



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

66th Year • No. 37 • SEPTEMBER 14, 2012



**Ro-Hawk band
marches into
new school year**

PAGE 8

COMMENTARY

NEVER FORGET

Americans observe POW/MIA Day

By Lt. Col. Jeffrey Greenwood
323rd Training Squadron commander



In 1998, Congress established a national prisoner of war and missing in action recognition day by passage of Section 1082 of the Defense Authorization Act.

Since then, the president signed an annual proclamation designating the third Friday of every September as a day of observance. This date was chosen to not associate with any particular war, to not be in conjunction with any organization's national convention and to occur at a time when weather across the country is usually moderate. With a simple pen stroke, we now pay tribute to and honor as a nation to the thousands of former prisoners of war and those still missing in action.

The POW/MIA flag, which is only officially flown six days a year to include Armed Forces Day, Memorial Day, Flag Day, Independence

Day, Veterans Day and National POW/MIA Recognition Day, was formally recognized by public law in 1990 and continues to stand as a symbol to the heroism of all warriors who paid a severe price for their service to our nation. There are still more than 80,000 service members unaccounted for. Our nation must not forget.

National POW/MIA Recognition Day ceremonies are now held throughout the nation and around the world on military installations, ships at sea; at state capitols, schools and churches; by national veteran and civic organizations, police and fire departments; and a multitude of other locations. The 37th Training Wing, along with other Joint Base San Antonio-Lackland organizations, will honor and recognize these great Ameri-



cans with the fourth annual POW/MIA remembrance run. Beginning at 8 a.m. Sept. 20, and running for 24 hours through Sept. 21, military members, civilians and family members are encouraged to participate by signing up to carry a baton on one of nine tracks across JBSA. In addition, commemorative T-shirts will be on sale across JBSA, with proceeds going to the National League of POW/MIA Families through the Combined Federal Campaign. If interested in being a part of this base-wide event, contact Tech. Sgt. Justin Cook at 671-3871 or justin.cook.2@us.af.mil.

Help us show honor and respect to our former prisoners of war and commitment to resolving as fully as possible the fates of Americans missing or unaccounted for. We owe this to them to ensure our nation never forgets to bring them home.

Retired chief urges members to read Constitution

By Scott Hubbart
Air Force retiree



Constitution Day is right around the corner – Monday to be exact. However, before you stock up on burgers and charcoal for the grill, you might want to read on. Don't expect to see marching bands, baton twirlers or to enjoy a federally mandated day off. It's more important than that.

Formally established in 2004 and also appropriately referred to as Citizenship Day, it is a day set aside to recognize and learn about our most important document. On that day, Sept. 17, 1787, our birth certificate as a nation was signed by some very brave and bold people who formed the Constitutional Convention.

The day was first recognized as "Constitution Day" in 1911 by Iowa schools, but did not become nationally recognized until 2004 when the date was established as a holiday by Congress's 2004 Omnibus Spending Bill.

Over time, many cities and states established various celebrations, recognitions and proclamations to recognize the most important American political document ever established. But still, no nationwide federal formal recognition existed.

In 1939, William Randolph Hearst pushed the holiday through his newspaper empire, and the next year Congress established the third Sunday in May as "I am an American

Day." This perpetuated a movement that spread to all 48 states with their governors issuing official "Constitution Day" proclamations. In February 1952, Congress established Sept. 17 as "Citizenship Day."

Then, along came the 2004 passage of an amendment by Sen. Robert Byrd formally renaming the holiday, "Constitution Day and Citizenship Day." Further, the act directed that on that day all publicly funded educational institutions provide educational programming on the history of the American Constitution.

So what is this all about? After all, it is only a 225-year-old piece of parchment – the oldest national constitution in continuous use, written by some 18th century radicals, dressed in funny clothes and now locked away in some vault. Right?

Wrong.

In response, my best advice to you is to read this cherished and vital document. Really read and study it. Ponder its meaning. Ask yourself, how does this political document apply to me?

Too many of us take this most important political document for granted. It is a brilliantly written document and, some would argue, divinely inspired.

Appreciate and honor it not only on Sept. 17, but every day as you enjoy the freedoms, privileges and responsibilities it spells out, and be thankful you live in the greatest nation in the history of mankind.

ON THE COVER

The Randolph High School band drumline practices cadence Aug. 14 at the school here. The band is learning the fundamentals of drilling and marching. For more coverage and photos of the band, see page 8.

