



# WINGS SPREAD

RANDOLPH AIR FORCE BASE

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## Ro-Hawks Gear Up for Football Season

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64 Days to Showtime



## COMMENTARY

# Enthusiasm defines true leadership

By Aaron Bradley  
902nd Logistics Readiness Squadron

Former U.S. Secretary of State Colin Powell once said "perpetual optimism is a force multiplier." It's one of 13 rules of success outlined in his book, "My American Journey."

Throughout his career, individuals were drawn to Powell because of his enthusiasm and positive approach to life. By saying optimism is a force multiplier, he simply meant our positivity, self-confidence and hopeful expectations are contagious and will rub off on everyone who comes in contact with us.

We communicate enthusiasm through our words, attitude, voice quality and body language. Those around us sense our enthusiasm almost immediately through our physical vibrancy, whether it is the bounce in our step or the brightness in our eyes. People with enthusiasm simply can't wait to dig in to the task at hand. Enthusiasm intensifies our focus and ignites our resourcefulness.

Every great parent, coach, teacher and leader can be a powerful positive influence on those around them if they are keenly aware of the importance of never underestimating others. There is untapped greatness in all of us. As leaders, our foremost responsibility is to help our team members discover and develop their special qualities. This means we often must hold the image of excellence up to them so they begin to see themselves in that light.

During the early '80s, I had the privilege of playing on the varsity basketball team at Bitburg Air Base, Germany. We were known as the Bitburg Barons and coached by the

*"People with enthusiasm simply can't wait to dig in to the task at hand. Enthusiasm intensifies our focus and ignites our resourcefulness."*

legendary George Price. Coach Price's players were aware of his personal dedication to basketball fundamentals.

More importantly, he was always full of enthusiasm, self-confidence and positivity.

He believed in and demanded his team practiced until it executed every play with perfection. There wasn't room for error; everyone on the team knew what he expected and failure was not an option.

Coach Price was a winner and he knew from experience and multiple championship seasons our team would be successful if we practiced with a purpose and pursued the goal of perfection each and every day. We weren't the most talented that year; however, through Coach Price's positive attitude, zest for life and perpetual optimism, we knew we were prepared for the season and truly believed we could beat any team. As a result, our team won the United States Air Forces in Europe men's varsity basketball championship.

Sometimes the difference between mediocrity and unleashing the greatness inside someone is very slight. As a leader, we may be right on the edge

of becoming the catalyst to bring out the very best in our people. The possibility is there in every moment.

Often, the single most powerful action we can take is to help people focus on the goal, task or mission at hand. When people talk about all the challenges they "want to," "can't wait to" or "love to" tackle, they are demonstrating the kind of unstoppable enthusiasm that leads to mastery.

Something almost magical happens when people break through obstacles that hold them back and discover what is truly inside them. At this moment, they move from hoping to knowing. It is the most electrifying and empowering of all transformations. The impact on their teammates is no less dramatic.

The experience of seeing one of their own achieve what they are truly capable of awakens a heightened belief in their own potential.

Success comes when every member of the team takes ownership of the vision and accepts responsibility for his or her part in achieving it. The key, once again, is your own enthusiasm as a leader. Be careful though, it's contagious.

## ON THE COVER

Gage Belyeu, Randolph High School junior, prepares to throw a pass during the Randolph Ro-Hawks' preseason football practice Aug. 16. For complete coverage of the team, see page 11.

Photo by Don Lindsey

## WINGSPREAD

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## Randolph community connects with base Public Affairs

Want to get in touch with the  
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Here's how!

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RAFB Facebook page  
www.facebook.com/pages/Randolph-Air-Force-Base

Call the RAFB Public Affairs office directly at 652-4410.

# Resiliency needed for strong Air Force, community

By Alex Salinas

502nd Air Base Wing OL-B Public Affairs

There are many qualities that make a superior Airman. One doesn't need to look much further than the Airman's Creed and the Core Values, which speak about integrity, service before self and excellence, to find inspiration.

However, an oft-overlooked term that consistently makes the Airman prepared for adversity is resiliency.

Under Air Force Instruction 44-172, which governs mental health services and support, a Resiliency Element was created within the Air Force Medical Services to address the importance of maintaining a resilient Air Force.

So what exactly does resiliency mean in the Air Force?

"Resiliency is the ability to withstand, recover and grow in the face of stressors and changing demands," states the AFI. The coordinated effort within AFMS is to advocate resiliency intimately affects the Airman's overall quality of life, ranging from their family life and stress management to their physical fitness and leadership.

The Randolph Mental Health Flight in its resiliency outreach and prevention activities is promoting "Resiliency Strengthens Military Communities," a slogan that introduces resiliency as a multi-dimensional concept that increases one's overall wellness.

*"We want all Airmen to be resilient. We never know what situation we will face where we will need to bounce back."*

Lt. Col. Denise Thompson

359th Medical Operation Squadron clinical social worker

"Resiliency encompasses the cognitive and emotional-well being of a person," Lt. Col. Denise Thompson, 359th Medical Operation Squadron clinical social worker, said. "We want all Airmen to be resilient. We never know what situation we will face where we will need to bounce back."

"Bounce" is a particularly strong verb serving as a buzzword to better understand resiliency. Like a basketball that does not lose its bounce on the hardwood, or a rubber band that does not lose its snap, one's ability to be flexible and maintain their well-being are included in resiliency's definition.

Within the Randolph Mental Health Flight's resiliency slogan is a community aspect crucial in composing a

sound, resilient Air Force.

"Military personnel are not the only ones involved in being resilient," Thompson said. "Their family, friends, civilian supporters – everyone – impacts them."

Resiliency encompasses everyday life occurrences, trivial and momentous. This is enforced by the mental, physical, social and spiritual aspects of resiliency, which are four major components that serve as its foundation.

The AFI documents 12 items for Airmen and Randolph members to perform to enhance their own resiliency and performance.

While the concept of resiliency, as it relates to AFMS, is new, its worth to the Air Force is a reinforcement of all of its tried-and-true core qualities.

"The main goal is to have a resilient Air Force, and for resilience to not only strengthen our Air Force community, but the entire Department of Defense as well," Thompson said. "Resiliency is about finding solutions and building strengths today to solve the stressors of tomorrow."

