



MARCH 28, 2014
 VOL. 56, NO. 12

**JBSA
 HOTLINES**



**DOD Safe Helpline
 877-995-5247**
**JBSA Sexual Assault Hotline
 808-SARC (7272)**
**JBSA Domestic Abuse Hotline
 367-1213**
**JBSA Duty Chaplain
 221-9363**

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



PLATOON SERGEANT OF THE YEAR

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Two San Antonio residents make history at Medal of Honor ceremony

By Sgt. 1st Class Christopher DeHart
 Army North Public Affairs

Two San Antonio residents were presented the nation's highest military honor during a Medal of Honor ceremony at the White House March 18.

Retired Master Sgt. Jose Rodela and former Sgt. Santiago Erevia were personally recognized for their achievements and sacrifices by President Barack Obama along with 22 others who were selected as part of the Valor 24.

Valor 24 stemmed from a review of valorous actions of service members from World War II through Vietnam who were of Hispanic, African-American or Jewish descent. For whatever reason — racism, religious bigotry, or just poor record keep-

See MOH, P3



Photo by E.J. Herson

President Barack Obama applauds the newest living recipients of the Medal of Honor during a March 18 ceremony at the White House in Washington, D.C. From left are Sgt. 1st Class Melvin Morris, Master Sgt. Jose Rodela and Sgt. Santiago J. Erevia.

Warrior-athletes, former BAMC patients strike gold at 2014 Sochi Paralympics

Former Marine Sgt. Joshua Sweeney scored the game-winning goal to help Team USA win sled hockey gold at the Sochi 2014 Paralympics Games. Sweeney is a former Brooke Army Medical Center patient.

Courtesy photo



By Elaine Sanchez
 BAMC Public Affairs

A wounded warrior and former Brooke Army Medical Center patient led Team USA's sled hockey team to a hard-won victory over Russia at the Sochi 2014 Paralympics Games, which ran from March 7-16.

Former Marine Sgt. Joshua Sweeney, a bilateral amputee, scored a breakaway goal in the second period, cinching the team's 1-0 gold medal triumph in a tight game March 15.

With that win, the United States became the first nation to win back-to-back Paralympic gold medals.

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Sexual Assault Awareness Month: it's about respect

By Capt. Andrew Caulk

Sexual Assault Prevention and Response Community Advocate

April is Sexual Assault Awareness Month. This gives us a dedicated period to reflect on our culture, values and behavior.

It is a time to support victims, celebrate survivors, warn offenders and ultimately, educate our society about the realities of sexual assault and what each of us can do to stop it.

Joint Base San Antonio will host a number of events throughout April and across all military installations. The first event is "Can I Kiss You?"

at the Medical Education and Training Campus Student Center Auditorium at 1:30 p.m. Tuesday, followed by the proclamation ceremony at 3:30 p.m. April 4 at the Evans Theater, building 1396 on JBSA-Fort Sam Houston.

Over the last few years, we've all heard about the sexual assault tragedies that have happened throughout our military communities.

We've also experienced numerous training events in an attempt to "fix" the problem. However, the problem persists because it's a problem of culture.

The culture is not necessarily military specific.

We also need to examine our national culture that underpins military culture. We need to talk about respect.

Situations that lead to sexual assault can be complicated. Yet, they often boil down to one person violating a basic principle – respect. When both parties respect each other, sexual assault doesn't happen.

Sexual predators thrive in environments of disrespect. They know they can get away with behavior that a respectful culture wouldn't allow. Therefore, we must instill respect in all we do.

One action that dem-

onstrates respect for each other involves the issue of consent. Asking another individual for consent, specifically for physical intimacy, demonstrates that you care what the individual wants and values as much as you do.

Caring for each other is crucial if we are to build a respectful environment. As military members, caring for one another is vital if we are to achieve the difficult missions in front of us.

We need to apply this principle in every action of our lives. The impact of doing so is real and could lead to a community with little to no incidences of

sexual assault.

Respect will be a common theme throughout many of the JBSA Sexual Assault Awareness Month events.

A call to action to build a respectful environment is the theme of the Department of Defense SAAM Theme for 2014 – "Live Your Values: Step UP and Stop Sexual Assault."

Take the month of April to reflect how your behavior shows respect for others and contributes to an environment where sexual assault cannot exist. When we respect each other and ask others to do the same, we win against sexual assault.

JOINT BASE SAN ANTONIO SAAM EVENTS

"Can I Kiss You?"

Tuesday, 1:30 p.m., Medical Education and Training Campus Student Center Auditorium, JBSA-Fort Sam Houston. Guest speaker Mike Domitrz, founder of Date Safe Project, centers on communicating consent. Call 221-1496.

Proclamation Ceremony for Sexual Assault Awareness Month

April 4, 3:30 p.m., Evans Theater, building 1396, JBSA-Fort Sam Houston. Senior leaders from each service branch will come together to mark April as Sexual Assault Awareness Month for the JBSA community. The event will include guest speakers, recognitions and official signing of the proclamation. Call 808-6316.

"Step Up against Sexual Assault" Run/Walk Events

During the month of April at various JBSA locations, there will be a run or march to show support for survivors of sexual assault and spread the message that sexual violence is not tolerated in the JBSA community. For times, locations and dates, call 808-6316 at JBSA-Fort Sam Houston, 652-4386 at JBSA-Randolph or 671-7273 at JBSA-Lackland.

"Take Back the Night" at San Antonio Rape Crisis Center

April 10, 6:30-8:30 p.m., 7500 U.S. Hwy. 90 West. The JBSA community is supporting the San Antonio Rape Crisis Center's "Take Back the Night" event. Live music, guest speakers, food trucks and booths will be on sight to promote safety and community. Call 521-7273 or visit the The Rape Crisis Center on Facebook at <https://www.facebook.com/TheRapeCrisisCenter>. To represent JBSA and volunteer, call 808-6316.

"Drive OUT Sexual Violence" Golf Tournament

April 24, 12:30 p.m. tee time, Fort Sam Houston Golf Course. Join the JBSA community in "Driving out Sexual Assault" during this year's SAAM golf tourney. Show support for those affected by sexual assault while raising awareness on the course. Tickets are \$50 per person, which will include a T-shirt and goodie bag. Call Bill Hall at 671-7273 or email 502abw.cvk.ola@us.af.mil.

"Choose Respect" Teen Dance

April 25, 8-11 p.m., JBSA-Randolph Youth Center, buildings 584 and 585. Teens, ages 13-18, are invited to a dance and lock in. Emphasis will be on self worth, respect and

healthy relationships. Free refreshments, door prizes and games. Requires parent permission slips, available at JBSA Youth Centers. Call 652-4386.

Healing Hands Art Project

Several art pieces created by survivors of sexual assault will be displayed at various locations and SAAM events throughout April. Each "Healing Hands" artwork is unique to the survivor who created it. Artwork represents experiences including the trauma, recovery and ultimate healing of those who suffered through sexual violence. Call 808-6316.

Sexual Assault Awareness Information Tables

Sexual assault awareness information will be distributed at various JBSA locations throughout April. Staff will share information about sexual assault realities, victim services and prevention tips.

Sexual Assault Awareness Ribbon Displays

The color teal represents Sexual Assault Awareness Month. All JBSA locations will have teal ribbons or teal lighting in support of those JBSA survivors recovering from sexual assault or abuse.