Photo by Rich McFadden

WINGSPREAD

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NEWS

Safety office wraps up Critical Days of Summer

By Airman 1st Class Lincoln Korver
Joint Base San Antonio-Randolph
Public Affairs



As the Critical Days of Summer come to an end, it is important to look back and see what actions were proven to be successful in maintaining the safety of Joint Base San Antonio-Randolph personnel and which initiatives need to be revised in order to have an even more fun summer next year, while staying out of harm's way.

The CDOS campaign was in full effect starting the Friday before Memorial Day and went through Labor Day to support smart decision making to ensure everyone on Randolph has a safe summer, Linda Howlett, Randolph ground safety manager, said.

"CDOS started back in the 1980s, when the Air Force identified this as a time where we sustained a lot of fatal mishaps due to off-duty accidents," she said. "Our biggest threat is motorcycle and four-wheeled personal motor vehicle accidents. Because of this, the Air Force Safety Center gave us weekly topics for us to promote



and disperse through the units."

Other topics focused on at Randolph during CDOS included water safety, barbecue safety, summer recreation safety, heat stress awareness and drunk driving avoidance.

The areas that were focused on during the summer were chosen by their popularity in hopes to reach out to most people, Howlett said. If a specific topic wasn't touched on, that doesn't mean it's not important; rather, the goal of CDOS is to educate people on potentially dangerous activities that most people take part in.

During the 2010 season, there

were 16 fatalities in the Air Force; in 2011, there were 18; and this year, during the 15 weeks of CDOS, 16 Airmen lost their lives.

Not only is the safety of Randolph's personnel important, but everyone's health as well, which is why CDOS has been implemented Air Force-wide, both within the United States and overseas, she said.

"Supervisors are our first line of defense in making sure the Airmen get safety information," Tony Lightner, Randolph safety specialist, said. "Our office is here to support that, but supervisors and commanders are

the ones who should be looking their Airmen in the eyes, making sure they know how to stay safe."

Although this summer is coming to a close, there are many more to come in the future.

"The sad thing is that the way Airmen are losing their lives are for the same reasons every time," Howlett said. "The only things changing are the names and faces of fatalities. That's why it's important for people to always keep safety and CDOS in mind when they go out and have fun. We stress safety so much in the workplace, but it's just as important to focus on safety outside of work too."

Armed Forces Action Plan seeks quality-of-life issues

By Kathleen Moree
Armed Forces Action Plan coordinator

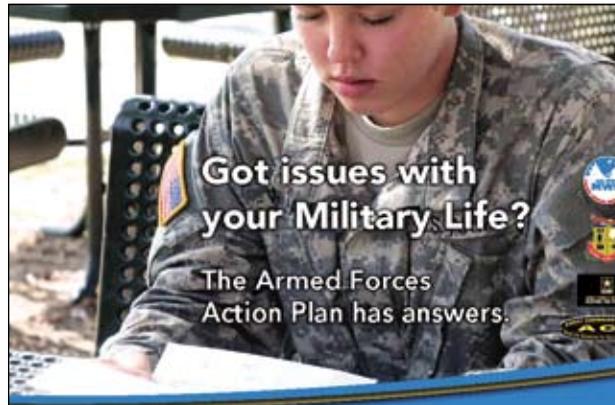
The newly renamed Armed Forces Action Plan is a standardized program designed to improve quality of life for service members and their families.

Since 1983, a total of 691 issues have entered the process, resulting in 128 legislative changes, 179 policy changes and 200 improved programs or services.

At Joint Base San Antonio, the former Army Family Action Plan has transformed into the Armed Forces Action Plan to reflect the members of all branches who make up the San Antonio community.

Representatives of the Army, Air Force, Navy and Marines are invited to participate and help improve the quality of life for all service members and their families.

AFAP creates an information loop between the global military family and leadership, and is a pow-



erful tool. Information provided through the process gives commanders and leaders insight into current satisfaction detractors and quality-of-life needs.

Of the thousands of issues submitted to AFAP conferences around the world, about 90 percent are

retained at the local level to make changes to installation programs and services.

The JBSA AFAP Conference will be held from 9 a.m. to 4 p.m. Nov. 13-16 at the Dodd Field Chapel, 3600 Dodd Blvd, Building 1721, on JBSA-Fort Sam Houston. Issues are being collected now and need to be received by Oct. 19 to be included in this year's conference.

Each AFAP success story originated as an idea that someone decided to pursue.

If you have an idea on a policy item that could be changed or a quality-of-life service that could be improved upon for Joint Base San Antonio or a particular service in general, now is the time to let your voice be heard.

Issues can be submitted to jbsa.afap@gmail.com. For more information, call 221-2705 or stop by Warfighter and Family Readiness at the Roadrunner Community Center at 3060 Stanley Road, Bldg. 2797.