Resilience, unlike a cause-and-effect relationship, does not require hardship and then subsequent action and solution, Thompson said. Rather, it is up to the Airman, and all, to initiate a proactive approach to their lives to ensure they receive maximum wellness.

For more information on "Resiliency Strengthens Military Communities" or any other inquiries, call the Mental Health Flight at 652-2448.

## TAP readies separating Airmen for civilian job hunting

By Tammy Cournoyer

Warrior and Family Operations Center

With active-duty positions being eliminated through current force-management measures, it's important Airmen identified for separation use a vital tool – the Air Force Transition Assistance Program – to help ease themselves and their families into transition from military to civilian life.

Separating can be stressful anytime, but especially if it was not in the Airman's immediate plans. Air Force TAP officials have procedures in place to assist Airmen being affected by force-management initiatives.

"We are well aware of the stress and anxiety our Airmen and their families are experiencing because of force shaping initiatives," Vonda Ware, Air Force Airman and Family Readiness Operations program manager, said. "Airman and Family Readiness Center staff at each base are prepared to assist. Airmen need to take full advantage of our transition program as soon as possible; this is especially important if they are facing a short separation window."

The transition program partners the resources of the Department of Defense, Department of Labor, Veterans Affairs and Department of Homeland Security by highlighting available benefits, offering career counseling, helping with resumes and customizing financial planning.

One of the successful program tools is a three-day TAP seminar where Airmen learn about benefits unique to their situation. For example, in most cases, people involuntarily separated are granted two years of commissary and exchange benefits, six months of medical benefits for themselves and their family members and more.

"Besides the tools for a successful job search, the most important information people facing separation can take away from the TAP seminar are the benefits they are entitled to as a veteran," Ray Ramos, Randolph Air Force Base Airman and Family Readiness Center community readiness consultant, said. "Information on VA benefits and filing a VA claim is an essential part of retiring or separating. By doing this, they are not just taking care of themselves, but also their family."

### Program helps job-seeking vets

The South Texas Employment Initiative Program is supporting three career fairs:

Texas Veterans Commission Career Fair and Workshop at the Live Oak Civic Center in Universal City Sept. 21; the Military Officers Association of America Career Fair and Workshop at the Marriott Riverwalk Oct. 26-27; and the Non Commissioned Officers Association Career Fair and Workshop at the Norris Convention Center Nov. 15. All three career fairs are open to current and

prior service military personnel, active duty and Reserve, seeking employment.

The EIP, a coalition of the Department of Defense's Employer Support of the Guard and Reserve, the Department of Labor/Veterans' Employment and Training Service, the Texas Veterans Commission and the Alliance for Veterans and Families, assists veterans with immediate assistance and/or training and then connecting them with employers who are ready to hire.

VA representatives offer briefings about the various programs available to departing Airmen at the state and federal levels. These benefits include disability compensation, life

insurance, home and business loans, medical care and education, if qualified, and veteran burial and memorial services.

See SEPARATING P6

# NEWS

## Randolph's Combined Federal Campaign to kick off Sept. 14

By Robert Goetz  
502nd Air Base Wing OL-B Public Affairs

Service members and civilian employees at Randolph will soon have an opportunity to contribute to their favorite charities.

Randolph's Combined Federal Campaign, an annual effort to raise funds for nonprofit organizations worldwide that provide health and human services, will begin with a breakfast at 7:15 a.m. Sept. 14 at the Parr O'Club.

The kickoff breakfast will feature guest speaker Eric Cooper, president and CEO of the San Antonio Food Bank, one of more than 250 local nonprofit organizations that benefit from the campaign.

"The Combined Federal Campaign lets our Airmen – active duty, civil service and dependents – provide critical support to organizations trying to make the world a better place," Col. Scott Peel, 902nd Mission Support Group commander, said. "Airmen can tailor their contributions to support the organizations that speak to

them the most, and can elect to make a difference at the global, national and/or local levels. All contributions are welcome; even the smallest donations can go a long way to make a tremendous difference in people's lives."

Master Sgt. Terri Harmon, Randolph CFC base captain, said personnel involved in the campaign are aiming for 100-percent contact in the first week.

"Key workers will talk to everyone in their unit, especially new Airmen and civilian employees, and make sure they know the campaign has begun and how they can contribute," she said.

CFC, the world's largest annual workplace charity campaign, raised more than \$281 million last year, including more than \$5.5 million from the San Antonio area. Pledges are made by federal civilian, postal and military donors.

Harmon said the campaign, which runs through Oct. 28, is geared to Airmen and civil service employees, but contractors may also contribute to the effort, though their donations will not be solicited.

Randolph's goal this year is \$1,122,923; last year's contributions of \$1,109,686 exceeded a goal of \$1,078,861 by nearly 3 percent. The 902nd MSG is host organization for the base's campaign; Thomas Goodwin, 902nd Force Support Squadron, is serving as Joint Base San Antonio CFC coordinator, overseeing the efforts of Randolph and Lackland Air Force Bases and Fort Sam Houston.

Harmon said contributors can choose from more than 2,700 charitable organizations worldwide and be sure their money will be spent wisely because every agency has been pre-screened for program integrity and fiscal soundness.

"When you give to an organization, you know your money will be used where you want it to be used," she said. "It does not go to administrative costs."

Participants donate to the campaign through payroll deduction or cash contribution, filling out vouchers to designate one or more of the agencies for their donations.

For more information, call Harmon at 652-2525.



Organizational project officers for the Randolph Combined Federal Campaign are:

**Senior Master Sgt. Shawn Gilmore**,  
Air Force Manpower Agency, 652-0579;

**Capt. Robert Loniewsky**,  
Air Education and Training Command,  
652-1940;

**Maj. Abraham Salomon**,  
Air Force Personnel Center, 565-2797;

**Maj. Joe Garcia**, 19th Air Force,  
joe.garcia.1@us.af.mil;

**Maj. Eric Lacouture**,  
12th Flying Training Wing, 565-7101;

**Jewell Hicks**,  
502nd Air Base Wing OL-B, 671-5588



## NATO operation in Libya

Col. Tom Coglitore, Maxwell Air Force Base, Ala., Officer Training School commander, speaks to members of the 12th Flying Training Wing about Operation Unified Protector in the Parr O'Club Aug. 19. Coglitore was the military assistant to the commander of Headquarters Allied Air Command in Izmir, Turkey, during Operation Unified Protector, NATO's operation to protect civilians and civilian-populated areas under threat of attack in Libya.

