck, or 5G CoLT.

As part of this experiment, the U.S. Army North's General Staff Level office for Signal and Communication (G6) staff along with Joint

Base San Antonio's 5G Program Management Office staff, trained for a week to learn the ins-and-outs of the 5G CoLTs, June 21-25, 2021.

"This training is putting us in the forefront to be able to take advantage of the technology right away," said Dr. Clarence Huff, the 5G JBSA PMO's principal system engineer. "The mission that U.S. Army North has is really important to be ahead of the curve, opposed to waiting for the technology to arrive and then getting it."

This experiment is the first of its kind, as it will allow for a mobile 5G deployable system within the Department of Defense and has been sanctioned by the Undersecretary of Defense, Huff explained.

"As part of the experiment, the operators are learning how to operate, configure, troubleshoot and pull the CoLTs into operation," said Luis Caban, U.S. Army



PHOTOS BY BETHANY HUFF

U.S. Army North's G6 staff, along with Joint Base San Antonio's 5G Program Management Office staff, troubleshoots the 5th Generation Cell on Light Truck, or 5G CoLT, during a week-long training event, June 21-25 at Joint Base San Antonio-Fort Sam Houston.

North's G6 Deputy Chief Information Officer.

In planning for this experiment, U.S. Army North's staff originally proposed a study of how to utilize 5G technology as a transport to send classified and encrypted data from one point to another without needing costly and legacy infrastructure. As the experiment protocols developed, U.S. Army North's team has gone beyond the initial scope.

"For ARNORTH, it's imperative that we are able to provide that capability in support of both command and control or mission command, especially when we're either in a Defense Support of Civil Authorities or in a homeland defense event," Caban said. "This technology allows commanders to talk securely and efficiently."

When referring to 5G

technology today, most look at it as a way to download faster or continuously stream their favorite entertainment. However, this technology is just the beginning of capabilities that will put modern technologies into the hands of Soldiers faster.

"After any type of disaster, communication is usually the first thing that is lost," Huff said. "For instance, let's say there are fires in California, Oregon or other places and they've lost communication in multiple ways such as lost overhead signal because of smoke, or lose regular voice communication capabilities. With this mobile capability, there is an ability to go into an area and set up a bubble that will allow emergency and government agencies to communicate continuously despite the loss of organic communication capabilities."

Mobility is just one of many

benefits of these 5G CoLTs, the sheer speed of 5G alone enhances training and readiness for service members across all branches.

"Currently, if you have 4G or LTE, the Wi-Fi speed is somewhere between maybe 20 to 40 megabytes of upload or download speed per second," Huff said. "With this equipment using microwave technology, you can have one gigabyte per second."

As this experiment continues over the next three years, these smart bases will integrate new warfighting technologies. For U.S. Army North specifically, this exercise will enhance training capabilities and conducting multi-domain exercises.

"This is an exciting time to be alive. I grew up in a time where I read comics like Dick Tracey, and now I'm living that life here," Huff said. "The future is very bright!"

Christopher Rowand (left), telecommunications manager at U.S. Army North, and Scott Beadell (right), OCEUS instructor, test the fiber connection on the 5th Generation Cell on Light Truck, or 5G CoLT, during a week-long training event June 21-25 at Joint Base San Antonio-Fort Sam Houston.





LAUREN PADDEN

(From left) Mary Long, Vogel Resiliency Center chef and culinary instructor for holistic health; Spc. Mitchell Robinson and Spc. Macy White, both from U.S. Army North (Fifth Army); and Christine Abraham, Vogel Resiliency Center director of culinary wellness; lead a virtual cooking demonstration from the Vogel Resiliency Center teaching kitchen June 24.

Vogel Resiliency Center holds monthly virtual healthy cooking events, food distribution

By David DeKunder

502ND AIR BASE WING PUBLIC AFFAIRS

The Vogel Resiliency Center at Joint Base San Antonio-Fort Sam Houston hosts monthly virtual cooking events as a follow-up to their monthly Military Family Food Distributions.

Registered dietitian Christine Abraham, VRC director of culinary wellness, and Mary Long, VRC chef and culinary instructor for holistic health, conduct the virtual cooking events, which are typically held on the third Thursday of the month at 3 p.m. on both the VRC and the U.S. Army North (Fifth Army) Facebook pages from the center's teaching kitchen.