Air Force Assistance Fund, Army Emergency Relief Points of Contact

Joint Base San Antonio AFAP installation project officer:
671-5492
JBSA assistant IPO:
925-4896

JBSA-Lackland AFAP IPO: 671-2007
JBSA-Lackland assistant IPO:
925-4883

JBSA-Randolph AFAP IPO:
652-6849
JBSA-Randolph assistant IPO:
925-3438

JBSA-Fort Sam Houston AFAP IPO:
Vacant
JBSA-Fort Sam Houston assistant IPO:
295-4985

JBSA-Fort Sam Houston Army Emergency Relief director:
221-1612

Soldiers and families not near an Army installation can also receive assistance at the nearest Air Force, Navy, Marine Corps or Coast Guard installation with the respective military aid society, or from the American Red Cross call center at 877-272-7337.



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Joint Base San Antonio-Fort Sam Houston
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<http://www.jbsa.af.mil>
<http://www.samhouston.army.mil/pao>

News Briefs

502nd Air Base Wing Enlisted Promotion Ceremony

The 502nd Air Base Wing monthly enlisted promotion ceremony is at 3 p.m. Monday at the Bob Hope Theater on Joint Base San Antonio-Lackland. Noisemakers are highly encouraged.

Commander Calls Scheduled

Brig. Gen. Bob LaBrutta, commander of the 502nd Air Base Wing and Joint Base San Antonio, is hosting three commander calls: Monday, April 7 10:30-11:30 a.m., JBSA-Fort Sam Houston, Evans Theater; Tuesday, April 8, 2-3 p.m., JBSA-Lackland, Bob Hope Theater and Wednesday, April 9, 9:30-10:30 a.m., JBSA-Randolph, Fleenor Auditorium.

IMCOM Announces Upcoming Change Of Command

Lt. Gen. David Halverson takes over for command of the U.S. Army Installation Management Command April 8 during a 10 a.m. ceremony on MacArthur Parade Field, Joint Base San Antonio-Fort Sam Houston. Halverson takes over for Lt. Gen. Michael Ferriter, who has served in the position since November 2011. Halverson comes to IMCOM from the U.S. Army Training and Doctrine Command at Joint Base Langley-Eustis, Va., where he served as deputy commanding general. As well as IMCOM commander, Halverson will take over the role of the Army's assistant chief of staff for installation management.

Gate Changes

The North New Braunfels gate is closed and the Harry Wurzbach West gate, or Pershing gate, is open. Hours for operation for the Harry Wurzbach West gate are 6 a.m. to 6 p.m. Monday through Friday and closed on weekends and holidays.

Hardee Road Closure

Hardee Road between Stanley and Scott Roads will be closed to traffic through July 7 to complete repairs of the roadway and sections of the sidewalk. Motorists are encouraged to follow the detour route to Schofield Road. The parking lot north of Hardee Road will remain open and accessible. Construction will occur in two phases. For more information, call 808-6335.

MOH from P1

ing — they were denied the honor due to them until a review ordered by Congress in 2002 discovered the oversight, according to an article published by the NCO Journal.

“We are here this morning to celebrate the heroism of 24 selfless individuals – 24 Soldiers whose acts of gallantry in battle merit our highest recognition,” said Secretary of Defense Chuck Hagel at a ceremony the following day in the Pentagon.

Rodela received the honor for his heroic actions in 1969 while serving in Vietnam as a sergeant first class. He was assigned to 5th Special Forces Group (Airborne) as an advisor, trainer and commander for a company of Cambodian troops.

When his company came under an intense barrage of enemy mortar, rocket, and machine gun fire, Rodela ignored it and immediately began placing his men into defensive positions to prevent an assault which might overrun the entire battalion.

Rodela repeatedly exposed himself to enemy fire, moving from position to position, suppressing fire and assisting wounded men, when he was wounded in the back and head by rocket shrapnel while recovering a wounded comrade.

Alone, Rodela assaulted and knocked out the rocket position. After successfully returning to the battalion's perimeter, he continued to command his company, despite painful wounds, throughout 18 hours of continuous contact with enemy fire, until he was evacuated.

When asked about



Photo by E.J. Herson

The newest living recipients of the Medal of Honor stand during a ceremony March 18 at the White House in Washington, D.C. From left are Sgt. 1st Class Melvin Morris, Master Sgt. Jose Rodela and Sgt. Santiago J. Erevia.

how it felt to finally receive such an honor for actions that took place more than four decades ago, Rodela was very straightforward.

“This (medal) is for the people who are not here – that’s the way I look at it,” Rodela said. “I receive it to remember them for the rest of my life.”

In particular, Rodela said it was for his friends Staff Sgt. Rudy Chavez and Sgt. 1st Class Joe Haga, the ones who originally inspired him to join Special Forces and earn the Green Beret. Chavez and Haga were both killed in action during their tours.

Erevia received the nation's highest military honor for his heroic actions in 1969 while serving in Vietnam as a specialist in the infantry.

While serving with 1st Battalion, 501st Infantry Regiment, 101st Airborne Division (Airmobile), during a search and clear mission near Tam Ky City in the Republic of Vietnam after his platoon had

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rest of my
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Master Sgt. Jose Rodela

penetrated an enemy defensive perimeter, Erevia was delegated to remain behind and care for the wounded while the rest of the platoon pushed on against the adversary.

As Erevia began administering first aid to the battle casualties, his position came under heavy fire from a line of enemy bunkers to his

left front.

Without hesitation, Erevia crawled from one wounded man to another gathering weapons and ammunition. Now armed with two M16 rifles and several hand grenades, he then rose to his feet and charged directly into the fire of the hostile gun emplacement, discharging suppressive fire on the enemy as he ran.

Once he neared the first bunker, Erevia edged his way up to the emplacement under intense fire from the other bunkers and unleashed a grenade on its defender.

He then maneuvered to the second and third bunkers employing the same tactics and destroyed both fortifications and their occupants with well-placed grenades.

With his supply of hand grenades now exhausted, Erevia fought his way to the final bunker, running and firing both rifles simultaneously, and killed the fortification's defender with point-blank fire.

Having single-handedly

destroyed four enemy bunkers and their occupants, Erevia then returned to the Soldiers charged to his care and resumed treating their injuries.

Erevia had originally planned to conduct the assault with Spc. Patrick Diehl, but Diehl was killed by enemy fire as they prepared to attack.

“Diehl ... 45 years later, I still remember him plainly,” Erevia said in an interview with the NCO Journal. He too had friends – brothers really – who were lost that day but would never be forgotten.

“Prior to that day, we had skirmishes where we were fighting together. He was a brave man. He got the Silver Star, but I think he should have gotten something better.”

“They say dead people probably don’t get as much recognition as the live ones,” he said. “But there were a lot of brave people out there. To those guys, I would say this medal is for you.”

Both men had previously received the Distinguished Service Cross for their actions.

However, after a thorough review, President Barack Obama decided their actions merited an upgrade to the Medal of Honor. Retired Sgt. 1st Class Melvin Morris was the only other living Soldier to receive the upgrade and was also honored at the ceremony.

Following the ceremony, Rodela and Erevia visited the Vietnam Memorial Wall. It was the first visit for both and, with medals hanging heavily around their necks, they looked at the names of their friends – Haga, Chavez, Diehl and many others – and thanked them one last time.