Photo by Rich McFadden

# Randolph researches renewable energy options

By Robert Goetz

502nd Air Base Wing OL-B Public Affairs

The Air Force is seeking to meet 25 percent of its energy needs through renewable sources by the beginning of the next decade, but officials agree not all bases are able to contribute to this endeavor equally.

Ken Gray, Air Force Facility Energy Center Energy Rates and Renewables Branch chief, said each installation is "unique" and should base its renewables strategy on natural energy resources, land availability, mission and location.

"Some installations do not have the natural resources needed to meet the goals, while some locations are capable of developing renewables well above the mandated goals to contribute to the total Air Force effort," he wrote in the 2011 edition of Air Force Facility Energy, a publication of the Air Force Civil Engineer Support Agency.

Some renewables, such as geothermal technology and wind turbines, are not an option for Randolph, but 902nd Civil Engineer Squadron professionals are looking at other possibilities, such as the use of solar photovoltaic panels, which convert solar radiation into electricity.

"It's difficult to have favorable economics for renewable energy projects," Bruce Dschuden, 902nd CES resource efficiency manager, said. "Utility costs are so low across the board, it's hard to justify."

Dschuden said the 902nd CES is studying a variety

## Energy Tip

### Stay cool while saving energy

Set thermostat as high as comfortably possible in the summer. The less difference between the indoor and outdoor temperatures, the lower the overall cooling bill will be. Setting thermostats at a cooler setting than normal when trying to initially cool a house does not cool it any faster, but costs more money unnecessarily.

of possible applications for solar panels, such as placing them on hangars and installing them at the fitness center to supplement hot water use in the shower areas.

"We have to explore each potential," he said.

Dschuden said a potential project would be to install solar panels on the fire station at Randolph's auxiliary airfield in Seguin.

"We could run the whole facility on solar," he said.

However, it will require about \$200,000 in funding and payback may take years because of low utility costs, Dschuden said.

Other obstacles to solar power are the lack of an effective way to store power generated by panels and the

cost of the technology.

"Solar panel costs are coming down, but they're still not in the affordable range," he said.

Dschuden said retrofitting solar panels is problematic, especially at Randolph, where many structures are listed on the National Registry of Historic Places and may not be altered to accommodate panels.

However, Ruben Ramos, 902nd CES utilities manager, said new construction is better suited for the use of solar power. Panels can be part of the design, buffering construction costs.

Dschuden said solar panels are also more feasible with larger projects, such as solar arrays at Davis-Monthan and Luke Air Force Bases, Ariz., and Nellis Air Force Base, Nev., where more land is available, sunshine is plentiful and partnerships with local utility companies and the private sector are advantageous.

"The path we're going down is exploring between two options: an enhanced-use lease or a power purchase agreement," he said.

Under an enhanced-use lease, a third party uses private funds to build and operate a generation site on an Air Force base and pays the Air Force for using the land or infrastructure. On a power purchase agreement, there is a wider range of benefits the Air Force can negotiate with the third-party participant that funds the project. Those benefits are defined during the contract process.

See ENERGY P6

# Carbonated beverages unhealthy for teeth

By Staff Sgt. Robert Barnett

59th Medical Wing Public Affairs

Drinking carbonated beverages and sports drinks can cause serious damage to your teeth.

The main ingredients in carbonated beverages are sugar and citric acids, which increase your chance of getting severe tooth decay and gum disease, Col. (Dr.) Alan Sutton, 59th Medical Wing prosthodontist, said.

Not only is the sugar content harmful, but the acids attack and eat away at tooth enamel, the strongest substance in the human body.

"Most of us find that when we are looking for something to drink at work, in the grocery store or on base, we typically skip the water and grab a soda, power drink or energy drink," Sutton said. "This is the wrong choice. These drinks are extremely acidic."

Acidity is measured by what is called pH; the lower the pH, the more acidic the liquid. The human body's pH is around 6.8 to 7; the pH of many carbonated beverages

is as low as 2.

"This is about 100,000 times more acidic than water," Sutton explained. "Once a liquid's acidity is below 5.5 pH, the enamel and dentin of our teeth will begin to dissolve."

New decay and tooth wear is common in young to middle-aged adults. Many of them have a chronic acidic drink habit causing dental erosion and corrosion.

"Some people are addicts," he said. "These people drink two to three six-packs of soda each day. It sounds bad because it is bad."

Citric and phosphoric acids are the main players in tooth destruction, and are commonly used by beverage companies to artificially create the various fruit flavors. Citric acid is known to attract calcium, removing it from teeth.

It may be assumed that sports drinks are a healthy choice while exercising or when extremely thirsty. This may not be the best assumption to make. Like carbonated sodas, sports drinks also contain a high



Photo by Col. Alan Sutton

Drinking acidic beverages can cause enamel erosion, requiring multiple dental procedures.

level of sugar.

"The ingredients in power drinks may be two to three times as destructive as sodas," Sutton said.

Many people even feel the carbonated beverages burn their throats.

"Some hold the soda in their mouths before swallowing," he said. This action holds the acidic drink onto teeth for a longer time and more

destruction occurs. People will then go and brush their teeth to get the drink residue off because they know it is bad, but this could cause additional damage by scrubbing away even more enamel."

"Realize that our bodies are 55 to 60 percent water," he added. "So when you are thirsty, reach for water."

See TEETH P6

## Upcoming Exercise

Joint Base San Antonio will conduct an active shooter, mass casualty exercise Sept. 7 from 1-5 p.m., to test each installation's incident response and recovery elements. First response, wing, mission support and medical personnel will be evaluated. It will involve use of installation mass notification and warning system (giant voice). All giant voice, computer and telephone communications for the exercise will be preceded with clear text stating, "Exercise, Exercise, Exercise."