To join, go to www.facebook.com/vogelresiliencycenter or www.facebook.com/USArmyNorth.

The VRC also hosts a Military Family Food Distribution in collaboration with the San Antonio Food Bank on the third Monday of each month from 3 to 5 p.m. in the VRC parking lots, located at 2490 Stanley Road. The distribution is for military families in need of assistance including those who are active duty, Guard, Reserve, retiree, Department of Defense civilians and military contractors.

Those in need of food assistance can register for the food distribution using the link that is posted each month on the Army North and VRC Facebook pages.

Abraham says the cooking events feature foods from the monthly food distribution. Before COVID-19, one out of seven JBSA families were food insecure, struggling to feed their families in a socially acceptable way. That number is now estimated to have grown to three out of seven families.

However, many military families are hesitant to accept assistance, feeling others need it more. The monthly food distributions have the capacity to help 250 families, however only 150 typically attend.

The monthly virtual cooking events were started as a way to help families use the food they received.

This is especially important when families are receiving 20 pounds of produce, rather than the intended 12 pounds of distribution for 250 families. As the program develops further, the cooking events still feature the food received, but now also focus on promoting wellness in the use of that food.

"We are cooking with holistic health and fitness in mind," Abraham said. "The events are not just about good nutrition."

On June 24, VRC hosted the session titled "Holistic Health and Fitness Cooking: Operational Nutrition," which focused on operational nutrition.

Abraham said operational nutrition is all about nutrient timing, the process of timing your food intake in helping yourself perform at your best.

"Anything we do as humans involves the whole person: body, mind, and spirit," Abraham said. "We

can't separate physical performance from mental and spiritual, they inherently go together."

The virtual cooking show integrates concepts from the new FM 7-22 Holistic Health and Fitness regulation, such as the June 24 event.

Abraham said she and Long will prepare three recipes rich in taste and nutrients, with the event lasting approximately 45 minutes.

The recipes used in the event, and additional ones relevant to the food available, are attached to the live streaming event link on the VRC and Army North Facebook pages. The cooking streams are also recorded so users who don't attend live can view the events at their own convenience.

For example, on June 24, Abraham and Long prepared recipes using produce such as Fattoush salad with basic citrus dressing and healthy slaw with lemon dressing. They also focused on hydration by making honey lemonade.

All recipes are posted on the VRC Facebook page at <https://www.facebook.com/VogelResiliencyCenter>.

For more information about this and future virtual cooking events, contact Monique.m.hudson.civ@mail.mil. Volunteers are always needed at the food distributions.

For those who want to volunteer, look for the volunteer link posted each month announcing the date and time of the next food distribution on the Facebook pages of Army North or the VRC.



COURTESY PHOTO

Col. Larry Lindsay (left), Senior Service Lead and Branch Chief, Interservice Physician Assistant Program, provides a program overview to high school educators from the Southern California area during a tour of the U.S. Army Medical Center of Excellence as part of a larger visit, sponsored by the Southern California Recruiting Battalion, to Joint Base San Antonio-Fort Sam Houston June 23-24.

MEDCoE hosts first educator tour since COVID-19 pandemic

By Tish Williamson

U.S. ARMY MEDICAL CENTER OF
EXCELLENCE PUBLIC AFFAIRS

The U.S. Army Medical Center of Excellence, or MEDCoE, recently opened its doors for recruiting tours for the first time in over a year.

Due to COVID-19 mitigation measures, public tours of the Army's proponent for medical training and education had been suspended since March 2021. Educators from the Southern California area were invited to tour the MEDCoE as part of a larger visit sponsored by the Southern California Recruiting Battalion to Joint

Base San Antonio-Fort Sam Houston June 23-24.

J.M. Harmon III, deputy to the commanding general, MEDCoE, hosted nearly a dozen high school teachers, counselors, administrators, and recruiting battalion leaders, marking a revival of an annual U.S. Army Recruiting Command initiative that highlights educational opportunities in the Army.

The overall purpose of the visit was to ensure these community leaders learn about the countless opportunities available to high school and college students and citizen providers so they may depart

JBSA-Fort Sam Houston with a shared purpose of informing Americans about the many benefits the Army and Army Medicine have to offer.