Joint Base San Antonio, CPS Energy team up for \$810,000 rebate

By Steve Elliott
JBSA-Fort Sam Houston
Public Affairs

Joint Base San Antonio, CPS Energy's largest customer, was awarded a rebate check March 19 of more than \$810,000 from the utility as the result of savings realized from an extensive lighting project at JBSA-Lackland.

The presentation took place in the 502nd Air Base Wing/JBSA headquarters building's main conference room, with 502nd ABW/JBSA Commander Brig. Gen. Bob LaBrutta and several location energy managers accepting an oversized check for \$810,425.14 from CPS Energy officials.

In accordance with Air Force energy reduction goals and in compliance with White House and Department of Defense

directives, the JBSA Energy Savings Performance Contract project included carrying out a massive energy conservation retrofit project. In 129 buildings on JBSA-Lackland, older and inefficient magnetic ballasts, lamps, incandescent bulbs and high-energy discharge lamps were replaced with newer and more efficient fixtures.

"The rebate will be reinvested into the overall cost of the project," said Andy Hinojosa, JBSA-Lackland energy manager. "This rebate will pay for about 28 percent of the total project investment, with an electric utility savings of \$290,000 annually.

"Since the energy contractor will pay for the entire implementation of the project, the contractor will be paid annually from the energy savings for

the nine-plus years of the contract's term," Hinojosa added.

An ESPC is a partnership between a federal agency and an energy service company. The company conducts an extensive energy audit of the facilities and identifies improvement to save energy. The energy service company then designs and constructs a project that meets the federal agency's needs and arranges the necessary funding.

Hinojosa said the original project investment cost was \$2,918,927 and the energy reduction will be approximately 2 percent of JBSA-Lackland's total electrical energy usage.

"The ESPC rebate of \$810,000 and the \$290,000 annual savings is the first step toward meeting General



Photo by Mike O'Rear

CPS Energy presented Joint Base San Antonio officials with an oversized rebate check for \$810,425.14 March 19 for participation in the JBSA Energy Savings Performance Contract Project, which entailed a comprehensive energy audit of facilities at JBSA-Lackland. Participating in the presentation are (from left) Col. William A. Eger III, commander of the 502nd Installation Group, Joint Base San Antonio-Lackland; Andy Hinojosa, JBSA-Lackland energy manager; Ray, the JBSA Energy Mascot; Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and JBSA commander; Jelynn Burley, CPS Energy executive vice president and chief delivery officer; Elias Abdulhad, JBSA-Lackland energy manager; and Garick Williams, CPS Energy's JBSA energy solutions director.

LaBrutta's goal of \$2 million in savings," he added.

The 502nd ABW launched an energy campaign Feb. 13 designating 2014 as an Energy

Action Year throughout JBSA during a ceremony Feb. 6 at JBSA-Fort Sam Houston.

"What we're going to do is use our partner-

ship with the City of San Antonio, in particular our great partnership with CPS Energy, to help us achieve some of this," LaBrutta said.



Photo by Tim Hipps

Army Staff Sgt. Jen Lee, seen here in the net for the San Antonio Rampage Sled Hockey Team, served as backup goalie for the U.S. Sled Hockey Team in the 2014 Paralympic Winter Games in Sochi, Russia.

PARALYMPICS from P1

“We all played hard and gave it our all,” said Sweeney, a first-time Paralympian and former Brooke Army Medical Center patient. “It’s great to know our team came together and did what we needed to do to come out on top.”

Just a few days earlier, the U.S. had suffered

a painful 2-1 defeat by Russia in a preliminary round, doubling the team’s determination to do more in the gold medal game.

“We knew going into the game that we had to play hard,” Sweeney said. “We weren’t going to give them any more chances.”

With a gold medal in sight, both teams remained scoreless after the first period, but

the U.S. team rallied in the second. Nearly 10 minutes into the period, Sweeney saw an opportunity to intercept a pass. Going into “auto-pilot,” he stole the puck and slammed it past the goaltender to score the game-winning goal.

“I didn’t do anything my teammates didn’t do,” he said. “Right after that, I was thinking about how awesome it was to contribute to my team.

“Russia played a hard game,” he added. “It was definitely a battle.”

Other key players of the U.S. team were forward Rico Roman, an Army veteran, and goalie Army Staff Sgt. Jen Lee, a member of the U.S. Army World Class Athlete Program and the first active duty Soldier selected for a Paralympic winter sports team.

Like Sweeney, both Roman and Lee underwent rehabilitation at

BAMC’s Center for the Intrepid.

A combat veteran turned elite athlete, the media is now calling Sweeney a two-time hero. The former Marine was on patrol in Afghanistan in 2009 when he stepped on an IED. He lost both legs above the knee and suffered left hand and right arm injuries.

At the time, the former high school hockey player figured he’d never hit a puck again.

“When I was going through rehab, if someone would have told me I’d be winning a gold medal a few years later ... I never would have believed them,” he said. “I’m still in awe; it’s surreal.”

Sweeney hopes this victory will inspire others with injuries or combat wounds to pursue



U.S. Paralympic Sled Hockey team members and gold medalists Staff Sgt. Jen Lee (left) and Joshua Sweeney (center), along with U.S. Paralympic Nordic skier Andy Soule, received a warm welcome home by care teams, physical therapists, technicians and friends at the Center for the Intrepid on Joint Base San Antonio-Fort Sam Houston Monday. Sweeney scored the only goal to give the United States the win over Russia, 1-0. Lee, Sweeney and Soule are all former CF1 patients.

Photo by Robert Sheilds

their dreams.

Back at BAMC, staff and friends were watching and cheering on the warrior-athletes every step of the way. Many said they were “jumping for joy” after the televised victory.

“We are so proud to see some of our own bring home the gold,”

said BAMC Commander Col. Kyle Campbell.

“The entire BAMC team is dedicated to assisting all patients in regaining the highest degree of activity possible. It’s truly inspiring to our staff and other patients to see what Rico, Jen and Josh have accomplished!”

News Briefs

Continued from P3

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 on April 16-17, April 30-May 1, May 14-15, June 11-12, June 25-26, 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, although it is preferable to wear old civilian clothing as the materials used for simulated injuries may stain. Call 808-3406 or 808-3410.

Military Tax Assistance Centers Open For Business

The Military Tax Assistance Centers on Joint Base San Antonio-Fort Sam Houston are open through the April 15 tax filing deadline. Those eligible for services include active duty service members and their dependents, as well as military retirees and their dependents. Civilian employees and contractors are not eligible for services unless they fit into one of the above categories. "Gray area" retired reservists are not eligible for services until they begin receiving retired military pay. Taxes are completed on an appointment-only basis at two tax sites: the main site located at 2271 Reynolds Road (in the 502nd Force Support Group Legal Office trailer) and the San Antonio Military Medical Center site (located in the basement near the lost and found office). To make an appointment at the main site, call 295-1040. To make an appointment at the SAMMC MTAC site, call 916-1040.

USAREC Requests Recruiters Return

Formerly detailed recruiters can earn a \$4,000 bonus if they reclassify to MOS 79R and return to U.S. Army Recruiting Command. NCOs must be a staff sergeant or sergeant, have less than 12 years in time in service, and currently be in an over strength or balanced MOS. Time of service as a 79R must be a minimum of 36 months. See your career counselor for more information.