Mission partners and tenant units may acknowledge exercise input, but there is no cause for reaction or unit lockdowns. Details relevant to individual installations follow:

- Randolph Air Force Base: 502nd Air Base Wing OL-B, 902nd Mission Support Group and 359th Medical Group will stage a scenario scheduled to occur at Bldg. 2, 902nd Civil Engineer Squadron Heating, Ventilation and Air Conditioning Shop
- Lackland Air Force Base: 502nd Air Base Wing OL-A, 802nd Mission Support Group and Wilford Hall Medical Center will stage a scenario scheduled to occur at Bldg. 1353, a vacant dormitory
- Fort Sam Houston: 502nd Air Base Wing OL-C, 502nd Mission Support Group and Brooke Army Medical Center will stage a scenario scheduled to occur at Bldg. 2528, Behavioral Health facility

## Wilford Hall's accreditation begins with detailed survey

By Sharon Winston  
59th Medical Wing Compliance Office

As Wilford Hall Medical Center transitions to the Wilford Hall Ambulatory Surgical Center Sept. 15, the medical facility's accreditation must convert from The Joint Commission to the Accreditation Association for Ambulatory Health Care. The first step in the accreditation process will be an AAAHC survey Sept. 26-29.

The survey will evaluate Wilford Hall's compliance with AAAHC standards for ambulatory health care and to determine if accreditation should be awarded to, or retained by, the organization.

Through an emphasis on education and consultation, the ultimate purpose of the accreditation process is to improve the quality of health care delivered by this organization.

Wilford Hall has voluntarily requested this survey as a means of having a review of the entire organization to build upon strengths or to identify opportunities to improve the delivery of quality health care.

Members of the general public, patients and individuals on the Wilford Hall staff who believe they have pertinent and valid information about this

organization's provision of health care or compliance with AAAHC standards, may request an information presentation with AAAHC surveyors at the time of the survey.

They may also communicate such information in writing or by telephone to the AAAHC. All information received from identified individuals at or prior to the survey will be considered in making the accreditation decision. The information presented will not be debated with the reporting individual.

Requests for presentation must be received at least two weeks prior to the survey in order to allow sufficient time to schedule the presentations.

Requests for public information presentations or reporting of pertinent and valid information may be communicated in writing or by telephone to AAAHC at the following address and telephone number:

Accreditation Association for  
Ambulatory Health Care Inc.  
5250 Old Orchard Road, Suite 200  
Skokie, IL 60077  
Telephone: (847) 853-6060  
FAX: (847) 853-9028

Contact the 59th Medical Wing Compliance Office at 292-6979 for more information about the AAAHC survey.

### SEPARATING From P3

Seeking employment is a large part of the assistance provided by TAP resources. The thought of having to find work in today's uncertain job market is scary for many Americans, and Airmen leaving the Air Force may feel overwhelmed. Employment counselors walk TAP participants through the job-search maze.

For example, during the seminar, they learn successful tactics such as where to look for jobs, how to present and sell themselves and salary negotiations. Attendees learn important communication tools, especially how to translate military acronyms and jargon into civilian-speak that can get them hired.

"(The Transition Assistance Program) gives retiring and separating members the tools needed to be successful in their real-world job search," said Ramos. "Most members have never had to write a resumé or interview for a job."

In addition to the seminar, Airman and Family Readiness Center staff provide detailed pre-separation counseling that covers everything from education benefits to unemployment compensation, health insurance and much more.

### TEETH From P6

Water may also help fight the lack of energy due to dehydration. The energy drink or soda will only make dehydration worse.

"The bottom line is to always read the ingredients on the label before drinking it," he said. "If the beverage contains acid and/or sugar, limit the amount you drink each day."

### ENERGY From P6

Dschuden said Joint Base San Antonio "is taking the lead on renewables on a larger scale," working with local energy utility CPS Energy, which Ramos said "is looking for adding more solar to its portfolio."

"They have a target they're trying to hit," Dschuden said. "Joint Base San Antonio is trying to see where it can fit into their plans and develop a partnership."

Funding is always an issue for renewable energy projects, but Dschuden said the Air Force Energy Conservation Improvement Program is one way to address that problem.

"ECIP funds were once channeled to big construction projects, but now they're

The staff offers classes on federal resumé writing and navigating employment websites such as USAJobs.com. Individual TAP classes are also provided on networking, interviewing skills and salary negotiation. Besides classes and seminars, counselors can assist with the development of an Individual Transition Plan, a roadmap to transition success.

"This provides them with actual hands on skills, which ensures members are successful in their search," Ramos added. "These services are also provided and available for family members and DoD civilians as well. Knowledge decreases stress, especially in today's economy."

"People leaving our Air Force today are highly trained and skilled professionals," said Ware. "We are ready and willing to help them successfully return to civilian life."

Since its development more than 20 years ago, millions of service members throughout the DoD have taken advantage of what TAP has to offer. The DoD TAP website is located at <http://www.turbotap.org/register.tpp> and offers numerous resources for people before and after leaving active duty.

"Should you choose a soda, do not sip on it for the next hour. Try to consume the drink within about 10 minutes and allow about 45 minutes for your saliva to neutralize and re-mineralize your teeth. And hopefully, we won't see you in the dentist chair with multiple cavities."

used for renewable only," he said. "It's a tool to look at, but there's also a lot of competition for those funds."

Renewable energy is important because it reduces the carbon footprint and can lead to energy independence, Ramos said.

"Anytime you use renewables, you're reducing demand," he said.

Dschuden said more opportunities will arise as more money is spent on research and development, and as solar technology evolves.

"It's there, but it's just not economically attractive at this point because of cost," he said. "Technology will continue to improve, and we anticipate prices will come down."

# CDOS campaign highlights summertime food safety

By Alex Salinas  
502nd Air Base Wing OL-B Public Affairs

Texans' appetites traditionally run as large as their state as evidenced by the many barbecue enthusiasts who delight in perfecting the well-practiced craft of the pit. And while our nation encourages healthy lifestyle choices when it comes to food consumption, one cannot dismiss a particular of the Lone Star state's many notorieties: people love to eat.

In the spirit of promoting both conscientious food preparation and consumption, especially during summertime when cookouts are the norm, food safety is the highlight this week in the Air Force's Critical Days of Summer campaign.

At Randolph Air Force Base, the public health office, in Bldg. 1040, ensures the food consumed conforms to established health standards with monthly inspections of every facility that provides food services.

