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A PUBLICATION OF THE 502nd AIR BASE WING – JOINT BASE SAN ANTONIO-FORT SAM HOUSTON

Happy Birthday, U.S. Army



CHAMBER OF COMMERCE VISITS PAGE 4



FAMILIES ENJOY BAMC KINDERTAG PAGE 6



DEPLOYED DOCTOR GIVES BACK PAGE 6



Retired Col. Bart Bartlett (center left) helps Pfc. Daniel Garrett (with saber), a combat medic currently serving at Brooke Army Medical Center, cut the cake Saturday at a birthday ball held for the Joint Base San Antonio-Fort Sam Houston Army community at the JW Marriott San Antonio Hill Country Resort. It is a tradition in the Army for the youngest and oldest Soldiers present to cut the cake. Also pictured are U.S. Army North (Fifth Army) Command Sgt. Maj. Hu Rhodes (left) and Lt. Gen. Perry Wiggins (right), ARNORTH commanding general and senior Army commander, JBSA-Fort Sam Houston and JBSA-Camp Bullis.



Photos by Army Staff Sgt. Corey Baltos

U.S. Army Installation Management Command Sgt. Maj. Jeffrey Hartless (center) stands with Soldiers representing different time periods in the history of the U.S. Army Saturday following a ceremony where all 183 battle streamers awarded to the Army during its history were placed on the Army flag. For more on the Army's 239th birthday, turn to pages 10-11.

ARMY BIRTHDAY MESSAGES

President Barack Obama

I am pleased to join in celebrating the 239th birthday of the United States Army on June 14. At Army posts at home and abroad, I have seen Army values including loyalty and respect, integrity and personal courage displayed by our extraordinary soldiers. These men and women have met every mission our country gave them with resolve and determination. On behalf of a grateful nation, I thank the members of the United States Army for your profound selflessness.

Secretary of the Army John McHugh

On June 14, 1775, the Second Continental Congress established the United States Army. Since then, the American Soldier time and again met the needs of the nation and has stood for the hope and promise of a better tomorrow. Thank you to our Soldiers, Army civilians and families for your dedication and devotion to the profession and for building the bedrock of freedom we have enjoyed for 239 years. Happy Birthday, Army!

Under Secretary of the Army Brad R. Carson

Our beginnings in 1775 may have been humble, but even then and certainly ever since, our Army has influenced the nation and the world. We have come from a small national force consisting of state militias with citizen Soldiers, to a force grown to 89 divisions in 1944 - to the all-volunteer force that has adapted to the changing face of warfare, and has fought our nation's longest war, during the past 13 years.

Chief of Staff of the Army Gen. Raymond T. Odierno

I am incredibly proud to serve as chief of staff and lead the most professionally trained, combat tested and resilient Army in the world. I am inspired by your dedication and commitment to the mission and our nation. As we celebrate our 239th birthday, we celebrate the service of all our Soldiers, past and present. Together, we are Soldiers committed to our Army profession and to ensuring our nation's freedom. Happy Birthday, U.S. Army!

Sergeant Major of the Army Raymond F. Chandler III

For 239 years, the United States Army has protected this nation and the American people. Our all-volunteer force continues to make a difference every day in securing our freedoms and maintaining peace. Because of your commitment to our Army's values, we remain the best Army in the world and most professional in our nation's history. Soldiers, families and civilians have all played a vital role in that heritage, so be proud on this Army Birthday!

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Commentary: Leadership 'presence' matters

By Chief Master Sgt. Alexander D. Perry
Command Chief Master Sergeant
502nd Air Base Wing and
Joint Base San Antonio

We've all heard the phrase, "the squeaky wheel gets the grease." However, as leaders, we often find ourselves challenged with both numerous demands on our time, and generational gaps in our sections.

One key ingredient in our leadership of today's Air Force is our presence – it transcends all miscommunication and generational differences. Your presence is powerful and puts attention to those areas that are important to you, your organization and your team(s).

If we aren't present and aware of what's going on in the lives of our people, we're missing opportunities to influence and lead.

In each and every NCO and senior NCO professional development seminar, company grade officer council, and squadron or group commander course I have engaged with, 50 percent or more of the leaders don't know their people.

Many have never been to the dorms to see how their Airmen live, how their transition to the Air Force lifestyle is going, and don't know what motivates and inspires their people.

JBSA recently experienced an alleged assault in one of our dormitories. As leaders reflected on the contributing factors, they provided a list of recommendations to prevent future assaults. The list of recommendations included things like charge of quarters, dry dorms and increased controls; yet one key ingredient was missing – the presence of leaders in the dorms.

If I had to reprioritize that list, it would look like this:

1. Set and communicate your expectations. It begins on day one and is reinforced every day

"One key ingredient in our leadership of today's Air Force is our presence – it transcends all miscommunication and generational differences. Your presence is powerful and puts attention to those areas that are important to you, your organization and your team(s)."

Command Chief Master Sergeant, 502nd Air Base Wing and Joint Base San Antonio



Chief Master Sgt. Alexander D. Perry

during your leadership tenure. When your people know what you expect and what they can expect from you, they know how to lead.

2. Expect your subordinate leaders to communicate your expectations to their people, and include their own. Connecting the expectations from senior levels of leadership through the chain of command reinforces positive behavior. Conversely, failing to pass on expectations, or worse, openly disagreeing with senior leaders gives tacit approval for your people to do the same to your decisions.

3. Be visible! If your people see you out from behind your desk and they know you will occasionally pop by the dorm, in their work center, or may even show up at the intramural softball game, it shows that you care.

4. Define and reinforce what "right" looks like. Periodically participate in dorm inspections so your Airmen stay on their toes. Whether someone has demonstrated professionalism in some way, delivered excellent customer service, or looks sharp in uniform, take time to acknowledge them so you're reinforcing positive behavior.

5. Hold people accountable by embracing mistakes and punishing crimes.

If someone is giving it their best but comes up short, help them embrace their mistakes so they can improve. On the other hand, your people must understand that if they commit a crime, they will do the time.

Your responses to first-time minor infractions should be different than when those mistakes are repeated. As leaders, we must fully evaluate the circumstances and respond accordingly when the pattern of behavior becomes repetitive or begins to have a greater impact on the mission. Swift responses are imperative when the offenses are serious.

6. Adjust your approach to fit the situation. Your leadership style cannot be one size fits all – each individual is unique. If an Airman is late to work for the first time, the right approach might be to inquire as to why and remind them of your expectations.

If the behavior is repetitive, it's time to up the ante. If you have Airmen living in the dorms who are constantly having loud parties, destroying government property and disturbing others, they must know that behavior will not be tolerated.

When responding, consider the facts, the member's past performance and what you can do to affect change. If you pull

out the tack-hammer for every infraction, you will destroy trust, confidence and communication in your unit. On the other hand, if Airmen run awry and aren't held accountable, you will be perceived as a pushover and it will affect good order and discipline, unit morale and esprit de corps.