"We are pleased to be able to open our doors to support this important mission," Harmon said. "As these educators learn more about the MEDCoE, they become our ally to help identify and assess the right talent, skills and credentials in future Soldiers and officers."

The MEDCoE is the Army's largest civilian-accredited service school and trains more than 35,000 students annually through 192 health-related programs of instruction at

JBSA-Fort Sam Houston. The center's trainees represent Soldiers in 94 officer and warrant officer medical areas of concentration and 24 enlisted medical military occupational specialties.

During the two-day event, attendees received overview briefs and tours on key specialty areas, programs and courses that highlight the MEDCoE as a premier 21st-century medical education institution to include physician assistants, critical care flight paramedics, dental laboratory assistants, clinical specialties, and veterinary assistants.

Visitors also got a better idea of the size and scope of the Army Medicine mission and the world-class healthcare being provided to our Soldiers, retirees and veterans through a tour of the Center for the Intrepid and received a facility and resource brief from the JBSA Education Center.

Typically, MEDCoE hosts at least one educator recruitment tour per quarter. Tours beyond the recruiting visits are not yet available to the general public or the local student population due to COVID concerns. To learn more about careers available in Army medicine, visit www.goarmy.com/amedd.

Dental Health Command-Central welcomes new leader



By Steve Elliott
502ND AIR BASE WING
PUBLIC AFFAIRS

Col. Stefan Olpinski was welcomed as the new commander of Dental Health Command-Central during a change of command ceremony at Joint Base San Antonio-Fort Sam Houston July 9. Olpinski replaces Col. Rafael Caraballo, who has led DHC-C since 2019.

The ceremony, held at the Army Medical Department Rehearsal of Concept Drill Facility, was officiated by Brig. Gen. Shan R. Bagby, commander of Regional Health Command-Central.

Olpinski comes to JBSA-Fort Sam Houston after serving as commander of the Carl R. Darnall Army Medical Center's Dental Health Activity at Fort Hood, Texas, since July 18, 2019. He also served as commander of the JBSA-Fort

Sam Houston Dental Health Activity commander from 2016-2019.

The incoming commander entered active duty in 1993 with his first assignment at Fort Carson, Colorado. Throughout his career, he's served in a variety of positions throughout the country and overseas. He is a graduate of the AMEDD Officer Basic and Advanced Courses, Command and General Staff College, Combat Casualty Care Course and the Joint Medical Executive Skills Institute Capstone Course.

Olpinski has a bachelor's degree in general science from Seattle University and was commissioned in 1989 as a Medical Service Corps officer. He then attended Creighton University School of Dentistry, culminating in a doctorate of dental surgery degree in 1993.

Caraballo, a native of Ponce, Puerto Rico, came to DHC-C in

2019 after serving as commander of the Fort Meade (Maryland) DENTAC since 2016, and is retiring in the local area.

The DHC-C is the Central Region Dental Command Headquarters over the DENTACs located at JBSA-Fort Sam Houston, Fort Hood and Fort Bliss in Texas; Fort Carson, Colorado; Fort Riley, Kansas; Fort Leonard Wood, Missouri; Fort Sill, Oklahoma; Fort Polk, Louisiana, and three dental clinics at Fort Irwin, California; Fort Huachuca, Arizona; and Fort Leavenworth, Kansas, supporting more than 200,000 Soldiers in eight States.

The DHC-C provides preventative and sustaining dental services in support of the Total Force to enable Readiness and conserve the fighting strength.

U.S. Army Col. Stefan Olpinski, Dental Health Command-Central, incoming commander, makes remarks during the DHCC change of command ceremony at Joint Base San Antonio-Fort Sam Houston July 9.

CIARA GOSIER

SOLDIERS CONDUCT 50-GUN FOURTH OF JULY SALUTE AT JBSA-FORT SAM HOUSTON

U.S. Army North Soldiers fire cannons during a Salute to the Nation ceremony at MacArthur Parade Field at Joint Base San Antonio-Fort Sam Houston July 4. The Soldiers fired 50 rounds as a salute to each of the 50 United States.