Depending on the facility's size and food volume, the inspection process can last one hour to more than two hours. The process is arduous yet refined, so Airmen and the base populace can enjoy their meals worry-free.

Airman 1st Class Edward Prato, 359th Aerospace Medical Squadron food inspector, suggested food safety tips so Randolph members can prioritize their health.

"Make sure the food you purchase is from an approved

source, such as the commissary," Prato said. Similarly, Prato cautioned all not to openly accept food from unknown sources or individuals.

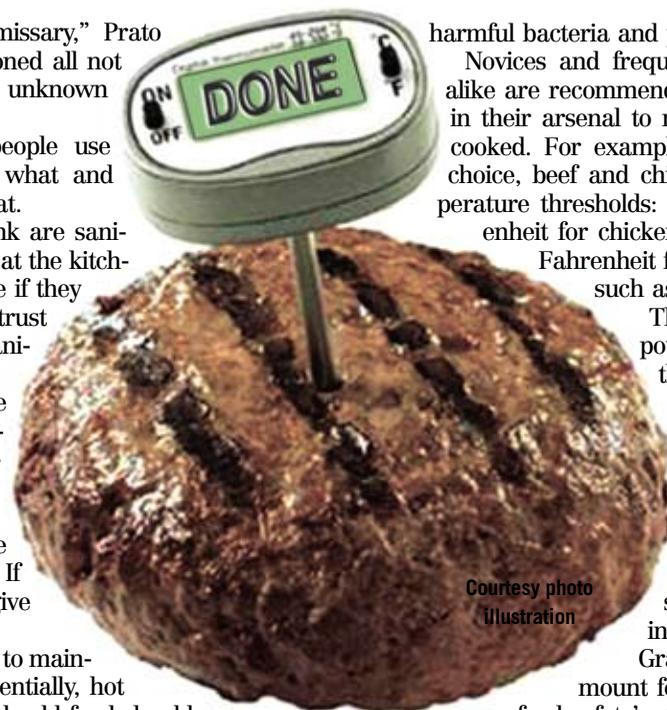
Prato also suggested people use discretion when choosing what and where they would like to eat.

"Eat at facilities you think are sanitary," he said. "Take a look at the kitchen, chef and workers to see if they all look clean. If you don't trust them or see something unsanitary, don't eat there."

Randolph members are encouraged to contact Public Health at 652-2456 to report unsanitary practices.

"That's our job," Prato said. "We're here to make sure what you eat is safe. If you don't feel safe, then give us a call."

Another food safety tip is to maintain food temperature. Essentially, hot food should be kept hot and cold food should be kept cold. Food left out for an extended period of time, whether from the barbecue pit or the freezer, can form



Courtesy photo  
Illustration

harmful bacteria and pose a serious health risk.

Novices and frequent barbecue practitioners alike are recommended to have a thermometer in their arsenal to make sure food is properly cooked. For example, two barbecue meats of choice, beef and chicken, require unique temperature thresholds: at least 165 degrees Fahrenheit for chicken and at least 155 degrees

Fahrenheit for beef, to prevent bacteria such as salmonella and E. coli.

These harmful bacteria are potentially fatal, so preventing them can save lives.

Kindre Grams, 902nd Force Support Squadron dining facility project manager, added that utensils such as spatulas and tongs should be washed after they touch raw meat so they do not cross-contaminate other food.

Grams also shared a paramount food safety tip, and perhaps food safety's golden rule:

"It is absolutely necessary to wash your hands before and after you eat," she said. "Wash, wash, wash."

## Base BRIEFS

### Randolph Hispanic Heritage Month Golf Tournament

The Randolph Hispanic Committee is hosting the Randolph Hispanic Heritage Month Golf Tournament Sept. 16 with registration at 11:30 a.m. at the Randolph Oaks Golf Course. To register, email martha.giannotti@us.af.mil.

### NFL Pass, Punt and Kick program

The National Football League Pass, Punt and Kick program is hosting a national skills competition for children ages 6-15 Saturday at 9 a.m. at Polo Field. For more information, call Youth Programs at 652-3298.

### Night construction

Night construction will begin at the Air Education and Training Command headquarters, Bldg. 900, late August or early September. To minimize disturbance, disruptive work will be done during daytime hours.

For more information, call the Pinnacle-Hunt Housing Office at 659-9061.

### Gate closures

Fifth Street East at the East Gate is closed to one lane through Saturday and South Gate Road at the South Gate will be closed to one lane from Saturday through Sept. 11. Flagmen will be used to direct opposing traffic through the open lane.

For more information, call Joseph Domeier at 508-2870.

### Feds Feed Families

The Department of Defense is taking a leading role in the nationwide campaign to challenge federal employees to donate to local food banks.

With the goal of donating five pounds of food per federal employee, the last chance to donate food for Feds Feed Families is Wednesday at noon.

Drop zones are located at various locations on base.

### Motorcycle safety class

A free military motorcycle safety class takes place Wednesday from 9 a.m. to 1 p.m. at Lackland Air Force Base, Medina Annex.

The purpose of this event is to enhance motorcycle safety and awareness within the military community, expose participants to rider training opportunities and offer a safe and controlled environment in which to challenge individual riding skills.

For more information, or to sign up, call 652-0667.

**To submit a news or sports brief  
for publication in the Wingspread,  
email all information to 502ABW.  
pa.wingspread@us.af.mil.**

## NOW SHOWING at the Randolph Theater

### "Zoo Keeper" (PG)

Kevin James, Rosario Dawson, Leslie Bibb  
Today at 7 p.m.

### "Harry Potter and the Deathly Hallows" (PG-13)

Daniel Radcliffe, Emma Watson, Rupert Grint  
Saturday at 6 p.m. and Sunday at 3 p.m.

\$4.50 for adults - \$2.25 for children 11 and younger

## Randolph Chapel Schedule

### • CATHOLIC

Monday-Friday  
11:30 a.m. - Bldg. 975  
Saturday  
5:30 p.m. - Bldg. 975  
Sunday  
8:30 a.m. - Bldg. 975  
11:30 a.m. - Bldg. 975  
Confession  
Saturday  
4:30 p.m. - Bldg. 975

### • PROTESTANT

Traditional  
Sunday  
Service  
8:15 a.m. - Base theater  
Contemporary  
Sunday  
Service  
11 a.m. - Base theater



# Operation Float a Soldier offers cool wave of fun

By Airman 1st Class Alexis Siekert  
502nd Air Base Wing OL-B Public Affairs

Wounded warriors from Brooke Army Medical Center took time off from their rigorous day-to-day rehabilitation Saturday to have some fun in the sun and in the water.