7. Be firm, fair and consistent. Sometimes people wonder why the Airman of the Year gets a letter of reprimand, while the more problematic Airman gets a harsher response. It's simply about the frequency of normal behavior. The Airman of the Year doesn't always cause problems or commit crimes, but the problematic Airman does. As leaders, we are charged with discerning the difference.

8. Progressively increase controls, when lesser levels have failed. If you've ever been around aircraft maintainers, their technical orders are very precise and describe how to accomplish each task – tasks as simple as how much to tighten a screw on the jet. If you don't tighten enough, things fall off. If you tighten too much, things break. Progressively increase and adjust controls until you reach a level that drives home your message.

To remain true to my message, I would ask (rhetorically): Do your people know your expectations? Are they being reinforced? Have you, your chief, or the supervisors of your Airmen who live in the dorms been to see the rooms where your Airmen live? Have they inspected them?

In my experience, one's presence communicates. Far too many leaders are absent in the dorms, yet prefer other controls which have little to no effect on changing behavior.

Your presence matters – make it count!



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News Briefs

Army North Bids Farewell To deputy CG

U.S. Army North will say farewell to Maj. Gen. William Roy, ARNORTH deputy commanding general for operations, with a military tattoo ceremony at 11 a.m. Thursday in the Quadrangle. Roy departs to take command of Joint Task Force Civil Support at Joint Base Langley-Fort Eustis, Va., later this summer. The ceremony is open to all JBSA-Fort Sam Houston personnel and their families. A tattoo ceremony is a military display that can be held for a variety of reasons and often prominently features musical selections from a military band. Tattoos are frequently held to honor senior leaders arriving and departing commands when a change of command ceremony is not called for.

WHASC Step Saver Cart Drivers Needed

The 59th Medical Wing Volunteer Service Office needs licensed drivers at least 20 years of age to transport patients to and from clinic entrances and parking lots in the vicinity of the Wilford Hall Ambulatory Surgical Clinic, Joint Base San Antonio-Lackland. Carts operate from 8 a.m. to 4 p.m., Monday through Friday. Training is available. Call 292-6591.

Thrift Shop Closed in July, Reopens Aug. 2

The Thrift Shop at JBSA-Fort Sam Houston, located at 3100 Zinn Road, one block south of Outdoor Recreation, is operated by the Spouses' Club of the Fort Sam Houston Area. The thrift shop is open throughout June, closes for the month of July and reopens Aug. 2. Normal hours of operation are 9:30 a.m. to 2:30 p.m. Wednesday, Thursday and the first Saturday of each month with consignments from 9:30 a.m. to 1 p.m. from military ID card holders. Call 221-5794/4537 or visit <http://www.scfsh.com>.

New Privately Owned Vehicle Shipment Contract Implemented

International Auto Logistics is the new Department of Defense global privately owned vehicle provider. There will be no break in service for turn-in, pick-up or storage of POVs. For vehicle processing center locations and contact information, visit <http://www.pcsmpov.com>. Any POV that was shipped prior to May 1, with the previous contractor (American Auto

See NEWS BRIEFS, P6



Illustration courtesy of Department of Defense

DOD focused on combating human trafficking

By William L. Hurt
502nd Air Base Wing
antiterrorism officer

With more than an estimated 12 million human trafficking victims worldwide and an estimated 600,000 to 800,000 new victims each year, human trafficking is a problem that has plagued humanity throughout its existence.

From the indentured servants of the Middle Ages to today's sex industry, human history is full of heinous examples of humans enslaving humans.

The Trafficking Victim Protection Act defines trafficking in persons as the use of force, fraud or coercion to compel a person to provide labor or services or commercial sex.

The crime can run the gamut of exploitation, and includes elements of recruiting, harboring, transportation, providing or obtaining a person for the purpose of exploitation.

The three most common forms of trafficking are labor trafficking, sex trafficking and child soldiering.

The Department of Defense

Combating Trafficking in Persons program is a program focused on the eradication of Trafficking in Persons within the Department of Defense structure, both domestically and overseas.

The DOD is concerned with human trafficking not only because it is illegal, but also because trafficking in persons is dangerous to our troops.

The job of the Department of Defense is to protect the security of our country. Combating trafficking in persons serves as an essential line of defense in protecting the United States.

To report human trafficking, call the DOD Inspector General hotline at 800-424-9098 or click on <http://www.dodig.mil/hotline/hotlinecomplaint.html>.

To contact the National Human Trafficking Resource Center, call 888-373-7888 or click on <http://www.state.gov/j/tip/id/domestic/index.htm>.

For more information locally, call 652-8474.

(Editor's Note: Information for this article was derived from DOD information papers.)

Bergdahl begins next phase of recovery in San Antonio

By Nick Simeone
American Forces Press Service

Army Sgt. Bowe Bergdahl, the American Soldier freed in Afghanistan after nearly five years of captivity last month, has entered the next phase of his recovery in stable condition at Brooke Army Medical Center in San Antonio, where he arrived early June 13 on a military flight from Germany.

"He stepped off the plane [and] was looking at an open hangar with me there to greet him," Army Maj. Gen. Joseph P. DiSalvo, commander of U.S. Army South, told reporters at the medical center.

"He appeared just like any sergeant would when they see a two star general – a little bit nervous, but he looked good," DiSalvo

said when asked to describe Bergdahl's mood as he arrived in the United States after being freed as America's only prisoner of war in the Afghan conflict. "He saluted. He had good deportment."

Bergdahl, 28, was abducted by the Haqqani network after disappearing from his outpost in Afghanistan's remote Paktika province in June 2009. The Taliban handed him over to U.S. Special Forces near the Afghan-Pakistan border May 31 in exchange for the release of five senior Taliban commanders jailed at Guantanamo Bay, Cuba, who will be exiled in Qatar for a year.

The circumstances surrounding Bergdahl's disappearance remain unclear. Senior Pentagon officials, including Army Secretary John M. McHugh as well as

the Chairman of the Joint Chiefs of Staff Army Gen. Martin E. Dempsey, have said an investigation will be conducted after Bergdahl recovers, and that punitive measures could be taken if he is found to have violated military law.

Army officials briefing reporters on Bergdahl's status Friday would not answer questions about the circumstances surrounding his disappearance or his conditions during captivity, saying such matters will be part of the investigation to come. At this point, they said, the focus continues to be on the process of reintegration, which has no set timeframe and is driven at the pace of the returnee.

"It's a slow decompression to bring him up slowly and reintroduce him to what's

been transpiring over the past five years," said Army Col. Ron Wool, among the team overseeing Bergdahl's reintegration, who said staff members at the medical center are pleased with his physical state.

Army officials say Bergdahl's family was not on hand for his arrival in Texas and that they have requested continued privacy surrounding their son's return. Bergdahl himself has not spoken publicly since he was freed, and it's not known whether he is aware of the controversy surrounding his release.

"At some point in time, he will be exposed to the media inquiries to him," said Army Col. Brad Poppen, one of the reintegration experts treating the soldier who remains on active duty status.