Relationship breakups may trigger suicidal thoughts, actions

By Maria Gallegos
San Antonio Military Medical Center Public Affairs



Recognizing the warning signs of suicide can help save lives, but sometimes this alone is not enough.

Some common indicators of suicide are depression, substance abuse (drugs and alcohol), financial distress and unexpected or uncharacteristic rage or anger.

The majority of service members who have taken their lives are found to have had recent failed personal relationships, according to Lt. Col. Marshal Smith, deputy chief for Department of Behavioral Health at San Antonio Military Medical Center.

“Sometimes warning signs are not so obvious and some may not show any signs of needing help,” Smith said. “But if your buddy comes to you with a situation such as, ‘My wife or girlfriend cheated on me’ – how would you react?”

He said relationship breakups could have a devastating impact on a person who is left feeling empty, guilty, shameful, angry or distracted.

“Most of the time, friends don’t realize a failed relationship can lead to a suicide,” he added. “Soldiers would tell me after they lost their friend that they didn’t realize the risk behind a failed

relationship and how that could have led in them taking their own lives.”

Smith recommends the best course of action is not to leave the friend alone and to also ask him or her directly if they are thinking about killing themselves or others.

“Listen, be direct and be honest,” he said. “If we can get people to ask this simple question and get help, we may be able to lessen the numbers of suicides in the military.”

If you suspect someone may hurt himself, take him to the nearest emergency room – it is the beginning process to receive the help they need, Smith said.

Suicide can be prevented. Every suicide is an unnecessary death and asking the right questions and being willing to listen can make the difference in saving someone’s life.

For more information about suicide prevention, call SAMMC Behavioral Health at 808-2565 or log onto:

- MilitaryOneSource at <http://www.militaryonesource.com>, 1-800-342-9647
- National Suicide Prevention Lifeline, <http://www.suicidepreventionlifeline.org>, 1-800-273-TALK (8255)
- Veteran Crisis Line, <http://veteranscrisisline.net>, 1-800-273-TALK (8255), then press 1.

AIRMEN LOOKING OUT FOR AIRMEN

LEAVE NO ONE BEHIND

SUICIDE WARNING SIGNS

- Trouble eating or sleeping
- Drastic change in behavior
- Withdraws from friends
- Gives away possessions
- Makes out a will
- Preoccupied with death
- Takes unnecessary risks
- Had a recent severe loss
- Lost interests in personal appearance
- Increased use of alcohol or drugs
- Loss of interests in hobbies, work, school, etc.

1-800-SUICIDE

The Sesame Street/USO Experience for Military Families



Showtimes are at 3 and 6 p.m. Sept. 21
at the Bob Hope Performing Arts Center
Joint Base San Antonio-Lackland

Seats available on a first-come, first-served basis,
no tickets required.

Arrive
alive.
Don't
drink and
drive.

Joint Base San Antonio-Randolph Professional Organizations

Airmans Council



General membership meetings take place at 3 p.m. the last Friday of each month at the Kendrick Club.

Rising 5/6

General membership meetings take place at 3 p.m. every third Friday of each month at the Parr Club Auger Inn.



Top 3

General membership meetings take place at 3 p.m. every third Friday of each month at the Kendrick Club.

Legal office staff explains do's and don'ts of political activity participation

By 502nd Mission Support Group Legal Office

With the excitement of the presidential election fast approaching, the 502nd Mission Support Group legal office reminds military members and federal employees of the do's and don'ts of political activity participation.



Military members in violation of these rules may face punishment under the Uniform Code of Military Justice. If you are unsure whether or not a political activity is approved, reference Department of Defense Directive 1344.10, Political Activities by Members of the Armed Forces, and Air Force Instruction 51-902, Political Activities by Members of the U.S. Air Force.

Active-duty military members may:

- Vote
- Express a personal opinion on political candidates
- Contribute financially to a candidate and/or political party
 - Attend political meetings, rallies, debates, etc., as a spectator, but not in uniform
 - Serve as an election official, but not as a representative of a partisan political party
 - Display a political bumper sticker on a private vehicle
 - Wear a political button, but not in uniform or on duty
 - Sign a petition for specific legislative action
 - Write a letter to the editor of a newspaper expressing personal political views on issues and/or candidates
 - Solicit or raise funds when not in uniform off base for a partisan political cause or candidate

Active-duty military members may not:

- Use official authority or influence to interfere with an election
 - Serve in any official capacity or be listed as a sponsor of a partisan political club
 - Speak before a partisan political gathering of any kind
 - Participate in any radio, television or other program as an advocate of a partisan political party or candidate
 - Perform clerical or other duties for a partisan political committee during a campaign or on election day
 - March or ride in a partisan political parade
 - Conduct a political opinion survey under the backing of a political group
 - Distribute partisan political literature
 - Solicit or raise funds on base for political partisan cause or candidate
 - Participate in any organized effort to provide voters with transportation to the polls if the effort

is organized by a partisan political party or candidate

- Sell tickets or actively promote political dinners or events
- Send political emails from government computers or use an official title in political emails
- Display a partisan political sign, poster, banner or similar device visible to the public at one's residence on a military installation
 - Display campaign pictures, posters, screen savers and all other campaign material of candidates for partisan political office at work

The Hatch Act governs the permitted and prohibited political activities of government employees at the federal, state and local levels.

Just as military members may face punishment for violating Department of Defense Directive 1344.10 or Air Force Instruction 51-902, federal civilian employees may be disciplined for violating the Hatch Act. Civilian employee discipline for Hatch Act violations can range from a 30-day unpaid suspension to removal.

Examples of prohibited activities under the Hatch Act include wearing partisan political buttons or T-shirts on duty; displaying photos of candidates (other than "official" photos) at the workplace; emailing and forwarding partisan political emails on government email to other federal employees; and engaging in political activity on duty, in any government office or in a government vehicle.

The Hatch Act does allow most civilian employees to take an active part in partisan political management and campaigns.

Specifically, federal employees may be an active member of a political party or club, make campaign speeches for candidates in partisan elections, distribute campaign literature, hold office in political club or party and serve as a delegate to a convention.

For a full list of the do's and don'ts under the Hatch Act, visit the Office of Special Counsel's website at: <http://www.osc.gov/hatchact.htm>.

Complaints should be sent to the U.S. Office of Special Counsel, which is responsible for investigating reports or complaints concerning Hatch Act violations committed by covered federal employees. Specific instructions on how to file a complaint can be found online at <http://www.osc.gov>.

Any questions regarding the interpretation of the rules discussed above can be directed to your unit's Staff Judge Advocate office.

Joint Base San Antonio Water Conservation Stage*

*Based on the current level of the Edwards Aquifer

Stage IV restrictions apply

Changes from Stage III are:

- Watering is now allowed only with a hand-held hose or soaker hose from 3-8 a.m. and 8-10 p.m. on the designated watering day once every two weeks
- Athletic fields may be watered once every two weeks from 3-8 a.m. and 8-10 p.m.

Restrictions still in effect:

- Use of portable yard pools is prohibited
- Fire hydrant and sewer flushing is prohibited (unless repairing)
- Government-owned vehicle to be washed only once per month
- No new planting allowed

JBSA is obligated to follow the Biological Opinion Agreement with U.S. Fish And Wildlife Services as part of the Endangered Species Act, which is more stringent than the San Antonio Water System restrictions. JBSA personnel should not confuse the JBSA water restrictions with the SAWS restriction levels.

The Biological Opinion Agreement establishes the JBSA Drought Management Plan, which is available at <http://www.jbsa.af.mil/library/environmentalinformation.asp>.



Edwards Aquifer Level
in feet above sea level as of Sept. 13
CURRENT LEVEL = 638.0

Normal - above 660'
Stage I - 660'
Stage II - 650'
Stage III - 642'
Stage IV - 640.5'
Stage V - 637'

JBSA-Randolph units benefit from PECI program

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs



More than five years ago, Joint Base San Antonio-Randolph's Trainer Development Division bought two machines called vertical milling centers that more than recouped their costs in a matter of months.

The first one, purchased for \$195,880, started operation in December 2005 and had saved the Air Force \$381,903 by November 2006; the second machine, which cost \$78,333, began operation in January 2007 and had resulted in savings of \$215,915 less than six months later.

Both machines were purchased through the Air Force's Productivity Enhancing Capital Investment, or PECEI, Program, which was started in 1977 to provide funding for productivity improvement projects at bases all over the world. The program invests an average of \$11 million yearly, netting an average life-cycle savings of about \$112 million, and has generated total savings of more than \$10 billion.

"The best way to describe it is that it's a loan program," Tony Riffle, 902nd Force Support Squadron Manpower and Organization management analyst, said. "The Air Force gives you a loan to buy equipment and you pay them back through the savings you achieve." Riffle said PECEI projects are divided into two cat-

egories: FASCAP, or Fast Payback Capital Investment, for investments of less than \$250,000, which require a two-year amortization period; and PIF, or Productivity Investment Fund, for investments exceeding \$250,000 and requiring a four-year amortization period.