Operation Float a Soldier, a nonprofit organization founded by Seth Warnick and Wes Garnett, and sponsored Saturday by the 559th Flying Training Squad-

ron, offers men and women recovering from combat-sustained injuries, and their families, an opportunity to go to Canyon Lake to ride jet skis, go boating, swim and relax in the pavilion with food and live entertainment.

"Our mission is to benefit the wounded warriors and families any way we can," Warnick said. "This is just a different part of their healing. We want help them have some fun, and you can tell they are really having a great time."

OFAS started in 2005 when both founders expressed interest in giving back to those who give so much on the battlefield, he said.

"We started out as 'two guys and a boat' – just taking them out on our family budget – but every year our program grows," Garnett said. "It has become a second full-time job, but it's a labor of love."

The program operates solely on volun-

teer efforts and donations to host bi-weekly summer events at Canyon Lake. Through donations, OFAS has been able to buy four jet skis, while private boat owners bring their boats for the wounded warriors' use, the founders said.

At each event, emergency medical technicians and lifeguards are present for participants' safety. Other accommodations, such as a cooled trailer, have also been made for those with special needs.

"All you need to sponsor the event is time, 10 to 20 volunteers, and side dishes and desserts," Garnett said. "There is always a need for more people to participate, volunteer and donate."

After sponsoring an OFAS event last year, the 559th FTS enjoyed it so much they did it again, and this time they brought their children so they could "see what it's all about," Lt. Col. Kevin Heyburn, 559th FTW commander, said.

"It doesn't take much work," Lt. Col. Brad Wensel, 559th FTS T-6 instructor pilot and representative with OFAS, said. "It's just us military helping our own and thanking them for their sacrifice."

Volunteers work to set up, serve food and clean up after the event; the rest of the time they are welcome to interact with the guests and enjoy themselves.

"What they do here is outstanding," Army Spc. Sergio Lara, BAMC Wounded Warrior and frequent OFAS participant, said. "You can't beat the family bonding time we get here. Everyone really enjoys it. We have so much fun and there is really nothing better than being out here and on the water."

To get involved or make a donation to OFAS, call Wes Garnett at 865-5646, Seth Warnick at 789-5899 or go to [www.floatasoldier.org](http://www.floatasoldier.org).



Don Brewer (right), Cow Patty Studios, sings songs to entertain wounded warriors, their family members and Operation Float a Soldier volunteers at Canyon Lake Aug. 20.



Photos by Rich McFadden

Operation Float a Soldier volunteers provide boat rides and water sports for wounded warriors and their families at Canyon Lake Aug. 20.



James Voss (in the water), Operation Float a Soldier volunteer, ferries wounded warriors and their family members to waiting boats for a tour of Canyon Lake Aug. 20.



Army Specialist and wounded warrior Sergio Lara and his son, Sergio Jr., ride a jet ski at Canyon Lake Aug. 20 during Operation Float a Soldier.

# Family liaison officers change lives

By Airman 1st Class Precious Yett  
502nd Air Base Wing OL-B Public Affairs

Family liaison officers provide support and professional assistance to the families of active-duty members and wounded warriors when they've lost a loved one.

"The FLO provides several services depending on family needs or the needs of the wounded warrior," Chaney Ferguson, 902nd Force Support Squadron Mortuary Affairs officer, said. "The family would be assisted with just about anything, from driving them from place to place to contacting agencies to help with questions the family may have. The FLO assists so the family isn't burdened with the frustrations of not knowing where to go for help."

FLOs are mostly assigned to active-duty deaths and the wounded warrior program. However, the spouse of a deployed active-duty member could be assigned a FLO if a dependent of the active-duty member passes away. A FLO could educate a spouse about what Air Force resources are available, which can also alleviate some of the stress on the deployed active-duty member. Service members who are assigned to the families of enlisted personnel are usually senior NCOs; a seasoned officer, captain and above, are usually assigned to officers. The deceased member's career field is also taken into account.

"It's important to match skill levels as close as possible," Ferguson said. "A seasoned Airman helps since senior NCOs and higher-ranking officers normally have the feel or knowledge for what agencies would best suit the needs of the family."

The FLO is not the expert or answer to all the family needs. However, the FLO should have the knowledge to

*"... being a liaison is a rewarding experience. Most FLOs will tell you that through this they've not only made a difference, but lifelong friends."*

**Chaney Ferguson**

*902nd Force Support Squadron Mortuary Affairs officer*

know where to go when the family needs help.

"The hardest part of being a FLO is having to see the victims in the condition they are in and seeing the family in pain," Master Sgt. Marcus Sidney, 902nd Security Forces Squadron logistics superintendent said.

Randolph's FLOs are selected by the unit commander and appointed by Col. Scott Peel, 902nd Mission Support Group commander, on behalf of Brig. Gen. Theresa Carter, 502nd Air Base Wing commander.

"A few years ago it used to be mandatory for all units to have at least two FLOs trained annually," Ferguson said. "However, the Air Force felt like this training wasn't very useful since people come and go, plus any training received was normally forgotten and retraining when a FLO was needed was the norm."

Once FLOs are appointed, they receive a 45-minute training, which includes a video, checklist and a briefing.

When assigned as a FLO, according to AFI 34-1101, FLO duties become the service member's primary duty until completed.

"Being a FLO can be stressful, since most still have a job to do, possibly a family at home, the uncertainty of meeting a new person or family for the first time and not knowing what to say to a grieving family," Ferguson said.

The FLO assists the family for as long as needed. Some cases take months while others last several days. The family lets the liaison know when their assistance is no longer needed.

"I suggest FLOs take time out for themselves," Ferguson said. "You need to be there for the family, but there's always time to take for yourself and do something relaxing. Don't be afraid to talk with your peers, supervisors, chief, commander or chaplain. This is normal, but when all is said and done, being a liaison is a rewarding experience. Most FLOs will tell you that through this they've not only made a difference, but lifelong friends."