SPC. DEANDRE PIERCE

LACKLAND

USO tour brings Joint Staff leaders to JBSA

By 2nd Lt. Robert H. Dabbs
502ND AIR BASE WING
PUBLIC AFFAIRS

U.S. Air Force Gen. John E. Hyten, vice chairman of the Joint Chiefs of Staff, and Chief Master Sgt. Ramón “CZ” Colón-López, the senior enlisted advisor to the chairman of the Joint Chiefs of Staff, visited Joint Base San Antonio July 1 as part of the 2021 USO Summer Tour.

The USO tours traditionally visit service members overseas to bring them a taste of home; however, due to COVID-19 travel restrictions, the 2021 tour visited five installations within the U.S., along with Naval Station Guantanamo Bay, Cuba.

The tour focused on bringing morale and entertainment to service members and their families while giving Hyten and Colón-López a chance to remind troops that America is thankful for their service.

“We reached out to the USO and decided that we’d come to the big bases in America to meet the Soldiers, Sailors, Airmen, Marines and Guardians, the ones who have been going through this tough year and a half as well and bring a little joy to them. So, that’s what we’re doing here at JBSA, the biggest of them all,” Hyten said.

During their tour of the installation, Hyten and Colón-López had the opportunity to see several of JBSA’s missions in action, including a tour of the basic military training area, a military working dog demonstration, a virtual reality flight simulation and more.

“All you have to do is meet the people and you understand that JBSA builds the future and takes care of the present,” said the vice chairman. “Whether



U.S. Air Force Gen. John E. Hyten (right), vice chairman of the Joint Chiefs of Staff, watches Miss America Camille Schrier as she uses a virtual reality flight simulator during the USO Summer Tour, July 1 at Joint Base San Antonio-Randolph.

SEAN M. WORRELL

it’s the giant medical capabilities that are taking care of our wounded warriors, or the giant training bases from Lackland to Randolph that are building the next generation of Airmen — it’s one of the most amazing places in the country.”

During their visit to the BMT dormitories, Hyten and Colón-López spent time discussing the training mission with several military training instructors.

“We cannot underestimate the power of the American people coming in and becoming

Airmen and Guardians, specifically here at JBSA,” Colón-López said.

Colón-López, who spent time training at the former Lackland Air Force Base in 1994 during the pararescue selection course, also commented on the importance of training future warfighters.

“The next big war is not going to be fought by us. Those people are being trained here, right now,” he said.

While Hyten and Colón-López reminisced on training, Hyten said there are a

couple of things all four-star generals have in common.

“We wish we could go back and do it all again,” he said. “As we walked through everything we saw today, across this entire amazing base, that’s what kept going through my mind.”

The tour culminated with a performance featuring Miss America Camille Schrier, comedian Taylor Williamson, and country music duo LoCash at the JSBA-Lackland Amphitheatre. Service members and their families enjoyed a free night of music

and entertainment courtesy of the USO.

“What the USO has done — what it’s done for decades — is travel the world, reach out and bring a bit of home to the service men and women,” Hyten said.

“That is the reputation that this organization has when it comes to helping our people, and it is global,” Colón-López added. “They never stop, they work around the clock and you can always find a place where you can feel like you’re at home.”

Airman, Guardian couple begin military journey

By Joe Gangemi

37TH TRAINING WING PUBLIC AFFAIRS

Enlisting in the military is often a family decision, but one married couple took that a step further — enlisting together in two separate services.

U.S. Air Force Airman 1st Class Dylan Green and U.S. Space Force Specialist 3 Danielle Green were high school students when they met on a 24-hour flight to the Philippines for missionary work. Their connection was instant.

Both Dylan, 20, and Danielle, 21, volunteered at an orphanage, providing mentorship to students in academics, career counseling and fellowship.

After four years of dating, they married in 2020.

"We were high school sweethearts even though we didn't attend the same school," Danielle said. "We always planned to get married."

While attending the College of Dupage in Glen Ellyn, Illinois, Dylan, who was also an Air Force ROTC cadet, decided enlisting was his best option.

"Pursuit of higher education, career experience and stability is what I was

looking for," Dylan said. "Those opportunities are simply not available right now in the civilian sector."

Dylan's decision to enlist in the military took Danielle by surprise at first.

"I was confused and completely shocked by his decision," Danielle said. "I would have never considered the military at all. I didn't have the most positive reaction at first."

However, after Danielle's initial visit with Dylan to the recruiter's office in October, she started to research what the Air Force had to offer.