"FASCAP projects are approved at the major command level, while PIF must be approved at the air staff level," he said. "You have to put together a package and prove you can save the money you borrowed in the two- or four-year time period."

Riffle said Randolph organizations have submitted proposals for FASCAP projects, including the Trainer Development Division's vertical milling centers, which are still paying dividends for the Air Force.

"Both machines resulted in immediate benefit by allowing unmanned operations, thus allowing operators to work other tasks," Kevin Haley, TDD director, said. "The machines continue to save many dollars making critical parts for a wide range of training devices."

Riffle said PECEI funding also allowed the JBSA Recreation Park at Canyon Lake to invest in an industrial chipper to produce mulch for the facility's walking trails and a front-end loader with a drilling attachment used to dig holes for fence posts.

"There are a lot of walking trails at Canyon Lake," he said. "They were spending a lot of money buying mulch for the trails. With the chipper, they are able to make mulch from downed trees and branches."

Throughout the Air Force, PECEI projects have included a variety of productivity improvements from technology upgrades that increase administrative speed to major equipment purchases that increase base capabilities.

Riffle said another benefit of the program is that if the equipment purchase results in the loss of a manpower position, once that position has been amortized, the slot can be reinstated – but only in a different office within the same unit.

"You don't have to lose the slot," he said. "It just can't go back into the same office."

Riffle said the PECEI program is not utilized as often as the Innovative Development Through Employee Awareness Program, also known as the IDEA program, which provides Airmen and civilian employees with cash awards for proposals that save the Air Force money or lead to improvements.

In fact, Randolph leads Air Education and Training Command in the number of IDEA proposals that are processed, he said.

However, the PECEI program also deserves consideration, Riffle said.

"The program has been very generous, but it doesn't get the accolades it should," he said. "There are a lot of good things it can do for an organization. It helps units buy equipment. It's really a great, great program."

For details, call Riffle at 652-4332 or visit <https://peci-web.segutech.com>.

**Tech. Sgt.
Gregory Walker**
340th Flying Training Group



Photo by Rich McFadden

Showplace Showcase

Duty title

Budget analyst

Hometown

Houston, Texas

Hobbies

Watching TV, attending concerts and sporting events

Greatest Accomplishment

Being happily married for 20-plus years and raising two wonderful, respectful children

Goals

To retire comfortably

Pet Peeve

Discourteous people

Personal Inspiration

All of the positive people in my life and those who I have crossed paths with

Personal Motto

Do unto others as I would like others to do unto me

Commander's Comments

"Tech. Sgt. Gregory Walker is fully committed to providing first-class customer service and is a key member of our award-winning financial management shop. We are extremely fortunate to have Greg as a member of our team."

Col. Steven Parker

340th Flying Training Group commander

AFPC updates records procedures

By **Tammy Cournoyer**

Air Force Personnel Center
Warrior and Family Operations Center



In an effort to save time and money, the master personnel records branch staff at the Air Force Personnel Center wants retirees and former Airmen to know the correct procedures for requesting medical and personnel record information.

"Knowing the correct procedures can not only cut down on the requestor's wait time, it can also cut the routing time and our workload," Capt. Darren James, branch operations officer, said.

Airmen who retired on or after Oct. 1, 2004, can request copies of records such as a DD Form 214 (Certificate of Release or Discharge from Active Duty), performance reports and other information by writing to AFPC/DPSIRP, 550 C St. West, Suite 19, Joint Base San Antonio-Randolph, TX, 78150; faxing 565-4021; or visiting the eBenefits website at www.eBenefits.va.gov.

People requesting their own records need to send a completed Standard Form 180, Request Pertaining to Military Records, or a letter that includes their name, full Social Security number, contact information, specific record requested and a signature. People requesting a deceased relative's record need to provide the above information plus their relationship to the former Airman so next-of-kin relationship can be verified. Proof of death must also be furnished.

Veterans who retired before Oct. 1, 2004, must

visit the National Personnel Records Center website at <http://www.archives.gov/veterans/military-service-records/> for record request instructions. People requesting the record of a deceased relative who retired before Oct. 1, 2004, may now use the NPRC website to order a copy of the military records.

Regardless of the request procedures used, processing can take time. Response time for record requests sent to NPRC varies and depends upon records availability and workload. NPRC receives approximately 4,000 to 5,000 requests per day. Officials at NPRC ask that people not send a follow-up request before 90 days have elapsed as it may cause further delays.

Veterans who retired after Oct. 1, 2004, can access certain records online by registering for a premium account on www.eBenefits.va.gov. Click the register button at the top of the home page and follow the instructions provided to obtain a premium account. The web-

site is managed by Veterans Affairs and may not be inclusive for all retirees.