Although being a FLO can be emotionally rough for a service member, the rewards far outweigh the difficulties.

"If you've never been a FLO before you have no idea what you're about to embark upon," Sidney said. "I would encourage future FLOs to come to the table with patience and understanding. You have to make sure you provide the right services to the family and you've really got to be careful what you say. Saying the wrong things when a family is grieving could be catastrophic when trying to build a relationship and take care of family. The most rewarding part is being able to meet the needs of the family while they are dealing with the traumatic event. They really appreciate it."

## Base announces upcoming security policy change affecting deliveries

Area business delivery drivers, such as food and flower deliveries and taxis that service Randolph Air Force Base, will soon need more than a bill of lading or receipt to enter the installation.

The new Joint Base San Antonio security policy change will go into effect Oct. 1, and area businesses have until Aug. 31 to submit their written request for base access once the policy takes effect.

Details follow:

- Prior to gaining access to the installation, em-

ployees will be vetted through the National Crime Information Center terminal.

- Companies requesting regular access to Randolph may request a long-term pass not to exceed six months.

- Requests must be made in writing using company letterhead no later than Aug. 31.

- Information required on requests includes employee's name, driver's license number, days of the week requiring access, and local office phone number and email address.

- After approval, the company will be contacted to request employees report to the Randolph Visitor Center to be photographed and issued a pass.

- Once the pass is issued, the employee will present the pass to the installation gate guard to gain entry to Randolph on the days specified on the requesting letter.

Businesses with questions should call Master Sgt. John Clowe, Randolph Air Force Base Security, at 652-5968.

The poster features a blue sky background with five F/A-18 Hornets flying in a V-formation, leaving white smoke trails. A yellow diagonal banner in the top left corner contains the text 'Featuring The US Navy Blue Angels'. The main title '2011 Randolph AFB AIRSHOW' is centered, with '2011' in large blue numbers, 'Randolph AFB' in a black script font, and 'AIRSHOW' in large blue block letters with a yellow outline. Below the title, the dates and times 'OCTOBER 29-30' and '9am - 5pm' are displayed in bold black text. At the bottom, a paragraph of text provides information on where to find more details.

*Featuring*  
**The US Navy Blue Angels**

**2011**  
*Randolph AFB*  
**AIRSHOW**

**OCTOBER 29-30**  
**9am - 5pm**

For complete information on the Randolph Air Force Base Air Show 2011, including featured attractions, civilian base entry and parking, and security requirements, visit [www.randolph.af.mil](http://www.randolph.af.mil).



[www.RandolphFSS.com](http://www.RandolphFSS.com)

## 902nd Force Support Squadron Briefs

### AUTO SKILLS CENTER – 652-2952

#### • Beginners' auto class

Learn to change your oil, rotate your tires and do a brake job in this two-session class on Sept. 6 and 13 from 6-8 p.m. Cost is \$45 plus supplies and the deadline to sign up is Aug. 30.

### BOWLING CENTER – 652-6271

#### • Monday night bowling special

Bowl for only \$1.75 per game with \$1.50 rental shoes on Aug. 29 from 6-9 p.m. The Spare Time Grille special is the Hamburger Combo #1 for only \$5.

#### • Labor Day special bowling rate

Celebrate the end of summer with a special bowling rate of \$2 per game, per person and \$2 shoe rental Sept. 3-5 from 1-6 p.m. each day.

### GOLF COURSE – 652-4653

#### • Labor Day golf tournament

Enjoy Labor Day with some great golf on Sept. 5. Tee times are 7-9 a.m. and the entry fee is \$10 plus greens fees and golf cart rental. Call 652-4653 to sign up.

### INFORMATION, TICKETS & TRAVEL – 652-5640

#### • Gambling trip

Travel to the Grand Casino Coshatta in Kinder, Louisiana Oct. 9-10. Trip includes round trip motor coach transportation, hotel accommodations, continental breakfast, a voucher for \$23 from the casino and a tour

guide. Bus departs at 8 a.m. and returns at approximately 9:30 p.m. the next day. Cost is \$60 for single occupancy or \$120 for double occupancy. Stop by ITT, bldg. 895, to sign up by Oct. 1.

### KENDRICK E'CLUB – 652-3056

#### • "The Show" Band

On Sept. 9, "The Show" Band, an R&B group featuring Ms. Wednesday Ball will perform from 6:30-9:30 p.m. in the ballroom. The Nite Club will be closed. There is no cover charge for this event; management and club staff wish to thank you for your patronage. Come out and join us for some great music!

### LIBRARY – 652-8901

#### • Research success seminar

Learn how to make the most of the Library's research resources and pick up some great writing tips on Sept. 8 at 3:30 p.m. and Sept. 13 at 6:30 p.m. These quick seminars are designed for high school juniors/seniors and college freshmen/sophomores, but are open to all students.

### PARR O'CLUB – 652-4864

#### • Birthday buffet

Celebrate your birthday with us on Wednesday at the Parr O'Club with a plentiful buffet from 5:30-8 p.m. The buffet is complimentary for our esteemed club members and \$10.95 for their guests or nonmembers. We do tend to have waiting lists for this great event so come early.

### • September deck night

Join us on the deck of the Parr O'Club on Sept. 1 from 5-9 p.m. for our Greek theme deck night. The buffet includes Greek salad, dolmades & a kalamata olive tray, pastistio (Greek lasagna), chicken souvlaki in pita with tzatziki, Greek potatoes, baklava and spanakopita.

Entertainment is provided by New Wine. The cost is \$5 for members or \$10 for nonmembers. This event is sponsored by The Landings and Budweiser. No federal endorsement of sponsors intended.

### RAMBLER FITNESS CENTER – 652-7263

#### • Two-person team biathlon

Get your teammate and meet us at Eberle Park on Sept. 3 at 7:30 a.m. The first team member must complete the 10-mile bike route in order for the second team member to start running the 5K. There will be age categories for female and male: 35 & younger, 36 & older, and coed all ages. The first, second, and third place winner in each category will receive a trophy. This is sponsored by The Landings. No federal endorsement of sponsor intended.