LEADERSHIP SAN ANTONIO PARTICIPANTS LEARN ABOUT MILITARY



(From left): Romanita Matta Barrera and Anita Uribe-Martin take part in a hands-on demonstration of Virtual Battle Space 2, or VBS2, during their June 4 visit to Joint Base San Antonio-Fort Sam Houston. The VBS2 is a combat simulator used by the Army to teach battlefield tactics, develop organizational leadership and improve individual decision making. Barrera and Uribe-Martin are members of Leadership San Antonio Class XXXIX. Leadership San Antonio is a program jointly sponsored by the Greater San Antonio Chamber of Commerce and the San Antonio Hispanic Chamber of Commerce, which focuses on providing up-and-coming local leaders an opportunity to expand their knowledge of the opportunities and community around them.



Photos by Army Sgt. Lee Ezzell

Participants in Leadership San Antonio Class XXXIX experience the Dismounted Soldier Training System during their June 4 visit to Joint Base San Antonio-Fort Sam Houston. The DSTS uses a simulated environment to improve battlefield tactics, practices and leadership of Soldiers preparing to deploy to combat. Leadership San Antonio is a program jointly sponsored by the Greater San Antonio Chamber of Commerce and the San Antonio Hispanic Chamber of Commerce, which focuses on providing up-and-coming local leaders an opportunity to expand their knowledge of the opportunities and community around them.

FORMER FSH GARRISON, 502ND MSG COMMANDER RETIRES

Maj. Gen. Jimmie Keenan (left), commanding general for the Southern Regional Medical Command, market manager for the San Antonio Military Health System and chief of the Army Nurse Corps, presents Col. Mary Garr, SAMHS chief of operations, the Legion of Merit in recognition of her 30 years of distinguished service at a retirement ceremony held May 30 at the U.S. Army Medical Department Museum amphitheater at Joint Base San Antonio-Fort Sam Houston. Garr had previously served as the Fort Sam Houston Garrison commander from 2008-2010 and 502nd Mission Support Group commander from 2010-2011.

Photo by Ed Dixon



JEFFERSON HIGH SCHOOL JUNIOR ROTC VISITS ARMY SOUTH



The Junior Reserve Officer Training Corps from Jefferson High School in San Antonio spent June 11 with Soldiers from U.S. Army South's Headquarters and Headquarters Battalion to get a first-hand look at some of the Army's weapons systems and vehicles during the group's visit to the Army South headquarters. The visit also gave the students one-on-one time with Soldiers, such as Staff Sgt. Anthony Chacon, who answered questions about life in the Army.

Photo by Eric Lucero

News Briefs

Continued from P3

Logistics), will be fully processed with AAL at the previous VPC locations and delivered to its authorized destination. For more information, call the Personal Property Processing Office at Joint Base San Antonio-Fort Sam Houston at 221-1605, at JBSA-Lackland at 671-2821 or at JBSA-Randolph at 652-1848.

Temporary Lane Closures On Garden Avenue

Garden Avenue between Wilson Road and Hardee Road will be rebuilt this summer to restore the pavement. The construction, which will occur through Sept. 11, will not allow two-way traffic during that time. However, access to driveways along both sides of Garden Avenue will remain open the entire time.

Hardee Road Closure

Phase II construction on Hardee Road will require the closure of the intersection of Stanley and Hardee Roads. Access to the Army Medical Department parking lot will be through the intersection of Scott and Hardee Roads. Motorists are encouraged to follow the detour route to Schofield Road. The AMEDD parking lot north of Hardee Road will remain open and accessible from the Scott Road side. Construction should be completed by July 7.

Scott Road Closure From Taylor Road to Schofield Road

Scott Road between Taylor Road and Schofield Road will be closed to through traffic June 27 to remove and overlay the existing asphalt pavement with new asphalt pavement and replace damaged curbs. Motorists are encouraged to follow the signs posted for detour route.

Volunteers Needed As Patients For Medical Readiness Training

The 937th Training Support Squadron's Medical Readiness Training Center at Joint Base San Antonio-Camp Bullis needs volunteers to serve as patients for medical readiness training. Patients are needed from 10 a.m. to 3 p.m. Wednesdays and 8 a.m. to 3 p.m. Thursdays from July 30-31, Sept. 17-18 and Sept. 24-25. Volunteers can assist for one hour or an entire day. Volunteers will be moulaged to have fake injuries, such as gunshot wounds, stab wounds, etc. Volunteers can be in civilian or military clothing. Call 808-3406 or 808-3410.

Deployed local Air Force doctor finds ways to give back

By Air Force Tech. Sgt. Kali L. Gradishar
12th Air Force Public Affairs

Deployed in support of New Horizons Belize 2014, a multifaceted exercise providing training opportunities for Belizean and U.S. medical professionals, an Air Force urologist is finding ways to give back.

For Air Force Maj. (Dr.) Forrest Jellison, who is assigned to the 959th Medical Group at Joint Base San Antonio-Fort Sam Houston, it's all about giving back.

"I know I'm fortunate for what I have. I believe you have to give back to be able to have something worthwhile."

Following a number of family members into the military, Jellison said he considered enlisting before deciding on a career path that would take him to places he never anticipated going in uniform.

He graduated from Pacific Union College in Napa Valley, Calif., and followed his undergraduate education with medical school at California's Loma Linda University Medical Center, where he also completed his residency. Jellison then completed a urology fellowship at the University of California-Los Angeles. He was commissioned in 2001.

After years of schooling, learning, teaching and traveling, Jellison deployed in support of New Horizons. Along with a

urology and surgery team, he performed some life-saving surgeries with the assistance and coordination of the nation's sole urologist and other staff at the Karl Heusner Memorial Hospital in Belize.

"I'm very fortunate that this is part of my job," Jellison said. "This is something that I do and want to continue doing outside of where I'm tasked to go in the military."

Jellison has previously traveled on his own dime and his own time – to Honduras once and Mexico more than a handful of times – for humanitarian missions.

In addition to humanitarian missions with his church, Jellison is afforded the opportunity to operate and train in an environment with fellow Air Force urologists, as well as offer a valuable training opportunity to a fourth-year urology resident.

"We've seen some complex issues and developed treatment plans with the urologist here," he said. "Every country is different, so adapting to what we have available has been a valuable training opportunity."

Overall, Jellison said, he is just glad to help.

"Medicine is what I do best, so this is the best way I can help."

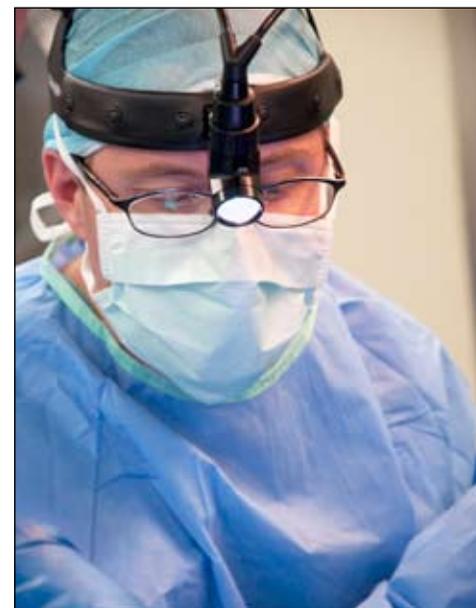


Photo by Air Force Tech. Sgt. Kali Gradishar
U.S. Air Force Maj. (Dr.) Forrest Jellison, urologist, works with his surgery team May 27 at the Karl Heusner Memorial Hospital in Belize City, Belize. A U.S. Air Force surgical team deployed to Belize for two weeks during a New Horizons Belize 2014 surgical readiness training exercise in coordination with the KMHU urologist and hospital staff. The urology surgery team conducted approximately 20 procedures during the training.