232nd Medical Battalion Soldiers compete for platoon sergeant of the year title

By Esther Garcia
AMEDDC&S Public Affairs

Eleven Soldiers from the 232nd Medical Battalion competed for the title of Platoon Sergeant of the Year Feb. 26-28, with Company A's Staff Sgt. Casey Lowe coming out on top. Staff Sgt. Benjamin Brown finished second and Staff Sgt. Larry Gee was in third place, both of those Soldiers coming from Company E.

"All the competitors were so evenly matched, you never knew who was in the lead," Lowe said. "It was a tough competition and the toughest thing was how many different events there were and having to do so many events in one day. You either had to already know it or study really hard beforehand."

The competition included the Army Physical Fitness Test, followed by weapons qualification on an M16 rifle at Joint Base San Antonio-Camp Bullis.

The candidates were also tested on their knowledge of the warrior tasks and battle drills, covering areas such as tactical communications, first aid, reacting to direct and indirect fire and evacuating the injured.

In addition, the competition also included a six-mile road march with full battle dress, hand-to-hand combat, uniform inspection, physical readiness training, different types of physical drills, a written exam with written essay.



Lt. Col. Philip Sheridan, commander, 232nd Medical Battalion commander, presents the Army Achievement Medal to Staff Sgt. Casey Lowe Feb. 28. Lowe placed first in the annual 232nd Medical Battalion Platoon Sergeant of the Year competition that began Feb. 25. Lowe will compete next at the 32nd Medical Brigade level.

The last day of the competition included a combined night and day land navigation, as well as an oral board. The board consisted of the 232nd Medical Battalion command sergeant and first sergeants representing the companies of the battalion.

Candidates were tested on their knowledge of the platoon sergeant program, enlisted policies and administration, Army training and leader development, Army weight control program and awards.

"It was an awesome overall experience; tough but rewarding," Brown said of the competition. "I had a blast doing it."

Brown said he likes to challenge himself. He enjoys combatives, but thought land navigation was the hardest.

"The idea behind this competition is to identify

our top platoon sergeant of the year," said 232nd Medical Battalion Command Sgt. Maj. Jawn Oilar. "The top two sergeants will go on to the 32nd Medical Brigade competition and the winner of that one will then go to the Training and Doctrine Command Platoon Sergeant of the Year competition to be held later this year."

Oilar said this competition is a way to find out who their best platoon sergeant is: technically, tactically and physically.

"It has been a challenge for them and it is an opportunity for them to set themselves aside from their peers," Oilar added. "We have 76 platoon sergeants within the 232nd Medical Battalion. To say you are the best says a lot about you."

The 232nd Medical Battalion has six compa-

nies and one reception company and its mission is to train combat medics or "68 Whiskies." It



Staff Sgt. Casey Lowe (right) inspects uniforms of Soldiers during the 232nd Medical Battalion Platoon Sergeant of the Year competition. Lowe won first place in the competition, held Feb. 25-28.

is the largest training battalion in the world.

"In one year, we put through about 6,000 medics," Oilar said. "We like to think of the 68 Whiskies as the Army Medical Department's infantry Soldier because it is only second in terms of size to the 11B (Infantry Soldier) military occupational specialty."

Lt. Col. Philip Sheridan, commander, 232nd Medical Battalion, presented the Army Achievement Medal following the competition.

"We are taking these young soldiers who have only been in the Army for about two months when we get them and turning them into medics whose sole responsibility is to save lives on the battlefield across the Army," Oilar said.

Photos by Esther Garcia

Being nutrition efficient: choosing the best 100-calorie snack foods

By Senior Airman
Catherine Scholar
59th Medical Wing
Outpatient Nutrition Clinic

Ever look at the nutrition label of a candy bar, pastry or chips and thought “Geez, that’s a lot of calories for that small item?”

These supposed quick “to-go” candy snack items could range from 200 to 600 calories, depending on the name brand, and are empty calories or calories with little to no nutritional value.

Many times you find these items located in the middle aisles of a grocery store, or tempting you at the registers as you wait in line to purchase what you really came to the store to buy.

Making smart nutrition choices are a necessary part of everyone’s daily life. The Academy of Nutrition and Dietetics suggests one or two snacks that are less than 200 calories per day for the average adult. Look to the perimeter aisles of the grocery store to find fruits, vegetables, and nuts that make excellent healthy snacks that are low on calories. Listed below are several 100-calorie items that may surprise you:

- One half cantaloupe
- Two one-ounce low-fat cheddar cheese cubes
- One cup strawberries and three tablespoons of fat-free whipped cream
- 1.25 ounce of turkey jerky
- One cup of baby carrots with two tablespoons of

hummus

- About one-half cup of frozen yogurt
- 34 pieces of whole grain penne (dry)
- Two egg whites with one slice whole wheat toast
- Three cups of air-popped popcorn
- Eight shrimp and four tablespoons of cocktail sauce
- Sliced tomato with a sprinkle of feta cheese and olive oil
- One half cup of shelled edamame
(Reference: *Top 28 Best Healthy Snacks* by Lisa Drayer, R.D.)

For more information about nutrition and classes offered at the Wilford Hall Ambulatory and Surgical Center, Outpatient Nutrition Clinic, call 292-7578.

Word on the Street

In observance of Women's History Month, what woman do you find inspirational in your life?



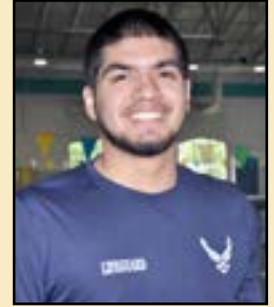
Timothy Martin
Night Shift Supervisor
Jimmy Brought Fitness Center

“Definitely my mother. She was instrumental in me becoming the person I am today.”



Sgt. Lee Ezell
Army North
(Fifth Army) Public Affairs

“It would be my wife, Erin. I can talk to her about absolutely anything and I know I am going to get an honest opinion or answer.”



Willie Martinez
Lifeguard
Jimmy Brought Fitness Center

“My mom has been my inspiration. She raised four of us, worked two jobs and went to school. She inspired me to be a hard worker as well.”

Photos by Steve Elliott

Shoplifters be warned: AAFES will catch, prosecute you

By L.A. Shively
JBSA-Fort Sam Houston
Public Affairs

Step outside any of the Army and Air Force Exchange Service facilities on Joint Base San Antonio-Fort Sam Houston without paying for merchandise in your possession and it will cost you a lot more than what the item is worth.

Shoplifting is taken very seriously by AAFES management, explained Larry Martin, loss prevention manager for JBSA-Fort Sam Houston, JBSA-Camp Bullis and Camp Mabury in Austin, Texas.

Martin's stores include the Exchanges, the P-Xtras, Class-Six stores, Clothing Sales, the gas stations, Einstein's Bagels, Patch Express in the mini-mall, Popeye's Chicken, Subway, Burger King and Godfather's Pizza.

During the eight years he has been doing this job, Martin has learned how to quickly recognize and apprehend thieves and wants to let customers and employees know there are stiff penalties for shoplifting and that shoplifters will be caught.

When you are caught shoplifting, you could be barred from all Exchange facilities, from the installation and face criminal charges. Shoplifting could drastically affect or even end a military or civilian career.

There is also an automatic \$200 civil recovery fee charged to shoplifters that offsets the cost of maintenance on the array of security cameras and digital recorders in the stores.