"I realized that the Air Force was pretty great," Danielle said. "However, to be able to experience basic training together, I accepted my third job choice and enlisted into the Space Force position."

"We feel very fortunate to have been able to attend BMT together and we will be located at the same duty assignment while at technical training," Dylan said.

Dylan and Danielle are attending technical school at Goodfellow Air Force Base, Texas — Dylan as a Fusion Analyst Specialist and Danielle as an Operations Intelligence Specialist.



JOE GANGEMI

U.S. Air Force Airman 1st Class Dylan Green and U.S. Space Force Specialist 3 Danielle Green, who graduated from Basic Military Training earlier that day, show off their Airman and Guardian Coins in Heritage Hallway at the Pfingston Reception Center, Joint Base San Antonio-Lackland, June 10.



AIRMAN 1ST CLASS AMANDA A. FLOWER-RASCHELLA

Nelson, a military working dog with the 1st Special Operations Security Forces Squadron, relaxes on the new turf at the military working dog kennel facility, Hurlburt Field, Florida, June 17.

AFSFC assessment tool improves health, readiness of military working dogs

By Joe Bela

AIR FORCE INSTALLATION AND MISSION
SUPPORT CENTER PUBLIC AFFAIRS

Recent renovations to kennel facilities at the 1st Special Operations Security Forces Squadron are enhancing the living conditions and well-being of military working dogs at Hurlburt Field, Florida.

The upgrades are a result of Kennel Health Assessment 2.0, Air Force Security Forces Center's web-based evaluation system that tracks and evaluates the condition of military working dog kennel facilities across the Air Force.

AFSFC, a primary subordinate unit of the Air Force Installation and Mission Support Center at Joint Base San Antonio-Lackland, launched the program in July 2020 with the goal of improving the health and welfare of military working dogs by modernizing existing facilities that house MWDs throughout their military enlistment.

"KHA 2.0 software analyzes four major areas: administrative offices, kennel facilities, support areas and veterinary support," said Tech. Sgt. Otho Nugent, Air Force MWD program manager and special projects lead at AFSFC.

Taking into account more than 40 other criteria, "... the results are used to categorize, prioritize and advocate for facility renovations and enhancements to the more than \$16 million in Air Force military working dog assets," Nugent said.

The data is shared with senior leaders and key decision-makers who then make informed decisions on funding initiatives and projects

related to MWD health and readiness.

The \$650,000 renovation at Hurlburt Field, which included an overhang and the installation of canine turf, had an immediate positive impact on readiness.

"These alone led to much-needed improvements that provide a safer environment for the working dogs and directly enhance our training program," said Staff Sgt. Matthew Mascolo, MWD trainer and interim kennel master at the 1st SOSFS. "The overhang shelters the working dogs from the Florida heat, and the K9Grass that was installed on the training yard helps protect them from danger.

"The training course was bare dirt before the turf was installed," Mascolo said. "The area attracted animals and insects that would find their way to the kennels. That posed a threat to the health and welfare of our working dogs.

"Max, one of the MWDs, was bitten by a brown recluse in June of 2019," he said. "I found him but by that time his leg was swollen. We took him to the veterinary clinic at Fort Benning, Georgia, but the vet gave him little chance of surviving. Thankfully, Max recovered after a few months and was able to continue working as a vital member of the 1st Special Operations Security Forces unit."

"Hurlburt Field is one example of how KHA 2.0 is at the heart of readiness," Nugent said. "We see military working dogs as sensitive, low density-high demand, valuable assets that require training, love and attention to operate at optimum levels. Their ability to perform what they have been tasked and trained to do is at the heart of readiness. It's our job to deliver what's needed for our canines and skilled handlers to perform at this extraordinary level."

Air Force makes more rights available for housing tenants

Air Force Installation and Mission Support Center Public Affairs

The Department of the Air Force is implementing the remaining four rights for housing tenants, including a universal lease, a process to resolve disputes with property owners and procedures for withholding rent when applicable.

The Department of Defense issued policy guidance in February 2021 on the implementation and timing of the remaining four provisions of the Tenant Bill of Rights, which expands protection measures for military families living in privatized housing. Along with the universal lease and dispute resolution process, the Tenant Bill of Rights ensures access to unit maintenance history, and establishes a process to withhold rent payment while in formal dispute resolution.