BAMC HOSTS KINDERTAG AT FISHER HOUSE

Photos by Maria Gallegos

Col. Evan Renz (right), Brooke Army Medical Center deputy commander for acute care, and local radio host Dave Rios kick off the 3rd Annual BAMC Fisher House Kindertag June 11. Rios was the announcer at the event. More than 100 military families attended the Kindertag, or "Children's Day," and enjoyed activities including games, piñatas, face painting, an egg walk and more.

Inge Godfrey and Dave Rios (center) with Macy's volunteers at the Brooke Army Medical Center Fisher House Kindertag June 11. More than 100 military families attended the event and enjoyed activities including games, piñatas, face painting, egg walk and more.

264th MEDICAL BATTALION CHANGE OF COMMAND



Photo by Esther Garcia

Lt. Col. Jerrod Killian (left) accepts the 264th Medical Battalion colors from Col. Jonathan Fristoe, 32nd Medical Brigade commander, as outgoing commander Lt. Col. Neil Nelson (right) observes. Nelson will take over the duties of the executive officer for the Army Medical Department Center and School.

WREATH PRESENTATION CEREMONY HONORS SGT. MAJ. OF THE ARMY LEON L. VAN AUTREVE



Photo by Esther Garcia

U.S. Army Medical Department Center and School Command Sgt. Maj. Gerald Ecker visits with Rita Van Autreve, widow of the fourth Sgt. Maj. of the Army Leon L. Van Autreve, following a wreath laying ceremony at Van Autreve's graveside at the Fort Sam Houston National Cemetery June 13 with host Command Sgt. Major Christopher Wallace, commandant of the Noncommissioned Officer Academy. This ceremony is held every year to coincide with the Army's Birthday and Flag Day Anniversary. Ecker shared his experiences while Van Autreve was the Army SMA from July 1973 to June 1975.

Commission seeks service members' compensation preferences

The commission tasked by President Barack Obama and Congress to modernize military compensation and benefits programs is seeking input from service members on their preferences.

Alphonso Maldon Jr., Military Compensation and Retirement Modernization Commission chairman, said understanding service members' compensation preferences is central to the commission's effort to craft

modernization recommendations.

"Our primary goal is to ensure the uniformed services can maintain the most professional all-volunteer force, provide for a high quality of life for the members of the uniformed services and their families, and ensure that compensation and retirement systems are financially sustainable," he said. "Our fundamental objective is to craft an integrated compensation and personnel system that will continue to be

valued by service members, provide flexibility for the uniformed services, and be cost effective."

To obtain these preferences, the commission will survey a number of active-duty, National Guard and reserve service members during the next few months, with plans to survey retired service members as well. The survey will ask participants to value individual elements of their compensation package in relation to each other, Maldon said.

"If you receive this survey, please take it," he added. "However, the survey is not the only way to let us know your preferences." People can provide input on the commission's public website, <http://www.mcrmc.gov>, and written comments may be mailed to the Military Compensation and Retirement Modernization Commission, Post Office Box 13170, Arlington, VA 22209.

"These tools are powerful ways to ensure we are aware of your preferences and concerns," Maldon said.

Over the past year, he noted, the commission has benefitted from meetings with service members, veterans, retirees and their family members.

"Additionally, representatives of the uniformed services, military and veterans service organizations, and other subject-matter experts have greatly added to our understanding of the breadth of current military compensation and benefit systems," Maldon said. "These engagements have reinforced what we've always known: Our people are the strength of our uniformed services."

Maldon added, "We honor your service and ask for your continued input and support as we move forward with this important endeavor."

(Source: American Forces Press Service)

To advertise in the News Leader, call 250-2440.

JBSA-Fort Sam Houston celebrates Army birthday with run, cake cutting

By Sgt. Maj. Matt Howard
Army North Public Affairs

Thousands of Soldiers at Joint Base San Antonio-Fort Sam Houston celebrated the Army's 239th birthday by going for an early morning run June 13.

The boom of a cannon and the raising of the American flag at 5:30 a.m. signaled the beginning of the run. An estimated 3,400 Soldiers filed out of the darkness from MacArthur Field and began "double-timing" down Stanley Road.

Lt. Gen. Perry Wiggins, commanding general for U.S. Army North and the senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis, led the massive formation that stretched more than a half mile on the three-mile circuit around the heart of the installation.

"Today is a very special day, in that we get to stand together with pride," Wiggins said. "Today is in recognition

"Today is a very special day, in that we get to stand together with pride. Today is in recognition not only of those who now serve in uniform, but those who used to serve and those who gave the ultimate sacrifice. That's why we are the Army we are today."

Lt. Gen. Perry Wiggins

U.S. Army North commanding general

Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis senior Army commander

not only of those who now serve in uniform, but those who used to serve and those who gave the ultimate sacrifice. That's why we are the Army we are today."

Staff Sgt. Jonathan Lloyd, a radio operator, helped keep traffic off the run route. He marveled as thousands of runners passed his checkpoint.

"It's a great celebration for the Army as a whole and it shows that this nation is still going strong," Lloyd said.

Birthday runs have become an annual tradi-

tion at Army posts around the world. Another Army birthday tradition is cutting a birthday cake. JBSA-Fort Sam Houston's cake had a local flair – it was baked in the shape of the post's historic Quadrangle and clock tower.

"We join those all around the world, standing on point for this nation, just like the Army has done for 239 years," Wiggins said before joining Kamron Meadowcroft, 11, son of Sgt. 1st Class Lee Meadowcroft, to cut the first slice of the cake with a ceremonial saber.

Although the U.S. Army is now the world's dominant land force, it had humble beginnings. It was originally established as the Continental Army June 14, 1775, with an initial authorization for 10 rifle companies to augment militias laying siege to Boston and defending New York City. On June 15, 1775, Gen. George Washington was appointed as the Army's commander-in-chief.

A video of the run is available at <http://www.dvidshub.net/video/343039/fort-sam-houston-celebrates-armys-239th-birthday>.



Lt. Gen. Perry Wiggins (right), commanding general, U.S. Army North, and senior Army commander for Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis, cheers on Soldiers as their formation runs by June 13 as part of the Army birthday run, celebrating 239 years of the world's greatest land force.

Photo by Army Sgt. Lee Ezzell

239th ARMY
BIRTHDAY
AMERICA'S ARMY: OUR PROFESSION



Army releases new children's ebook for the 239th birthday celebration

By Ganesa Robinson
IMCOM Public Affairs

In celebration of the Army's 239th birthday, the Army released a children's electronic book June 10 titled, "Happy Birthday U.S. Army!" which is now available online.