"It doesn't matter if you stole a 25-cent beef

jerky or a \$1,000 TV," Martin said.

Eighty-five digital cameras are in place throughout the Main Exchange on JBSA-Fort Sam Houston, recording all areas of the store – except for the dressing rooms – around the clock, seven days a week, Martin explained.

The cameras are connected to closed-circuit televisions monitored by the loss prevention manager or one of a team of loss prevention detectives. These cameras rotate 360 degrees and can zoom in so closely that numbers on a receipt or instructions on a label can be read. Both customers and employees are observed.

"Even when we're not looking at them, the cameras are still recording," Martin said. "We know our hot spots and what people like to steal. They think we can't see, but we know where they try to hide the stuff."

Shoplifters will sometimes remove an item

"Even when we're not looking at them, the cameras are still recording. We know our hot spots and what people like to steal. They think we can't see, but we know where they try to hide the stuff."

*Larry Martin,
Loss Prevention Manager for JBSA-Fort Sam Houston,
JBSA-Camp Bullis and Camp Mabury in Austin*

from its packaging and then discard the box and wrappings somewhere inside the store, thinking they are evading tripping store alarms by the electronic tags. Martin and



Photo by L.A. Shively

Larry Martin monitors the security cameras located throughout AAFES Main Exchange at JBSA-Fort Sam Houston. Loss prevention teams are also in place at the AAFES facilities on JBSA-Lackland and JBSA-Randolph.

his team of detectives are able to pursue these thieves as well using camera footage.

If footage is needed for a case, it will be burned to a CD and kept as long

as necessary. "I actually caught a lady more than a year after she stole a purse – several purses. They were stuffed one into another," Martin said. "I

was watching the camera and she came walking in again and we picked her up. We have a long memory."

Video games and high-end women's purses used to be the merchandise of choice until the electronic tags were installed. Now it's mainly jewelry, cologne and clothing items, Martin said.

Last year, 79 shoplifters were caught on JBSA-Fort Sam Houston.

"We catch quite a few active duty students here and that's quite a surprise to me," Martin said. Shoplifting usually peaks when school lets out during Spring Break. It also picks up between Thanksgiving and Christmas.

"I stopped a little girl once and her comment to her mom was, 'Well, that was your Christmas gift.'"

The largest item Martin witnessed a shop-

lifter try to leave the store with was a 50-inch TV.

"They walked out the door with it. They didn't stop at the register; they just kept going. So we followed and met them outside the door."

Plain clothes detectives patrol the Main Exchange looking for suspicious activity. The detectives, who are exchange safety and security associates, are AAFES employees and certified via professional training.

"They look like housewives, retired people, some even look young," Martin said. "They are totally undercover and the only time people find out about the security team is when they walk out the door."

"We don't let people walk out the door with merchandise and we look for safety issues," said Tonya Morin, one of the detectives on the floor at

JBSA-Fort Sam Houston Main Exchange.

When a detective witnesses an incident, he or she detains the shoplifter and invites that person to the office, where security forces are called. If a shoplifter resists, the detective reports the incident to security forces, noting as much detail as possible about the person.

Thieves have also been caught entering the store after hours. One morning, employees found ceiling tiles collapsed on the floor. After reviewing camera footage, the interloper was spied falling through the ceiling and his hideout was located.

The raccoon was humanely removed and placed back into the wild at JBSA-Camp Bullis, but there was no mistaking he was a thief, Martin said.

"He had a mask on."

Scott Road closure through June 27

Starting Saturday, Scott Rd. between Taylor and Schofield Roads will be closed to through traffic through June 27 to remove and overlay the existing asphalt pavement with new asphalt pavement. In addition, some of the damaged curb will be removed and replaced with new curbs. Motorists are encouraged to follow the signs posted for the detour route. The project will begin pre-construction mobilization activity the week of April 21. Traffic control devices and signs will be set up April 29. For more information, call 295-4784.

ST. PATRICK'S DAY WREATH LAYING CEREMONY AT THE ALAMO



Photo by Esther Garcia

Green was the color of the day as the Army Medical Department Center and School Color Guard presents the colors at the 47th Annual St. Patrick's Day laying wreath ceremony in front of the Alamo March 17. Sponsored by the Harp and Shamrock Society of Texas, the ceremony honors the Irish heroes who lost their lives during the battle of 1836. Saint Patrick is the patron saint and national apostle of Ireland. St. Patrick's Day is celebrated on March 17, the saint's religious feast day and the anniversary of his death in the fifth century. Formed in October 1966, the Harp and Shamrock Society of Texas was founded to "involve persons of Irish nationality or heritage to do honor to the land of their forefathers." For the last 47 years, the society has focused on the appreciation of the cultural achievements of Ireland and Irish-American history here in Texas.

Lights, camera, action:

Videographers tell service stories in 'reel' time

By Alex Salinas
Joint Base San Antonio-Randolph
Public Affairs

If photographers capture moments in time and graphic artists create artwork and images, then 502nd Air Base Wing videographers record life, keeping the Joint Base San Antonio community informed.

From readiness exercises at JBSA-Randolph to military training at JBSA-Lackland to educational medical instruction at JBSA-Fort Sam Houston, the three-person video crew's tight schedule includes planning, filming and editing projects for customers throughout JBSA.

The team generates about 30 video products each quarter. The video services division mission is to provide documentary and production videos. Videos are in support of education and training, mission operations and heritage, plus, senior leader communication and news pieces.

"We're cameramen, sound and lighting crew, film editors and more,"

said Wayne Cooper, 502nd ABW public affairs video services division chief. "For each production, we wear many hats. It's a constant balancing act with our manpower and workload."

Using the latest in equipment and software, videographers split their time between being out on "shoots" and back at the office editing and preparing footage.

While demand is up for their services, these videographers get satisfaction from serving each customer.

"We know our work is valued and people are naturally drawn to digital storytelling," he said. "Video stories often show what's motivating an event as it unfolds."

"The joy in a customer's face when a video exceeds their expectations is the best part of my work," said Tony Hearst, a 502nd ABW/PA audiovisual production specialist with 30 years of video experience. "That never gets old."

The team admits that being out of the office and



Photo by Joel Martinez

Tony Hearst, Joint Base San Antonio-Randolph videographer, documents the reassembly of a C-130 Hercules aircraft March 11 at JBSA-Camp Bullis. The three-person video team covers all three JBSA locations and produces about 30 videos each quarter.

learning about different specialties and being a part of preparing training videos that normally affect an entire military service is a motivator that keeps things new and exciting

every day.

"Getting out on the field with military members during training is always a good time," Cooper said. "Getting up close to an event and seeing how it

happens and knowing it affects so many people is a great job to have."

To request video services, call 652-4876. Customers can also reach the video services section by

calling the JBSA-Randolph Public Affairs customer service desk at 652-4226.

For more information, visit <http://www.jbsa.af.mil>, scroll over "Library" and click on "Multimedia."

Joint Base San Antonio public affairs professionals win at Air Force level

Joint Base San Antonio Airmen were recently honored in the results from the 2013 Air Force Media Contest in the areas of print, photography, broadcasting and music.

The winners were announced March 13 and winning products may be viewed on the Air Force Public Affairs Agency website at <http://www.afpaa.af.mil/mediacontest/> [mediacontest2013.asp](http://www.afpaa.af.mil/mediacontest2013.asp).