With a few exceptions, the Air Force expects all 18 tenant rights to be available to tenants in all Air Force and Space Force housing programs by the end of Fiscal Year 2021.

The expanded rights protect tenants and offer recourse if their housing concerns are not adequately addressed, said Col. Sara Deaver, Air Force Civil Engineer Center Housing Division chief.

"Empowering tenants and amplifying their voice is at the heart of the department's comprehensive plan to improve the privatized housing program," Deaver said. "The Tenant Bill of Rights is our assurance to our Air Force and Space Force families that we recognize their rights and their needs as tenants, and that those needs are our top priority."

The universal lease standardizes the general



COURTESY GRAPHIC

The Department of the Air Force is implementing the remaining four rights for housing tenants, including a universal lease, a process to resolve disputes with property owners and procedures for withholding rent when applicable.

contents of the privatized housing lease from installation to installation. The maintenance history provision grants prospective and existing tenants seven years of available maintenance history before a prospective tenant is asked to sign a lease or within five business days of an existing tenant's request.

The formal dispute resolution process creates a structure for tenants to pursue disputes with project owners, and the rent withhold clause allows service members to withhold their housing allowance in certain instances while the dispute is being resolved.

If tenants feel their rights are not being met, they should start by communicating the issue directly to the landlord, said Yvonne Brabham, Air Force

Housing Division technical director.

"Solving problems at the lowest level typically yield the quickest results," Brabham said. "If the landlord hasn't resolved the issue after a follow-up call, they should escalate the issue to their military housing office."

If the military housing office and other resources, like resident advocates, are unable to resolve the issue, the MHO can escalate the issue within both the military chain of command and the landlord's management structure. If tenants feel the issue is not being resolved at the local level, they can contact the Air Force housing section's toll-free hotline at 800-482-6431 and AFCEC will investigate the problem.

As the Department of the

Air Force's housing program managers, AFCEC plays a central role in ensuring tenants are able to execute the rights outlined in the bill. Since 2019, program leaders have been executing an improvement plan consisting of 51 housing initiatives aimed at ensuring Airmen, Guardians and their families have access to safe, healthy housing.

"We've worked hard to overhaul the housing program to rectify shortfalls and strengthen our commitment to Airmen, Guardians and families," Brabham said. "Today's program has more oversight and leadership involvement, clear policies, better communication and puts more power in tenants' hands."

"With policy guidance now in place for the final four

rights, the department is closing in on the finish line to fully implement all 51 improvement actions enterprise-wide," said Deputy Assistant Secretary of the Air Force for Installations Robert Moriarty.

"We've implemented all measures at most of our installations and are working with those project owners to create state-specific addenda to ensure the final rights comply with state and local law," Moriarty said.

The Air Force is continuing to work with project owners to obtain agreements on the final provisions at the remaining installations and, with few exceptions, expect those rights to be accessible for all tenants across the Department of the Air Force by October.

IAAFA students tour military working dog facilities at JBSA

By Vanessa R. Adame
37TH TRAINING WING
PUBLIC AFFAIRS

More than 50 international students recently took a break from their courses at the Inter-American Air Forces Academy for a field studies program that took them away from their desks and into the facilities that house military working dogs.

The students visited the military working dog kennels at the 341st Training Squadron at Joint Base San Antonio-Lackland May 27 in the first field studies program of their training cycle, intended to provide partner nation students with a balanced understanding of U.S. culture, society and way of life.

Students learned about the military dog selection process, witnessed a drug and explosive detection training demonstration, and learned what it takes to care for hundreds of dogs.

A few members got much closer interaction with a military canine when they geared up with a protective arm sleeve for one-on-one training.

"I wasn't expecting such a strong



VANESSA R. ADAME

An international military student interacts with a puppy during a visit to the military working dog facility at Joint Base San Antonio-Lackland May 27.

bite," said Airman Jhon Cupitra of the Colombian Air Force, who volunteered to have the working dog bite the protective arm sleeve while wearing it.

"Overall, the visit was a spectacular experience. The logistics required to keep 900 dogs is impressive."