Child, Youth and School Services, a division of the U.S. Army Installation Management Command at Joint Base San Antonio-Fort Sam Houston, first developed the ebook in 2008 as a result of a directive from the Secretary of the Army to involve children in the Child Development Centers with the Army's Birthday.

Edward Griffin, acting division chief of IMCOM marketing, believes the new design will resonate with children and leveraging technology by creating the ebook will make a greater impact.

"We're excited about the new design and taking the Army birthday ebook to a digital platform," Griffin said. "We serve Army Families around the world and our intent was to find a cost-effective way to provide our geographically-dispersed families access. We accomplished this through the development of the ebook."

Griffin added that, "Army children are some of the most tech-savvy children in the world. It's our vision to be able to connect with them in new and exciting ways in the future as well."

The "Happy Birthday U.S. Army!" ebook is the fourth children's ebook written by Mary Ellen Pratt and co-written by Donna M. McGrath, both employees of Army Child, Youth and School Services.

Pratt explains that their intent was to develop an ebook to help children better understand the importance of

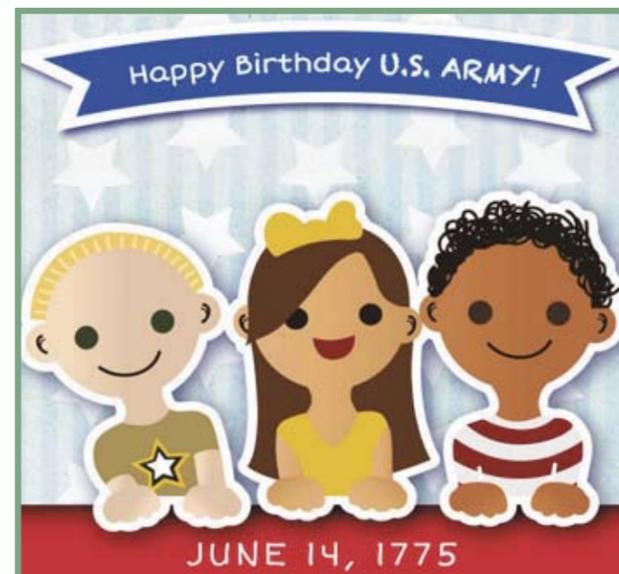


Illustration by Cary Embry

The first Army Children's ebook helps children better understand Army history and their role in the greater Army Family. The book is available online at <http://www.armymwr.com/birthday-book>.

what their parents do in the Army and what it means to be a part of the Army family.

The newly-designed ebook includes bright, colorful illustrations that bring the characters to life and tells the Army history through the eyes of a child.

"We're really excited that we can now reach more children, especially those located outside of a garrison. They'll be able to access the ebook and learn about the Army's rich history," Pratt said.

"We live in a visual society. We knew that if we wanted children to pick up the book and keep their attention, then we'd have to create pictures that children can connect with."

Cara Embry, the illustrator of the ebook, said that her goal was to make the illustrations fun, contemporary and fresh, similar to what you might see in a television show for kids.

"The idea was to create a children's book that made

the characters appear to be stickers, because children love that they are bright and whimsical," she said.

While the ebooks are aimed primarily for children, the intent is for the entire family to get involved and use it as an opportunity to learn and talk about their parents' roles in the Army community.

Both Pratt and McGrath believe that it is important to recognize that Soldiers are moms and dads, and hope that Army families will take advantage of the online version to read it to their children.

The "Happy Birthday U.S. Army!" ebook is free and available now online for download at the Army MWR website at <http://www.armymwr.com/birthday-book> and on the Army OneSource website under the Child, Youth, and School Services section at <https://www.myarmyonesource.com/ChildYouthandSchoolServices/ArmyBirthday/default.aspx>.

AMEDDC&S CELEBRATES 239th ARMY BIRTHDAY, 237th ANNIVERSARY OF U.S. FLAG

(Right): U.S. Army Medical Department Center and School Command Sgt. Maj. Gerald Ecker (right) adds 14 World War I Army campaign streamers to the U.S. Army flag presented by Staff Sgt. Raymond Smith, who is dressed in period uniform. AMEDDC&S celebrated the 239th Army birthday and 237th Flag Day with a ceremony that included the presentation of the 187 Army campaign streamers to the Army Flag with Soldiers dressed in period uniform. The 187 streamers that hang on the Army Flag represent each war in which the Army has participated. (Far right): U.S. Army Medical Department Center and School Command Sgt. Maj. Gerald Ecker helps lift the U.S. Army flag after affixing 187 Army campaign streamers during a ceremony celebrating the 239th Army birthday and the 237th anniversary of the U.S. flag held outside the school June 13.

Photos by Esther Garcia



Sgt. Kyle Nichols, a wounded warrior with Company B, Warrior Transition Battalion, proposes marriage to his girlfriend, Mellissa Lind, June 14 during the Joint Base San Antonio-Fort Sam Houston 239th Army Birthday Ball held at the JW Marriott San Antonio Hill Country Resort. Nichols said Mellissa's love and support was instrumental in his recovery. Mellissa accepted his proposal and the two celebrated with the first dance of the evening.

Photo by Army Staff Sgt. Corey Baltos

Program offers partially paid break from Army

By David Vergun
Army News Service

Need some time off to care for a sick or elderly parent or young child? Want to finish that degree by going full-time? Been dreaming of climbing the Alps, but need an extended vacation?

The Career Intermission Pilot Program, or CIPP, may be a Soldier's best opportunity to do those or any number of other things, said Albert S. Eggerton, deputy chief, Officer Division, G-1.

The pilot program gives Soldiers a chance "to take a step back from the Army without having to go through the normal, very complex procedures of separating from the service," he said.

CIPP is targeted for only the "best performers," he said, "people we've invested money in who've shown they have an affinity for service and who will be performers in the future."

These are Soldiers who "have challenges or desires in their lives that can't be met within the rigid framework of the Army" and the Army wants to keep them, he said, meaning that CIPP could become a useful retention tool.

Up to a total of 20 officers and 20 enlisted per year in the regular Army, Army Reserve and Active Guard/Reserve will be able to take up to three years in the Individual Ready Reserve, with the stipulation that they return when their sabbatical or extended sabbatical ends.

It's not a full-pay sabbatical, however. Soldiers will get paid "two times 1/30th" of their base pay, according to Military Personnel Message 14-143, which describes CIPP in detail.

Although Soldiers will not receive most of their salary and will not be eligible for Servicemembers Group Life Insurance and Tuition Assistance during that period, Eggerton said they'll still be able to use Tricare and certain privileges like shopping at the commissary and Exchange.

CIPP also comes with a service extension obligation of two months for every month spent in the pilot.

There are a number of disqualifiers listed in MILPER message 14-143, including the stipulation that Soldiers must have completed their initial active-duty obligation and not have been identified for deployment or in receipt of perma-



Photo illustration by David Vergun

The Career Intermission Pilot Program will provide some Soldiers an opportunity to take a sabbatical from the Army to pursue other interests.

nent change-of-station orders.

Application packages must arrive at Human Resources Command by Sept. 1. The start day for the program is June 1, 2015. As with any program, Eggerton advised doing the paperwork sooner, rather than later.