First-place winners in select categories will advance to the Department of Defense level to be considered for the Thomas Jefferson Award.

In the "Category 4: Feature Article" category, Tech. Sgt. Beth Anschutz from Headquarters Air Education and Training Command Public Affairs, JBSA-Randolph took first place.

In the "Category 8:

Photojournalism" category, Staff Sgt. Jerilyn Quintanilla from the 59th Medical Wing Public Affairs office at the Wilford Hall Ambulatory Surgical Center, JBSA-Lackland, was a first-place winner.

For the "Category 13: Civilian Print Journalist of the Year," Susan Romano from the Air Force Intelligence, Surveillance and Reconnaissance Agency Public Affairs at

JBSA-Lackland took third place.

In photography, Staff Sgt. Jonathan Snyder from the 3rd Combat Camera Squadron at JBSA-Lackland took first place in "Category 22: Portrait/Personality."

In the area of broadcasting, "Category 35: TV Spot Production," Tech. Sgt. Harry Kibbe from Air Force Recruiting Service Public Affairs, JBSA-Ran-

dolph, took third place.

For Air Force music, Airman 1st Class Jennifer Daffinee from the U.S. Air Force Band of the West, JBSA-Lackland, was the first-place winner in "Category 53: Outstanding New Public Affairs Musician."

Also in music, Tech. Sgt. Jeremy Martin from AFPAA took first place in "Category 50: Outstanding Large Instrumental Com-

position/Arrangement."

For social media, the AFPAA social media division took first place in "Category 10: Outstanding Blog." The team is made up of Tayna Schusler, 1st Lt. Victoria Hight, Tech. Sgt. Steve Grever, Staff Sgt. Jarrod Chavana, and Senior Airman Antonio Gonzalez.

(Source: Air Force Public Affairs)



Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Events

April

Auto Hobby

Auto Hobby Shop offers Texas vehicle safety inspections

The JBSA-Lackland Auto Hobby Shop performs Texas vehicle safety inspections for \$14.50, pass or fail. For more information, call 671-3549.

Vehicle air conditioning service offered

The JBSA-Lackland Auto Hobby Shop services vehicle air conditioning systems just in time for hotter weather. Take advantage of rates starting at \$40 for this service. For more information, call 671-3549.

Bowling

Skylark hosts bowling with Easter Bunny

The JBSA-Lackland Skylark Bowling Center gives patrons the opportunity to bowl with the Easter Bunny April 12, 10 a.m. to 2 p.m. The cost is \$7.95 and includes bowling, shoe rental, goodie bag, a beverage and snack. For more information, call 671-1234.

Snack bar special available on Good Friday

The JBSA-Fort Sam Bowling Center offers \$1 off catfish baskets Good Friday, April 18, 11 a.m. to 2 p.m. For more information, call 221-3683.

Easter Bunny bowls with youth

The JBSA-Randolph Bowling Center offers youth a chance to bowl with the Easter Bunny April 19, noon to 3 p.m. The cost is \$10 per child and includes two games of bowling (rental shoes included), a picture with the Easter Bunny and a goodie bag. For more information, call 652-6271.

Bowling has leagues for everyone

Ladies only, senior citizens, Christian fellowship, youth and couples team leagues can be found at the JBSA-Fort Sam Houston Bowling Center. Summer leagues run May 19 through Aug. 11. Leagues play at various times, Tuesday through Friday. For more information, call 221-3683.

Patrons celebrate Month of the Military Child with bowling

Youth, ages 12 and younger, bowl for free at the JBSA-Fort Sam Houston Bowling Center April 27, noon to 5 p.m., when accompanied by an adult (18 yrs old and older) that also bowls. Shoe rental not included.

The JBSA-Lackland Bowling Center offers \$1.60 per game Tuesday, Wednesday and Fridays, 11 a.m. to 5 p.m., in celebration of Month of the Military Child.

The JBSA-Randolph Bowling Center offers a bowling

special to celebrate the Month of the Military Child every Sunday in April, 1-4 p.m. Youth, ages 12 and younger, bowl for free when accompanied by an adult (18 years old and older) that also bowls (shoe rental not included). For more information, call 652-6271.

Patrons enjoy great deals at the bowling center

The JBSA-Fort Sam Houston Bowling Center offers \$1 games and shoe rentals Tuesday through Friday, 11 a.m. to 2 p.m. Patrons also enjoy "Red Pin" bowling Wednesday and Friday 11 a.m. to 2 p.m. For more information, call 221-3683.

Sunday bowling fun for the entire family

Families get a bowling lane for one hour, a large pizza, sodas and bowling shoes for just \$45. This special takes place every Sunday, noon to 5 p.m., at JBSA-Fort Sam Houston. For more information, call 221-3863.

Pro shop hosts clearance sale

The JBSA-Lackland Skylark Bowling Center Pro Shop conducts a clearance sale during April. Items such as select bags, bowling balls and shoes are reduced 30 percent, while supplies last. For more information, call 671-1234.

Clubs

Easter meals available for take out

The JBSA-Lackland Gateway Club features meals for take out April 9-19, which are perfect for Easter celebrations and family gatherings. Patrons can choose from a 9-11 pound glazed Virginia pitted ham, 12-14 pound roast turkey or 9-11 pound roast pork loin stuffed with dried fruit as the main entrées. Patrons can also choose to include sides such as corn bread stuffing, rice pilaf, whipped potatoes with gravy, sweet potatoes with marshmallows, cranberry sauce, green beans almandine, corn O'Brien, rolls and apple crumb pie. Orders must be placed at least two days in advance and the last day to order is April 17. Prices for meals depend on meal choices and range from \$45-\$75 for members and \$50-\$80 for nonmembers. For more information, call 645-7034.

Celebrate Easter early with a lunch buffet

The JBSA-Lackland Gateway Club holds a pre-Easter lunch buffet April 17, 11 a.m. to 3 p.m., in the food court. Patrons dine on champagne basted turkey breast with cranberry chutney, baked ham with orange glaze, almond-crusting tilapia, rosemary-crusting roast beef, an assortment of sides, soups, salads, desserts and beverages. The cost is \$9.95 per person. For more information, call 645-7034.

Patrons listen to rhythm and blues and jazz music

The JBSA-Randolph Kendrick Club hosts R&B and jazz music April 18, 5 p.m., outside on the patio. There is also a themed buffet available for \$9.50 per person. Club members receive \$1 off the buffet price. For more information, call 652-3056.

Patrons enjoy lunch with the Easter Bunny

The JBSA-Lackland Gateway Club hosts a lunch with the Easter Bunny April 19, 11 a.m. to 1 p.m. Families enjoy music, games and a buffet lunch with the special guest, featuring kid-friendly items such as chicken tenders, pizza, macaroni and cheese, mini burgers and more. The cost is \$6.95 for adult members, \$4.95 for child members, \$7.95 for adult nonmembers, \$5.95 for child nonmembers and children ages 5 and younger eat for free. Purchase tickets at the cashier cage. For more information, call 645-7034.