"Requests processed through AFPC normally take five to 10 business days; however, manning cuts across the Air Force have made it challenging for us to provide timely customer service to our veterans, so we are using technology to our benefit," James said. "There are definitely time and money savings associated when veterans access their records through the eBenefits website. The savings we've seen by using eBenefits cuts the processing time tremendously from the current five to 10 business days to 24 to 48 hours."

Medical and dental records for all Airmen who retired before May 1994 are stored permanently at NPRC via the

link above. Medical and dental records for Airmen who retired or separated after May 1994 are maintained by the Veterans Administration Service Medical Records Center at 888-533-4558.

For more information on records requests, visit the myPers website at <https://mypers.af.mil>.



Ro-Hawk band holds to winning tradition, marches toward success

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs



The Randolph High School Mighty Ro-Hawk marching band rang in its latest show for public viewing on Aug. 31, aiming to continue the program's award-winning tradition. Beginning with summer band camp and with the assistance of sun block and a lot of water, the band cracked down a month earlier to prepare for a rigorous marching season.

The band's summer camp schedule could be likened to holding a job.

From 8 a.m.-2 p.m. July 30-Aug. 17, band members learned marching fundamentals, how to play and memorize music for their new show, and put together drill formations that accompany the show, all in the midst of the heat for portions of the day. The band also conducted several night practices leading up to the first day of school on Aug. 27.

The first goal for the 95-member band, including 14 dance teamers, was to have the opening song ready to perform by Aug. 31, the first football game against Luling High School on the road, Hector Perez, Randolph High School band director, said.

The goal was a mission accomplished.

"Our mindset was 'let's get it out on the field,'" Perez said. "We did a nice job and we're right on track."

The band completed drills for a second song last week and will be ready to compete at the Hornet Marching Contest, hosted by East Central High School, on Sept. 29, the band's first competition event, Perez said.

The show Randolph's band is exhibiting is called "Music from West Side Stories," rearranged by Steve Giovanoni, Randolph Middle School band director. The first song is titled "Tonight/America," the second song is titled "One Hand, One Heart" and the closing song is titled "Mambo."

Commenting on the aesthetic characteristics from this year's show, Giovanoni said "since the music is long and linear-phrased, there won't be quick, jabby body movements like you may see in more modern music," he said. "The movements will be a lot more fluid. Last year, we had quicker set movements; this year, they're more melodic and flowing."

To determine what the band will play for a show, directors look to what's been done in the past, the playing abilities of their students and the relatability of music to students, Perez said.

"For competitions, much of what music is about is doing something the judges haven't listened to before so they can't compare it to anything," he said. "But for the audience, they may not remember what they just heard 10 seconds ago. We're performing a show a little bit more familiar to them."

In other words, Perez expects "Music from West Side Stories" to be more of a hit with the crowd, but nonetheless a quality show.

In fact, under Perez's 15-year tutelage as well as Giovanoni's four years, the Ro-Hawk marching band has been a trail-blazer for quality.

The band was on a win streak for more than a decade from 1997-2009, winning every marching competition they entered during that time. They quickly secured their top position back with a first-place win weeks later during a University Interscholastic League area contest, ranking them among the best bands in Texas for their classification and size.

With about 20 new students coming into the band this school year, including freshmen, expectations are still high.

"Our students know there is a tradition of excellence," Perez said. "Parents do their research as well and know what kind of program we are. Students may not be ready walking into the door, but we will help them be successful."

Much of the band's success comes from sticking to fundamentals, Giovanoni said, in "playing the right notes, playing in tune and producing a good sound."

Common misconceptions people have about Ro-Hawk band members are that they're superior marchers because of their military parents or that they're instilled with unusually strict discipline, Perez said. "That's absolutely untrue," he said.

"Kids are kids everywhere," Giovanoni said. "Ours are no different."

What is different, however, is Randolph's high turnover rate for the band each school year.

"We expect half of the band to be new

every year" due to a consistently changing military environment, Perez said. "It's a constant challenge, but we have a plan and set goals. Everything we do is owed to planning so that we won't be overwhelmed."

Part of the planning process includes the acquisition of eighth-grade marchers into the program, unique to smaller schools like at Randolph.

Eighth-grade students have the option to march with the high school band as part of their curriculum, which ends up being an important formula for Ro-Hawk success because of their exceptional playing abilities.

Last year, Randolph's middle school band ranked sixth in the state for overall concert band performance and fifth in the same category the year before.