Eggerton said Human Resources Command has so far only received one package, although there have been a number of inquiries, so he expects interest to pick up over the summer and as

word spreads.

Authority for CIPP comes from the 2009 Duncan Hunter National Defense Authorization Act. Eggerton said the authority lasts only until Dec. 31, 2015, but he thinks the act could be extended a few more years since there's bipartisan interest in helping service members.

Eggerton said some of the inquiries received from the Navy's similar program have been for mounting an Alpine climbing expedition.

VA releases data on quality, access to health care

The U.S. Department of Veterans Affairs released the results from its nationwide access audit June 9, along with facility-level patient access data, medical center quality and efficiency data and mental health provider survey data for all veteran health facilities.

Full details made public at <http://www.VA.gov> follow Acting Veterans Affairs Secretary Sloan D. Gibson's commitment last week in Phoenix and San Antonio to provide timely access to quality health care veterans have earned and deserved.

"It is our duty and our privilege to provide veterans the care they have earned through their service and sacrifice," Gibson said. "As the president has said, as [former VA Secretary Eric K. Shinseki] said, and as I stated plainly last week, we must work together to fix the unacceptable, systemic problems in accessing VA health care.

"We're providing the details to offer transparency into the scale of our challenges, and of our system itself," he continued. "I'll repeat: this data shows the extent of the systemic problems we face, problems that demand immediate actions."

As of June 9, Gibson said, VA has contacted 50,000 veterans across the country to get them off of wait lists and into clinics.

Gibson also announced a series of additional actions in response to today's audit findings and data, including:

- Establishing a new patient satisfaction measurement program. He has directed the Veterans Health Administration to immediately begin developing a new patient satisfaction measurement program to provide real-time, robust, location-by-location information on patient satisfaction, to include satisfaction data of those Veterans attempting to access VA healthcare for the first time. This program will be developed with input from veterans service organizations, outside health care organizations, and other entities, officials said, to ensure VA collects an additional set of data directly from the veteran's perspective to understand how VA is doing throughout the system.

- Holding senior leaders accountable. Where audited sites identify concerns within the parent facility or its affiliated clinics, VA will trigger administrative



procedures to ascertain the appropriate follow-on personnel actions for specific individuals.

- Ordering an immediate Veterans Health Administration Central Office and Veterans Integrated Service Networks Office hiring freeze. Gibson has ordered the hiring freeze at the VHA central office here and at VHA's 21 regional VISN offices, except for critical positions to be approved by the secretary on a case-by-case basis. This will begin to remove bureaucratic obstacles and establish responsive, forward-leaning leadership, VA officials said.
- Removing the 14-day scheduling goal from employee performance contracts. This action will eliminate incentives

See **HEALTH CARE, P17**

BAMC HOSTS PERFORMANCE TRIAD EVENT



Photos by Robert Shields

Michael Clay (right), Brooke Army Medical Center Food Service, receives tobacco-free brochures from Debbie Bray, pulmonary clinical nurse specialist, during the BAMC Performance Triad event June 6 at the San Antonio Military Medical Center. The Army surgeon general's directive on the Performance Triad – Sleep, Activity and Nutrition – plays a vital role in our everyday lives. The program was created to influence Soldiers, families and beneficiaries to improve sleep behaviors, increase daily activity and promote nutrition, which are three key components that directly impact cognitive and physical performance and influence overall health.



Lt. Col. Lisa Lute (right), Brooke Army Medical Center Public Health Nursing chief, signs up for Military & Family Readiness Center programs as Lori Newman, M&FRC marketing specialist, looks on. The Army surgeon general's directive on the Performance Triad – Sleep, Activity and Nutrition – plays a vital role in our everyday lives. The program was created to influence Soldiers, families and beneficiaries to improve sleep behaviors, increase daily activity and promote nutrition, which are three key components that directly impact cognitive and physical performance and influence overall health.

CRITICAL DAYS OF SUMMER

'Take it from me, suntan leads to skin cancer'

By John Franklin

Brooke Army Medical Center volunteer and former sun worshipper

Getting summer-tanned skin is not what it used to be.

Take it from me, who is missing parts of my ear and nose due to achieving that "beautiful tan" when I was younger.

There are a lot of things when you are young that you really don't understand until you are older and wiser. For example, a nice suntan seems neat at the time, but later in life you may develop a skin cancer that requires a long-term relationship with your dermatologist.

This is one of life's lessons that many people don't realize, especially the younger crowd. Skin cancer is a killer.

Sorry, there is no waiver for ultraviolet radiation. Skin cancer is the most common cancer in the United States. Most cases of melanoma – the deadliest kind of skin cancer – are caused by exposure to ultraviolet light from the sun.

I want to share a few lessons I have learned through the years and wished I'd listened to when I was younger.

First, mothers, don't let your babies turn brown. The most vulnerable skin to UV radiation is the soft, smooth baby skin we so adore to touch. Apply sunscreen on your baby – lots of it – and keep them covered with long-sleeved shirts and hats

that protect their ears, nose and neck. Make sure you help them with early prevention and protection. Lather them up with sunscreen.

Sunscreen is not like fine wines or aged bourbon ... it does not get better with age. If your sunscreen is old, like from last summer, it is no longer effective. Get rid of it and don't waste your time; you might as well be rubbing cooking oil on yourself. Don't scrimp on sunscreens. If you are going to "sunbathe," wear plenty of sunscreen and reapply frequently. Applying just a little sunscreen is like wearing just a half of a life jacket.

Sunscreen works by absorbing, reflecting or scattering sunlight as the sun hits your skin. It has chemicals that will help protect your skin from harmful effects of ultraviolet radiation. Different manufacturers use different chemicals, so try different products to see which one you like best. Sunscreen is also deteriorated by heat, so sunscreens left in a hot car will deteriorate faster. The chemicals have a short shelf life. Replenish them often.

The chemicals also have different degrees of effectiveness and these are referred to as the Sun Protection Factor or SPF. The higher the SPF, the more protec-

See CDOS, P17

the Truth about Tanning
Your natural skin color is great the way it is!

Myth: "I have to get a tan to look good."
Truth: You should know your skin will pay a price!
Fine Lines and Wrinkles, Sagging Skin, Cataracts, Brown Spots

Myth: "Only old people get cancer."
Truth: Young women are getting skin cancer more often. The risk is real!
Melanoma—the deadliest kind—is the third most common cancer in people from 15 to 39. You can get melanoma in your eyes.

Myth: "Having a good 'base tan' will protect my skin from the sun."
Truth: A tan is a sign of damaged skin.

Myth: "Tanning beds are a good way to get vitamin D."
Truth: Tanning beds are risky, and most people get enough vitamin D from food and sunlight during daily activities.

Myth: Every time you tan, you increase your risk of melanoma.