Gateway Club hosts Easter brunch

The JBSA-Lackland Gateway Club hosts an Easter brunch in the Fiesta Ballroom April 20, 10:30 a.m. to 3 p.m. A variety of entrées are offered including rosemary-crusting prime rib, chicken Bordeaux, seafood Newburg with white steamed rice, roasted pork tenderloin stuffed with dried fruit, glazed baked Virginia ham, champagne-basted turkey, a breakfast bar, sides, salads, desserts and beverages. Patrons enjoy music provided by DJ Stevie Mac and a visit from the Easter Bunny while feasting on the buffet. The cost is \$18.95 for adult members and trainees, \$9.95 for child members, ages 6-11, \$21.95 for adult nonmembers, \$10.95 for child nonmembers and children ages 5 and younger eat for free. For more information, call 645-7034.

Reservations for Mother's Day Brunch begins

The JBSA-Randolph Parr Club hosts a Mother's Day Brunch May 11. Seating times start at 10:30 a.m. and are every half hour up to 2:30 p.m. The cost is \$24.95 per adult for members, \$12.50 for members' children ages 6-12, \$27.95 per adult for nonmembers and \$14.50 for nonmembers' children ages 6-12. Children five and younger eat for free. All mothers and grandmothers will be entered into a drawing for a chance to win a spa treatment gift certificate. The drawings will be held the next day and the winners will be notified. Reservations open April 21 for the delicious brunch. For more information, call 652-4864 or 658-7445.

JBSA FSS

Community Programs

Shoppers find bargains at flea market

The JBSA-Randolph Community Services Mall hosts a flea market April 5, 8 a.m. to 1 p.m., at the Child Development Programs parking lot. Rent a space for \$15 or come out and shop for bargains. For more information, 652-5142, option 2.

Patrons enjoy bargains

The JBSA-Randolph Community Services Mall hosts a Bargain Warehouse April 9, 8-9 a.m. for E1-E6 and 10 a.m. to 2 p.m. for all other DOD ID cardholders at building 1072. Only checks and cash are accepted as payment. For more information, call 652-5142, option 2.

Dogs and owners search for Easter eggs

Canines and their owners are invited to the JBSA-Lackland Arnold Hall Community Center annual Doggie Easter Egg Hunt April 18, 6-7:30 p.m. Easter eggs filled with treats and prizes are hidden throughout the Community Center courtyard for patrons to find at this free event. Dog owners are also welcome to enter their pet in contests such as Best Easter Bonnet, Best Easter Egg Basket and Most Easter Eggs Found. Additionally, patrons can have photos taken of their dogs with the Easter Bunny. For more information, call 671-2619.

See the newest in spring and summer fashion

The JBSA-Lackland Arnold Hall Community Center hosts a spring and summer fashion show April 26, 3-6 p.m., featuring the latest styles in men's and women's fashion. Tickets are \$10 per person. A food and cash bar is available during the event. For more information, call 671-2619.

Patrons participate in Community Extravaganza Fair

The Community Extravaganza Fair, takes place April 28, 9-11 a.m., at the JBSA-Fort Sam Houston Golf Club, 1050 Harry Wurzbach Road. DOD ID cardholders are invited to visit with representatives from post agencies and local businesses to learn more about JBSA and the San Antonio area. For more information, call 221-2307.

Harlequin Dinner Theatre presents "Doo-Wop City"

The JBSA-Fort Sam Houston Harlequin Dinner Theater presents "Doo-Wop City." This hit musical revue features more than 60 hits from the 50's and 60's and runs through May 3. For reservations, call 222-9694.

Fitness and Sports

Fitness Center appreciates customers

The JBSA-Randolph Fitness Center hosts Customer Appreciation Day April 2, 11 a.m. to 1 p.m. The fitness center staff will provide tours of the facility to familiarize patrons with the workout areas. For more information, call 652-7263.

Patrons enjoy lunchtime circuit training

Get a challenging workout during lunch at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center's two-hour

SEATING TIMES
10 a.m.
10:30 a.m.
11 a.m.
11:30 a.m.
Noon
1 p.m.
1:30 p.m.
2 p.m.
2:30 p.m.

APRIL 20 at the PARR CLUB!

EASTER BRUNCH

Members • \$24.95 per adult • \$12.50 children ages 6-12
Non Members • \$27.95 per adult • \$14.50 children ages 6-12
Children 5 & under eat FREE!

FOOD, DRINKS, FUN, AND AN EASTER BUNNY, NEED WE SAY MORE?

MAKE YOUR RESERVATIONS TODAY!
FOR MORE INFORMATION, CALL 852-4864/558-7443.
Reservations and prepayments are required.
Refunds will be issued no later than 48 hours prior to event.

circuit training class April 8, 11:30 a.m. to 1:30 p.m. This class is free with incentive prizes and giveaways, to keep participants motivated. For more information, call 221-1234.

Rambler 1.5-mile run challenges patrons

The JBSA-Randolph Fitness Center challenges patrons to a 1.5-mile run April 10, 7:30 a.m. at the jogging trail. For more information, call 652-7263.

Runners and walkers participate in 5K

The JBSA-Lackland Gillum Fitness Center hosts the "Run the Hill" 5K run/walk April 11, 7:30 a.m., which begins at Stapleton Park on Security Hill. Patrons can sign up on the day of the event. For more information, call 977-2353.

Fitness centers hosts varsity basketball tournament

JBSA-Lackland hosts the third annual National Military Varsity Basketball tournament April 11-13 at the Chaparral and Warhawk Fitness Centers. Eight conference teams and four at-large teams compete in this year's tournament representing all services. For more information, call 671-2401 or 671-2016.

Patrons celebrate Fiesta with a 5K

All JBSA members are invited to celebrate Fiesta with this colorful run. This unique 5K run takes place at the JBSA-Fort Sam Houston Fitness Center on the Medical Education and Training Campus April 13, 8 a.m. This colorful 5K is open to all DOD ID cardholders and costs \$25 per person. For more information, call 808-5709.

Bikers enjoy 10K bike ride

The JBSA-Randolph Fitness Center hosts a 10K bike ride April 19, 7:30 a.m., at Eberle Park. For more information, call 652-7263.

Patrons compete in the Fiesta Cardboard Boat Regatta

Show off your craftsmanship and ingenuity by being a part of the fun and entertaining Fiesta Cardboard Boat Regatta April 19, 10 a.m., at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center indoor pool. Teams consist of four participants and one alternate. Prizes are awarded to the first and second place winners. Individual awards will be awarded in the following divisions: Titanic Award (most spectacular sink), Pride of the Fleet Award (most creative design), Team Spirit (most enthusiastic) and Ugly Duckling (ugliest boat). The cost per boat is \$15 and rules and regulations are in place for boat designs. The deadline for sign up is April 11. This event is open to all DOD ID cardholders ages 13 and up. For more information, call 221-1234.

Patrons learn boxing fundamentals

The JBSA-Lackland Chaparral Fitness Center offers a beginner boxing class to patrons, ages 13 and older, on Mondays and Tuesdays, 6 p.m. The cost to participate is \$50 a month, which covers instruction twice a week. For more information, call 671-2401.

New class offered at fitness center

The JBSA-Lackland Kelly Fitness Center offers Pound Fitness every Monday and Wednesday at 11:30 a.m. Patrons are challenged to a series of core, leg and upper-body conditioning moves with cardio interval training incorporated into drumming. The cost is \$2 per person. For more information, call 925-4848.