The visit is one of two base trips the

International Student Support section plans for its international students, aside from larger-scale visits to the Alamo, Natural Bridge Caverns, and the NASA Johnson Space Center in Houston, all congressionally mandated to allow international students an aspect of cultural immersion during their studies in the U.S.

Javier Peraffán, director of International Student Support, said the experience added up to a great visit.

"It's a good opportunity to show the students the interaction of the multitude of Department of Defense organizations working together right in our own backyard," Peraffán said.

Two of those organizations are the Department of Homeland Security and the Transportation Security Administration, which both use working dogs as a visible deterrent to terrorism.

"As a member of the Colombian Air Force, I'm glad I had the opportunity to visit the canine training center at JBSA-Lackland," Cupitra said, "When I see a military working dog, I can tell that trainers put in a lot of work and effort to achieve these excellent results."

960TH CYBER WING LEADERS PARTICIPATE IN ARMED FORCES RIVER PARADE



KATHLEEN SALAZAR

Senior Air Force leaders from Joint Base San Antonio participated in the annual Armed Forces River Parade at the San Antonio River Walk July 3. Col. Richard Erredge, 960th Cyberspace Wing commander, and Chief Master Sgt. Christopher Howard, 960th Cyberspace Operations Group superintendent, represented the 960th CW Gladiators during the event.

RANDOLPH

When PTSD hits home: A caregiver's perspective

By Bianca Soto

AIR FORCE WOUNDED WARRIOR
PROGRAM

In August 2019, retired Master Sgt. Davie Hobbs began experiencing symptoms of Post-Traumatic Stress Disorder, or PTSD.

The severity of his symptoms became evident one morning when he had a PTSD episode during a group staff meeting. Not knowing what the future would hold, it was at that very moment when Davie's wife and Air Force Wounded Warrior, or AFW2, caregiver, Misti Hobbs, knew PTSD had hit home and initiated the beginning of a new journey.

Misti and Davie's relationship began as nothing short of a whirlwind romance and they immediately married six months after they met. Shortly after, Davie's PTSD symptoms became more apparent as he began to experience recurring visions, memories, smells, lack of concentration, and paralyzing thoughts. They both agreed to seek mental health therapy and after his episode in August, Misti knew things would get worse before they got better and was entrusted to be his caregiver from that point forward.

"That is the day that I knew being his wife was going to be something more than many wives experience," Misti said. "It was my honor and privilege to protect and uphold a man that had been protecting me and my family through his service to our country, before I even met him."

Davie's PTSD stems from combat and non-combat traumatic events that occurred

throughout his 22-year Air Force career. As his caregiver, the biggest challenges Misti faces come from other people who carry a misconception of what PTSD really is, based on the notion of what is portrayed in movies and television shows.

The comments and opinions she hears from others, regarding her husband's PTSD, takes an emotional toll that fuels her need to educate those who are unfamiliar with PTSD or living with someone who suffers from this mental health condition.

"People have such little understanding of what PTSD actually is and sometimes when they hear Davie's experiences they compare his trauma or say that he signed up to protect our country, so this is what he signed up for," Misti said. "I am willing to accept those challenges and educate those who will receive it while protecting and helping my husband."

PTSD not only impacts the caregiver but the family as a whole. Having a blended family of five young adults, Misti and Davie have learned to be open and help their children understand that their father needs to prioritize his self-care, that he may not be able to socialize as much or as long, or that he may have to cancel plans at a moment's notice. The shift in their family dynamics has allowed them to communicate and bring to light any matters regarding Davie's PTSD and his journey of recovery.

"The kids don't always understand the whys as they are used to having a dad that is always there at a moment's notice," Misti said. "No one is



COURTESY PHOTO

Retired Master Sgt. Davie Hobbs (left) began experiencing symptoms of Post-Traumatic Stress Disorder. His wife, Misti Hobbs (right), Air Force Wounded Warrior caregiver, knew PTSD had hit home.

used to the man he has become, as now he admits that he must take care of his own mental status or health before he can help them. He no longer denies what is happening to him."

Misti leans on different forms of tools and resources to help her in her role as a caregiver. She utilizes her faith, meditation, breathing techniques, and her artistic talents to help manage the emotions or stressors she faces. As a couple, Misti and Davie utilize their faith and beliefs to overcome the challenges they face along with honesty, communication, and being vulnerable with one another.