Truth: You can get more than a tan from a tanning bed.
If the tanning bed isn't clean, you could pick up a serious skin infection with symptoms like:
Genital warts, Skin rashes, Skin warts, Itchy, discolored patches on your skin

Illustration courtesy of Centers for Disease Control and Prevention

Risk management central to Critical Days of Summer

By Natalie Eslinger

Air Force Safety Center Public Affairs

The 2014 Critical Days of Summer, which began May 23 and runs through Sept. 2, focuses on risk management for all summer activities – on and off duty.

This year's theme, "Risk: Double checks, not second thoughts," reminds Airmen to

be responsible wingmen and to take care of themselves, their families, and their teammates.

Last year's Critical Days of Summer ended with the loss of 21 Airmen. There have already been 27 fatalities this fiscal year as of May 15. According to Bill Parsons, the Air Force chief of ground safety, every Airman has a role in reversing that trend with a summer of

zero fatalities.

"We can achieve that goal by using all the risk management techniques available, including activity planning and being responsible wingmen," Parsons said.

Alcohol, which is a large part of many summer pastimes, impairs decision-making and is a factor in too many of these tragedies.

Other significant factors include speed, distractions and fatigue, he said.

"Each Airman is critical to our mission," Parsons said. "As you plan your summer activities, use the same risk management skills you apply on the job to ensure a safe return and assure mission success."

CDOS resources are available through local safety

offices and the Wingman Toolkit website at <http://afrc.wingmantoolkit.org/>.

Also available is a Critical Days of Summer letter (<http://www.afsec.af.mil/shared/media/document/AFD-140522-019.pdf>) from the secretary of the Air Force, chief of staff of the Air Force and the chief master sergeant of the Air Force.



tendencies to miss, dismiss or avoid suicide; identify people who have thoughts of suicide; apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicidal thoughts to suicide first aid, intervention caregivers. Class maximum is 40. At Joint Base San Antonio-Randolph, classes are 8:30 a.m.-noon Monday at the Chapel Annex. At JBSA-Lackland, classes are 1-4:30 p.m. July 17 at Freedom Chapel, building 1528; 1-4:30 p.m. Aug. 7, Gateway Chapel, building 6300; and 8-11:30 a.m. and 1-4:30 p.m. Sept. 25, Freedom Chapel, building 1528. To attend, call 671-2911.

Army Family Advocacy Program Unit Training

Monday and June 30 from 8-10 a.m. and Wednesday from 2-4 p.m. at the Military & Family Readiness Center, building 2797. Army Annual FAP Training is mandated Army Unit Family Advocacy Training in accordance with Army Regulation 608-18 regarding domestic and child abuse identification, reporting and prevention. Also covered:

Lautenberg Amendment, Restricted/Unrestricted Reporting and Victim Compensation. Sessions consist of 30-minute increments, starting on the half hour. Class 221-2705 or 221-0349.

H.U.G.S. Playgroup

This interactive playgroup for parents and children up to age 5 meets Tuesday from 9-11 a.m. at the Middle School Teen Center, building 2515. Call 221-0349.

Family Readiness Forum

Tuesday from 11 a.m. to 1 p.m. at the Military & Family Readiness Center, building 2797. This forum provides time for Family Readiness Group leaders and support assistants the opportunity to discuss, network and share lesson learned. Call 221-0946 or 221-1868.

Family Readiness Group for Commanders

Wednesday from 8 a.m. to 12:30 p.m. at the Military & Family Readiness Center, building 2797. This training provides command leadership a better understanding of their FRG and the role of the FRG, how to utilize their volunteers, in ad-

dition to their roles and responsibilities to the Families/FRG. Discussion will also include regulations, Joint Ethics issues, Standard Operating Procedures, position descriptions, and information on various community and local support networks. Call 221-0946 or 221-1868.

Exceptional Family Member Support Group

Wednesday from noon-1 p.m. at the Military & Family Readiness Center, building 2797. This is a support group for parents with exceptional family members. Call 221-2962 or 221-2705.

Army Master Resiliency Training

Thursday from 9 a.m. to noon at the Military & Family Readiness Center, building 2797. Learn to identify your thoughts about an activating event and the consequences of those thoughts. Call 221-9848 or 221-2418.

EFMP Arts and Dance Camp

Monday through Thursday or July 21-24 from 9 a.m. to noon at the Fort Sam Houston Elementary School. This free camp is for EFMP special needs children ages 6 to

18 years old. A camp will also be held July 8-10 at JBSA-Randolph Fellowship Hall. These camps are facilitated by VSA Texas, a member of the international network of VSA, an affiliate of The John F. Kennedy Center for the Performing Arts. To register at JBSA-Fort Sam Houston call 221-1616 or 221-2962. At JBSA-Randolph, call 652-5321.

Army Family Team Building Leadership Development

Tuesday through Thursday from 8:30 a.m. to 2:30 p.m. at the Military & Family Readiness Center, building 2797. This class introduces and helps people develop leadership skills. Call 221-9196 or 221-2705.

Family Readiness Support Assistant Training

Tuesday and Wednesday from 8:30 a.m. to 1:30 p.m. at the Military & Family Readiness Center, building 2797. This training will orient and inform FRSA's about the roles and responsibilities of their position. The FRSA plays a key role in assisting the efforts of commanders and FRG volunteer leaders in their support of service members and their fam-

ilies. Call 221-0946 or 221-1868.

Air Force Master Resiliency Count Your Blessings

Tuesday from 9:30-10:30 a.m. at the Military & Family Readiness Center, building 2797. Learn to count your blessings to cultivate gratitude, build optimism and positive thinking. Call 221-9848 or 221-2705.

Volunteer Orientation

Wednesday from 9-10 a.m. at the Military & Family Readiness Center, building 2797. Newly assigned Military and Family Readiness Center volunteers will in process and receive training on their duties and responsibilities as a volunteer for the JBSA-Fort Sam Houston Military & Family Readiness Center. Call 221-2336.

JBSA Volunteer Management Information System Training

Wednesday from 10-11 a.m. at the Military & Family Readiness Center, building 2797. Volunteers will receive hands on training with the Volunteer Management Information System. Open to all registered volunteers. Call 221-2336.

Free SAT/ACT Test Preparation

eKnowledge offers free \$250 SAT and ACT Test Preparation programs to active duty, transition military, veterans, retired military, Reserve and National Guard, federal employees. The eKnowledge sponsorship covers the complete \$250 purchase price for the SAT or ACT Test Preparation Program. The student pays for the cost of delivering the program: DVD student fee of \$17.55 for the cost of materials, support and shipping, Online Cloud student fee of \$19.99 for student support and streaming. Order online at <http://www.eKnowledge.com/Houston>.

Learn How To Be More Suicide Alert

As a safeTALK-trained suicide alert helper, you will be better able to move beyond common

WORD ON THE STREET

What is your favorite summertime activity?



Air Force Airman Brandyn Cozad
502nd Security Forces Squadron

"I like playing baseball – third base – because that's what I did growing up in Prescott, Ariz. I plan to join the squadron's team."



Nancy Gutterrez
Store cashier,
Defense Commissary Agency

"I love to garden and plant watermelon, tomatoes and corn. I have a big yard and have to frighten off the birds and squirrels."