Fifteen to 20 eighth-graders can be expected to march with the high schoolers. "There's no difference in them when it comes time for contest," Perez said. "People are always very surprised. The middle school is just as much of a success story as the high school, if not more so."

The biggest challenge next to turnover rates facing Randolph's band directors is various playing abilities of students transferring in from other countries.

"Students stationed abroad coming into the American educational system sometimes haven't had the same musical opportunities," Giovanoni said. "Some schools in other countries don't offer music as a class during the day."

Despite this, "everybody here makes varsity," Perez said. "Everyone gets a chance to play."

For parents wanting to become involved, contact 357-2470/2468 and ask about the Ro-Hawk Band Boosters. The booster club helps raise funds by operating concession stands during football games as well as other event opportunities.

The funds allow Randolph's school bands to take field trips to places like the Majestic Theatre and the Alamo to give students a "flavor of San Antonio life," Perez said.

"Even if you don't have a kid at the school, we'd still love your help," he said.

To catch a performance by the marching band, view their schedule at http://classroom.rfisd.net/webs/perez/calendar_2012-13.htm.

"Our students know there is a tradition of excellence. ... Students may not be ready walking into the door, but we will help them be successful."

Hector Perez
Randolph High School band director



Shaye Wood (left) and Emily Poole, Randolph High School Band piccolo section, play warm-up drills as the band practices Aug. 14 at the school here.



JoBeth Guzman, Randolph High School band head drum major, leads the band in warm-up drills at a practice session Aug. 14 at the school here.



Austin Hill (right) and Thomas Brock, Randolph High School Band members, line up with the brass section as the band practices in the early morning heat Aug. 14 at the school here.

Joint Base San Antonio-Randolph NEWS BRIEFS

Randolph plans readiness exercise

Randolph will be conducting a readiness exercise Monday and Tuesday. Please follow all instructions from leadership and security forces. The Randolph community should expect possible delays at gates and support from community emergency responders.

The QR code links to the active shooter tri-fold, which can also be found online at <http://www.jbsa.af.mil/shared/media/document/AFD-120821-024.pdf>.



359th Medical Support Squadron holds drug take-back event

The 359th Medical Support Squadron is scheduled to hold a Drug Enforcement Agency Drug Take-Back Day to dispose of old medications 10 a.m.-2 p.m. Sept. 29 at the Randolph Base Exchange satellite pharmacy.

For more information, contact Capt. Timothy Weigle at 652-1566.

Washington Circle to close

Washington Circle is scheduled to close 3-6 p.m. Sept. 21 for the National POW/MIA Recognition Day ceremony. The Randolph community should expect traffic delays and use alternate routes during this time.

Air Force Food Services seeks input from Airmen

To ensure food services maintains its stand-out reputation, the Air Force Services Headquarters strongly encourages Airmen to complete the 2012 Food Services Assessment survey in order to identify ways to best meet the needs of Airmen and their families.

To take the survey, go to <http://svy.cfigroup.com/launch/FSAS>.

Soup kitchen seeks volunteers

There will be two volunteer opportunities from 6-9 a.m. and 3-7 p.m. Sept. 22 at the Haven for Hope Soup Kitchen. To volunteer, contact Airman 1st Class Tashia Shannon at tashia.shannon@us.af.mil.

NOW SHOWING at the Randolph Theater

"The Bourne Legacy" (PG-13)

Jeremy Renner, Rachel Weisz, Edward Norton
Today at 7 p.m.

"Ice Age: Continental Drift" (PG)

Voices of Ray Romano, John Leguizamo
and Queen Latifah
Saturday at 6 p.m. and Sunday at 3 p.m.

\$5 for adults, \$2.50 for children 11 and under

To submit a news or sports brief for publication in the Wingspread, email all information to public.affairs@us.af.mil.

Randolph Chapel Schedule

• CATHOLIC

Monday-Friday

11:30 a.m. - Bldg. 102

Saturday

5:30 p.m. - Bldg. 102

Sunday

8:30 a.m. - Bldg. 102

11:30 a.m. - Bldg. 102

Confession

Saturday

4:30 p.m. - Bldg. 102



• PROTESTANT

Traditional

Sunday Service

8:15 a.m. - Base theater

Contemporary

Sunday Service

11 a.m. - Base theater

Visit the newly-consolidated Joint Base San Antonio website at
www.jbsa.af.mil



Scan with Smartphone app to access the Joint Base San Antonio website at www.jbsa.af.mil.