During the early months of the COVID-19 pandemic, Davie was notified that he would be medically discharged from the Air Force, leaving him and his

wife feeling distraught and uncertain about what the future might hold.

It was during this time when Misti suggested they should start a podcast as a form of therapy, and shortly thereafter, DM Wats Podcast was created and launched. The podcast soon became a recovery tool of its own and a platform where Misti and Davie could verbally express their thoughts and feelings on various topics, including PTSD.

"Our intent was to educate members, family members, and others who don't really have a specific idea of the severity of this mental illness, on what it's like living with it, and living with someone who has it," Davie said. "If we can make a difference in one person, that's one less person that is having

issues with the illness. Our podcast has taught us there is strength in our vulnerability."

PTSD presents itself in many forms and when living with someone with this diagnosis, it can present itself at any moment of the day. Misti shares that people living with PTSD are as, if not more, confused and scared about what is happening to them as you are witnessing them go through it. Sometimes being there to listen and having those hard conversations can create a positive impact.

"To have a month where we can talk honestly and openly about PTSD and live in the light of the truth is more important than ever," Misti said. "This condition has been misrepresented, misunderstood, and taboo for too long! It is time that we get rid of the stigmas of PTSD."

The DM Wats Podcast can be found on all streaming services including Spotify, Pandora, and Apple Music. New episodes are released Monday through Thursday with listeners tuning in from all across the United States and Europe. You can visit and follow them on Facebook at FB/dmwatspodcast, Instagram at dmwatspodcast, and on their website at dmwats.podbean.com.

Stay connected with us and tune in to our AFW2 social media pages as we continue to showcase virtual events and deliver content highlighting our warriors and caregivers.

To learn more about the AFW2 Program, or to refer an Airman, visit www.woundedwarrior.af.mil for additional information and resources.

502nd FSS Rambler Fitness Center: Power through fitness

By Airman 1st Class
Tyler McQuiston

502ND AIR BASE PUBLIC AFFAIRS

The 502nd Force Support Squadron Rambler Fitness Center provides military members, dependents, and ID cardholders with quality exercise equipment for everyday use and helps members maintain good physical fitness and a healthy lifestyle.

With the return of the Air Force physical fitness test, FSS is ensuring military members are mission-ready.

"Fitness is important because it helps you mentally, physically, and spiritually," said Marlin Richardson, Air Education and Training Command chief of fitness and sports.

The Rambler Fitness Center was built in 2007 and named after Randolph's former varsity football team, the Randolph Field Ramblers, which dates back to 1944. The gym includes more than 100 pieces of cardio equipment, 110 pieces of weight equipment, multiple courts and fields for various sports, group exercise rooms, a 200-meter indoor running track, a family room for children, personal trainers, and an



AIRMAN 1ST CLASS TYLER MCQUISTON

U. S. Air Force Airman 1st Class Domanic Tyler, a 375th Mobility Wing mass communicator, pulls weights at the Rambler Fitness Center at Joint Base San Antonio-Randolph Feb. 25.

outdoor track and exercise area.

Due to the COVID-19 limitations, the fitness center temporarily held off on group exercises and intramural sports programs. To keep members active, virtual programs were initiated to get families the support they needed from home.

"We offered a virtual half-marathon and group exercise programs based

around COVID-19," Richardson said.

However, as health protection measures return to normal, more in-person programs will gradually become available again with the help and support of the FSS and its leadership.

"I'm excited the gyms are going back to normal, because staying in shape is how we get the mission done," said

Cameron Mathers, 902nd Security Forces member.

According to the Centers for Disease Control and Prevention website, physical activity can help individuals maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels. For adults, the Surgeon General recommends two hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week.

"I go to the gym so I can protect the people that I am responsible for," Mathers said. "Being fit means I can defend against threats that try to cause harm to this base or its people.

"The FSS continues to make sure members receive what they need to stay fit to fight.

"My goal and Vision for the Rambler Fitness Center is to stay on top of the latest fitness and sports trends and to ensure that I am able to provide the most innovative experience to our warfighters and their families," Richardson said.

The Rambler Fitness Center operates 5 a.m. to 9 p.m., Monday-Friday, and 9 a.m. to 5 p.m., Saturday and Sunday. For additional information or questions, call 210-652-7263.