Marine Chief Warrant Officer 2 Dustin Lawson
Personnel officer,
4th Reconnaissance Battalion

"Wakeboarding! It is fun and I can do it with my whole family at Texas Ski Ranch in New Braunfels or Canyon Lake."



Army Staff Sgt. Estelle McCall
Basic Officers' Leadership
Course instructor

"I would love to travel to the Caribbean when I get the chance."

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays
Main Post (Gift) Chapel
 Building 2200, 2301 Wilson Way
 8 and 11 a.m. - Traditional
Dodd Field Chapel
 Building 1721, 5584 Dodd Blvd.
 8:30 a.m. - Samoan
 10:30 a.m. - Gospel
Army Medical Department
Regimental Chapel
 Building 1398, 3545 Garden Ave.
 9:20 a.m. - 32nd Medical Brigade
 Contemporary Service
 11:01 a.m. - Contemporary "Cross-roads"
Brooke Army Medical
Center Chapel
 Building 3600,
 3551 Roger Brooke Rd.
 10 a.m. - Traditional

Main Post (Gift) Chapel
 Building 2200, 2301 Wilson Way
 11:30 a.m., Monday through Friday
Saturday
Main Post (Gift) Chapel
 4:45 p.m. - Reconciliation
 5:30 p.m. - Evening Mass
Sunday
 8 a.m. - Morning Mass, AMEDD
 8:30 a.m. - Morning Mass, BAMC
 9:30 a.m. - Morning Mass, MPC
 11:30 a.m. - Morning Mass, BAMC
 12:30 p.m. - Morning Mass, DFC

JEWISH SERVICES

8 p.m. - Jewish Worship,
 Friday, MPC
 8:30 p.m. - Oneg Shabbat,
 Friday, MPC

ISLAMIC SERVICE

1:15 p.m. - Jummah, Friday, AMEDD

LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday, AMEDD

BUDDHIST SERVICES

1 p.m. - Buddhist Services,
 Sunday, AMEDD

*For worship opportunities of faith groups not listed here,
 please visit the JBSA-Fort Sam Houston Chaplain's website at
<http://www.samhouston.army.mil/chaplain>.*



Fredericksburg Walk, Bike, Swim Events

The Volkssportverein
 Friedrichsburg Volksmarch Club
 hosts a 5-kilometer, 10K and
 20K walk event, a 300-meter
 swim event and a 25K bike
 event starting between 6 and 10
 a.m. Saturday at the Marktplatz,

CDOS from P15

tion against UV rays. Although manufacturers advertise their products as "waterproof," it is wiser to reapply when you get out of the water or have been involved in a strenuous, sweaty activity.

For those who like to wear a shirt in the water, wear a dark-colored and densely weaved fabric with long sleeves to protect your skin. Some clothing now has an SPF rating on the tag. The higher the rating, the better. Wearing a hat with a brim all the way around is the next best defense. Wear sunglasses that filter out UV rays, which can damage your eyes and

Kinder Halle, 100 W. Main St.,
 Fredericksburg, Texas. Participants should finish by 1 p.m. For information, call 830-285-7062.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month at the Longhorn Café, 1003 Rittiman Road. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 539-1178.

promote the formation of cataracts. And stay out of the tanning beds. You can get more than a tan from them.

To sum it up, keep it simple. The sun's UV rays are not good for you. Protect yourself and wear protective clothing and lots of sunscreen. Parents, take special care of your children, they have the most vulnerable skin and they need your help to protect them.

Now get out there and enjoy summer. Just don't overdose on UV rays.

For more information, go to the Centers for Disease Control and Prevention website at http://www.cdc.gov/cancer/skin/basic_info.

announced measures to address health care access problems in Phoenix. Today, he announced he'll apply the same reforms to facilities with the most access problems from the results of the audit.

VA also is deploying teams of dedicated human resource employees to accelerate the hiring of additional staff and is using temporary staffing measures, along with clinical and administrative support, to ensure veterans receive care.

The department also will send mobile medical units to facilities to immediately provide services to patients and veterans awaiting care.

In addition, VA will modify local contract operations to be able to offer more community-based care to veterans

SHIRT'S CORNER

Financial Responsibilities: Buy now ... pay later

By Senior Master Sgt.
 Diana T. Marlette

First Sergeant,
 26th Aerial Port Squadron,
 JBSA-Lackland

I recently overheard a conversation between two junior military personnel who were shopping at a Joint Base San Antonio-Fort Sam Houston Military Exchange. Both were just beginning their military careers and recently graduated from their respective technical training schools.

I was in close proximity to both the Soldier and Airman, so I could hear their conversation. Both were extremely excited about being on their own for the first time in their lives and having the ability to spend their paychecks anyway they wanted.

One commented on getting hooked up with all the state-of-the-art electronics to include a fifth-generation smart phone, video game collection and purchasing some wheels. Equally determined, the other military member was more

interested in purchasing several new pairs of designer sneakers, stilettos, clothing and jewelry.

It was like watching two kids in a candy store, not knowing when to have the discipline to stop.

Unfortunately, these two military members are an accurate reflection of how much of society lives beyond its financial means. Based on credit reporting statistics, the average amount of debt for ages 19-29 is \$4,500. In comparison, the collective national average debt for age 30 and above is \$27,887.

This same lack of financial discipline will produce the negative consequences of late bill payments and poor credit scores.

If you buy now, eventually you could find yourself paying later. Don't live beyond your means. Stop! See your first sergeant, who will direct you to the right resources.

(Reference: Experian's state of credit study: Millennials struggling the most with debt management, 2013.)



Submit a
 comment at
<http://ice.disa.mil>

CORRECTION

The Page 1 photo from
 the SAPR Stand Down
 Day in the June 13,
 2014 edition was taken
 by Olivia Mendoza.

HEALTH CARE from P14

to engage in inappropriate scheduling practices or behaviors, officials said.

- Increasing transparency by posting data twice monthly. VHA will post regular updates to the access data released today at the middle and end of each month at <http://VA.gov>. Twice-monthly data updates will enhance transparency and provide the most immediate information to veterans and the public on veterans' access to quality health care, officials said.

- Initiating an independent, external audit of scheduling practices throughout the VHA system.
- Sending an additional frontline team

to Phoenix. Following his trip to the Phoenix VA Medical Center last week, Gibson directed a VHA frontline team to travel there immediately to address scheduling, access, and resource requirements needed to provide veterans with timely, quality health care.

- Using high-performing facilities to help those that need improvement. VA will formalize a process in which high-performing facilities provide direct assistance and share best practices with facilities that require improvement on medical center quality and efficiency performance measures.

- Applying immediate access reforms announced in Phoenix to most challenged VA facilities. Last week, Gibson

waiting to be seen by a doctor.

Noting that Gibson is committed to using all authority at VA's disposal to enforce accountability among senior leaders, officials said, VA will initiate the process of removing senior leaders where appropriate. The department also has suspended all VHA senior executive performance awards for fiscal year 2014.

Over the course of the next several weeks, officials said, Gibson will travel to a series of VA facilities across the country to hear directly from veterans and employees about obstacles to providing timely, quality care and how VA can address them immediately.

(Source: Department of Veterans Affairs)