Scan with Smartphone app to access the Joint Base San Antonio-Randolph Facebook page at Facebook.com/RandolphAirForceBase



Joint Base San
Antonio-Randolph

Sports BRIEFS

Fitness Center to hold appreciation event

The Rambler Fitness Center is hosting a Customer Appreciation Day Sept. 28. The following classes will be provided free: step class at 9 a.m., cycling class at 11:15 a.m., and a yoga class at 5:30 p.m. For more information, call 652-7263.

Bowling center staff holds BOGO Mondays

The Randolph Bowling Center is offering buy one game, get one free bowling game from 1-4 p.m. Monday and Sept. 24. For more information and to check lane availability, call 652-6271.

Bowlers receive special price during September

Bowl all the games you want for \$5 per hour per person (plus shoe rental) 2-5 p.m. every Tuesday and Thursday during September at the Randolph Bowling Center. For more information and to check lane availability, call 652-6271.

Fitness center presents indoor biathlon

Patrons can challenge themselves with an indoor biathlon at the Rambler Fitness Center Sept. 17-21 during normal operating hours. Each participant must complete 15 miles on a treadmill and 30 miles on a stationary bike in order to complete the challenge. Pick up your indoor biathlon challenge booklet from the fitness center staff. As patrons complete each activity, they need to have a fitness team member initial the item before moving on. For more information, call 652-7263.

SPORTS - HEALTH - FITNESS

AF veteran shares wisdom with paralympians

By Army Sgt. 1st Class Tyrone Marshall Jr.
American Forces Press Service

The camaraderie of being part of a team is a draw to many athletes and can be referenced as the reason why many embark on lengthy careers, staying the course even when things are not always going their way.

Mario Rodriguez, U.S. Paralympic fencing team member and former Air Force staff sergeant, is one such athlete competing at the 2012 Paralympic Games.

"I was a Russian translator for just under four years with the Air Force," he said. "I really loved the job. I liked serving my country, being at the forefront of things. The other part of that was being part of something bigger than myself. I think that's kind of how I ended up in sports, because (I enjoy) being part of a team, (building teams) and doing things together to make things happen.

"Nobody's in this by themselves," he added. "It takes a community to do anything."

Rodriguez said he served his lone Air Force tour stationed on the Greek island of Crete. He elected to have his leg removed in 1992 after an untreatable tumor was discovered. It was then he discovered wheelchair fencing and began his athletic career.

During his bouts – in which he unsuccessfully faced competitors from Hungary, Hong Kong, France and Russia – the Paralympian fencer said he didn't feel quite as focused as he could be.

"I was trying to be in the right place at the right time," he said. "This is definitely a game of wits and speed. I definitely had the preparation. I guess I'm just getting a little bit old, to put it bluntly."

Rodriguez said he stepped away from fencing in 2004, but later the appeal of coaching young, talented fencers brought him back.

"Between 2008 and now, I kind of got coached back into the (fencing) circuit," Rodriguez said. "Basically, what happened was we have a couple of younger athletes who really piqued my interest, and I wanted to see them do well."

Rodriguez noted that as he went to some of the same tournaments and had some success, such as taking the gold medal in Brazil's zonal championships, he built a



rapport with the younger athletes.

"I was trying to give them a little extra fodder, and give them the benefit of my experience and knowledge," he said.

Hearing the national anthem at the championship was amazing, Rodriguez said, and also served to inspire him to return to the game.

"I wish I could do that here, but I don't think it's going to happen for me," he said. "It's great to be part of something bigger than myself."

Rodriguez said his goals for the Paralympic Games were to perform the best he could, be a good representative of the United States and spend time with longtime athlete friends from other countries, noting that he enjoys sharing the experience with all of the athletes, volunteers and coaches.

Rodriguez also talked about his preparation for Paralympic competition and the advice he gives to younger competitors.

"I think before, the key to my success was overtraining," he said. "I've got to a point in my career where overtraining is definitely detrimental to my being able to stay on the mark. What I (would) tell anyone these days is the most important

thing is being able to find a good, healthy sports regimen and not overdoing it."

The Paralympic fencer also said, "It's a very, very fine edge to ride on when you're training for something like the Paralympics or any elite sport.

"You have to take care of yourself," he continued. "If you overdo it, then you can't do your personal best. You've got to stay in good physical shape, good mental shape and just be consistent."

Rodriguez said he is his own worst critic when it comes to examining his own performances.

"I tend to be self-critical, and I want to do better, and make my coach ... (and) teammates happy – make myself happy," he said.

At the end of the day, the Air Force veteran said he's just happy to represent his country in the Paralympic Games.

"I feel like I've gotten a lot of support," Rodriguez said. "I looked out in the stands and saw several members of our team – not just people in the fencing community, but from other sports as well. So that really pushed me to do the best I could."