### WOOD SKILLS CENTER – 652-2788

#### • Beginner woodworking class

Learn the basics of wood crafting in this two-session class and also get certified on the equipment. Classes are Sept. 6 & 13 from 6-8 p.m. Cost is \$45 plus supplies. Deadline to sign up is Aug. 30.

**RAMBLER 120 TEAM CHALLENGE**  
Act now to participate in the 2011 Rambler 120 Team Challenge!

**Event is Oct. 15**

22-mile bike ride, 6-mile run, 2-mile rafting adventure & mystery event  
The deadline to enter is Sept. 30.  
Entry forms are available at the Rambler Fitness Center, Outdoor Rec and online at [www.randolphfss.com](http://www.randolphfss.com)  
Organize your team now and start training!

RANDOLPH-BROOKS FEDERAL CREDIT UNION  
AIR FORCE  
No federal endorsement of sponsors intended.

**FOOTBALL FRENZY KICKOFF BASH**  
Sept. 8, 6:30 p.m. / Gil's Pub & The Nite Club  
Call 652-3056 for information

The road to the 2012 Super Bowl begins at this party. A Randolph club member has won a trip to the Super Bowl through Football Frenzy nine of the past 11 years. The past two years, four lucky customers have won \$500 in gift cards.

- Door prizes & give-aways galore, including an iPad 2! (must be a club member to win)
- Discounted Budweiser products plus the BUD GIRLS!
- Incredible food special: 8 oz. rib eye steak, served w/seasoned fries, chef's choice of vegetables and rolls for only \$6.95!

This event is open to all DoD ID cardholders.

Budweiser  
AIR FORCE  
Drink Responsibly!  
No federal endorsement of sponsor intended.

FOOTBALL FRENZY

## Sports BRIEFS

### 18-mile training run

The Rambler Fitness Center hosts an 18-mile run Saturday at 6 a.m. at Eberle Park for all runners training for a marathon. This is the last of the three marathon training runs.

### Heroes Run

The Travis Manion Foundation hosts a 5K 9/11 Heroes Run Sept. 11 at 5 p.m. at McAllister Park in San Antonio to honor the people who lost their lives that day. The cost is \$25 per person, which includes a T-shirt and other prizes. For more information, email Aaron Recko at aaron.recko@gmail.com.

### Driving range hours

The Randolph Oaks Golf Course driving range is open 24/7. Lighting is available at the switch on the light pole. Golfers can purchase a full basket of balls for \$6 or a half basket for \$3.

The pro shop offers a debit key for the new golf ball machine where golfers can get 30 half baskets for \$60. For more information, call 652-4570.

### Tee time

Golfers should sign up for weekday tee times at the Randolph Oaks Golf Course two days in advance.

Drawings are held every Thursday for weekend tee times. Those wishing to participate should include the number of people in the group and what each person's status is (i.e. active duty, retired, guest) and what time your group would like to play. Groups must have at least two active-duty members to qualify for a priority tee time.

To sign up for weekend tee times, email tee.time@randolph.af.mil. Emails must be received by 10 a.m. Thursday to be included in the drawing.

# SPORTS — HEALTH — FITNESS

## Ro-Hawk experience is key for return to playoffs

By David DeKunder  
Northeast Herald staff writer

When it comes to the misfortunes of the past two seasons, Randolph coach, Pete Wesp, is not one to dwell on the past.

Wesp believes the Ro-Hawks, who are coming off back-to-back losing seasons, including a 3-7 record in 2010, are due to have better days ahead if they can stay healthy and overcome inexperience in the offensive line.

The coach said he is telling his squad to put the past behind them and focus on the upcoming season, which starts Friday when the Ro-Hawks host San Antonio Christian at Ro-Hawk Stadium. So far, Wesp said, the Ro-Hawks are on the way to doing that.

"They need to come together as a unit," Wesp said. "I think they have (so far)."

Randolph returns a wealth of experience on both sides of the ball. On offense, it starts with senior running back Trey Washington, who returns after rushing for 718 yards and 12 touchdowns last season. Washington is one of seven offensive starters coming back, including quarterback Kendall Peoples, fullback Cole Thompson and halfback Brett Grazetti — all seniors.

Besides Washington, Thompson was the only other Ro-Hawk to rush for over 500 yards last season, scoring four TDs.

Peoples has one year of experience under his belt and has improved in many other areas, Wesp said.

"Kendall has done a lot of growing up," the coach said. "He has matured. We are anxious to see how he does during his senior year. He is a lot stronger, physically and mentally."

Washington has the potential to become a 1,000-yard rusher this season. Whether he accomplishes that goal will depend on an offensive line Wesp describes as "green." Center Louis Myrie and left guard Sam Osborne, both seniors, and junior tight end Micah Jones are the returning starters on the line.

*"I think (every team) in our district has everybody coming back," Wesp said. "I think the district as a whole is stronger than a year ago."*

Pete Wesp  
Randolph High School football coach

Filling in the remaining offensive line are junior tackles Sam Jones and Nick Ringler, at the tackles, and senior right guard Tyler Pharris.

"As a whole, they are very strong kids," said Wesp, referring to his offensive linemen. "They just need to know what it is like (playing) on Friday nights."

A transfer, senior Dominique Williams, will be the starting wide receiver. Backing up Williams will be seniors Ollie Jackson and Jimmy Sherrod.

Defensively, seven starters are back. Returning defensive starters include Jones and Myrie, who will start at the defensive ends. Osborne and Ringler will play at the interior line positions.

All of the linebackers are coming back, including inside linebackers Thompson and Dustin Phelps, a senior, and outside linebackers Washington and Grazetti.

The secondary is Williams at safety, and Damani Phillips, the only returning defensive back. It's a battle between Jackson and Sherrod for the third defensive back spot.

Wesp said he expects the defense to improve on last season's performance, when injuries depleted the unit, especially at linebacker.

The George West Longhorns are favored in pre-season polls to retain their District 13-2A Division I crown. Wesp said it should be a competitive race for the final two playoff spots that will include Randolph, their rivals Cole, Jourdanton and Cotulla.

"I think (every team) in our district has everybody coming back," Wesp said. "I think the district as a whole is stronger than a year ago."



Photo by Don Lindsey  
Randolph High School senior Louis Myrie (left) tackles Micah Jones, RHS junior, during preseason football practice Aug. 16.