Golf

Golfers invited to scramble

Golfers are invited to play in the monthly "Warrior Four-Person Scramble" April 4 with a 12:30 p.m. shotgun start at the JBSA-Fort Sam Houston Golf Course. The cost is \$25 for members and \$35 for nonmembers. The cost for the scramble includes 18 holes of golf, green fees, golf cart, dinner, gift

2014 JBSA SPRING RIDE
April 26, 2014

10 a.m. - Depart from Kelly Field Club
Mile 147N, Post San Antonio
200-mile roundtrip ride to Sanley, TX
Dinner and lunch at your expense

FREE
Open to the public, 1800, welcome and under 21
with motorcycle license

See comprehensive postcard
limited quantity

J-FORGE
www.jbsafss.com

certificates for the winners of the longest drive and the closest to the pin and for first, second and third place. For more information, call 222-9386.

Randolph Oaks hosts Masters Blind Draw

The JBSA-Randolph Oaks Golf Course hosts the "Masters Blind Draw" tournament April 12. The tee times are 7-9 a.m. and the entry fee is \$10, plus green fees and cart rental. For more information, call 652-4570.

Gateway Hills hosts golf tournament

JBSA-Lackland Gateway Hills Golf Course invites golfers to compete in the GHGC Masters Tournament April 26 and 27. The cost to participate in this individual tournament is \$30. Points earned in this tournament are eligible towards the 2014 Gateway Cup Championship at the end of the year. For more information, call 671-3466.

Golfers improve swing

The JBSA-Randolph Oaks Golf Course offers golfers the opportunity to improve their game and lower their scores. Golfers can make appointments with Brian Cannon or Charles Bishop for golf lessons. For more information, call 652-4653.

Golf course available for special events

The JBSA-Randolph Oaks Golf Course offers special event packages for retirements, promotions, weddings and sports outings. For more information, call 652-4852.

Information, Tickets and Travel

Discounted Disney on Ice tickets available

JBSA-Lackland and JBSA-Randolph Information, Tickets and Travel offices offer discounted tickets with no TicketMaster fees to the Disney on Ice performances scheduled for April 9-13. Patrons are encouraged to take advantage of discounts early for the best selection in seating. Lower-level seating prices start at \$15. Seat prices are based on availability. For more information at Lackland, call 671-3133. For more information at Randolph, call 652-5142, option 1.

Information, Tickets and Travel offers trips to casino

The JBSA-Randolph Information, Tickets and Travel offers several trips to the Grand Casino Coushatta in Kinder, La., throughout the year. Remaining trips are scheduled for May 13-14, July 15-16 and Sept. 16-17. Each trip includes round-trip motor coach transportation, hotel accommodations, a voucher for \$23 from the casino and tour guide. The bus departs at 7:30 a.m. and returns at approximately 9:30 p.m. the next day. Cost is \$60 for double occupancy or \$120 for single occupancy. Sign-up deadline is two weeks prior to trip date and payment is required at sign up. For more information, call 652-5142, option 1.

Book a summer European tour

Book summer European travel via Trafalgar Tours with JBSA-Lackland Information, Tickets and Travel for travel between June 1 and Aug. 31. The Italian Scene-themed package includes an 11-day vacation starting at \$3,500 per person. The

Spanish Experience trip features 10 days traveling throughout Spain starting at \$3,000 per person. The Greek Island Explorer includes an 11-day trip starting at \$3,800 per person. And, the European Experience features 15 days exploring several European countries starting at \$4,300 per person. Fares include air and land travel. For more information, call 671-7111.

Discount tickets offered to customers

The JBSA-Fort Sam Houston Ticket Office located in the Sam Houston Event Center sells discount tickets. Hours of operation are Tuesday through Friday, 9 a.m. to 4 p.m. For more information, call 808-1378.

FIESTA & FIREWORKS

Presented by 502d Force Support Squadron and The Gunn Automotive Group

MacArthur Parade Field
April 13, 1-9 p.m.

Enjoy live musical entertainment, festive food, carnival rides, games, children's activities tent, and the fantastic fireworks finale.

For more information, call 221-1718.

Entertainment Line-up:
 7 p.m. - DJ Steve Mc
 8 p.m. - Blow My Green Band
 9 p.m. - DJ Steve Mc
 10 p.m. - DJ Steve Mc
 11 p.m. - DJ Steve Mc
 12 p.m. - DJ Steve Mc

Register to win a 2014 Nissan Altima from The Gunn Automotive Group

Prizes and conditions apply. See dealer for details.

*Valid military ID card required to register, used for proof of ID.

Free parking and admission

502d Force Support Squadron
 The Gunn Automotive Group
 502d Force Support Squadron
 The Gunn Automotive Group

www.FortSamHWS.com

Library

Story time entertains and teaches

The JBSA-Randolph Library offers story time at 10 a.m. every Wednesday. It is a great opportunity for children to listen to wonderful stories, participate in a simple craft and to interact with other young children to start building social skills. Story time themes and dates are April 2, Bats; April 9, Elephants; April 16, Easter; April 23, Earth Day and April 30, Turtles. For more information, call 652-5578 or 652-2617.

Military & Family Readiness Center

Bundles for babies

The JBSA-Randolph Military & Family Readiness Center "Bundles for Babies" program is an Air Force Aid Society

program for active-duty members (of any rank), DOD employees, NAF employees and their spouses who are expecting a baby. Presentations are given on budgeting for baby, dental and pediatric care, new parent support and more. The class is April 4, 8:30 a.m. to noon. Active-duty attendees receive a "bundle" of baby supplies at the workshop. For more information, call 652-5321.

Spouses invited to Heart Link

All spouses new to the military or JBSA-Randolph are invited to attend Heart Link, April 10, 8:30 a.m. to 1:30 p.m., at the JBSA-Randolph Military & Family Readiness Center. Heart Link topics range from Air Force customs and courtesies, to how to read a Leave and Earnings Statement and includes a tour of JBSA-Randolph. In addition to providing families with resources, Heart Link also provides new spouses a chance to connect with other spouses who have had similar experiences. Lunch is provided. For more information, call 652-5321.

Volunteers recognized for hard work

The JBSA-Randolph Military & Family Readiness Center seeks volunteers to come out and be recognized April 11, 2-3:30 p.m. This is open to all active-duty military, DOD civilians and family members who volunteer, either on JBSA-Randolph or in the local community. For more information, call 652-5321.

Child safety seats inspected

The JBSA-Fort Sam Houston Fire Department inspects children's safety seats April 17, 1-3 p.m., for recalls, functionality and proper installation. Registration is required and children must be present for proper weight and height measurements. For more information, call 221-0349.

Patrons learn skills to recover from divorce

The JBSA-Randolph Military & Family Readiness Center offers "Recovering from Divorce" April 18, 3-4 p.m. This class helps participants identify the stages of grief and loss, physical reactions, ways for adults to cope with divorce and ways to help children cope with divorce. For more information, call 652-5321.

Financial readiness is important for everyone

The JBSA-Fort Sam Houston Military & Family Readiness Center offers service members and their families' classes to help them face uncertain financial times. Available classes include: credit and debt management, budgeting, saving and investing, consumer awareness and more. Registration is required for all classes. For information on dates and times or to register, call 221-2380 or 221-2418.

Spouses take part in pre-deployment resiliency training

The JBSA-Fort Sam Houston Military & Family Readiness Center offers pre-deployment resiliency training for families that are preparing for deployment. For more information on specific dates and times, call 221-0946.

Outdoor Recreation

Variety of items available to rent

JBSA-Lackland Outdoor Recreation offers a variety of rental items ranging from tables and chairs to boats and campers. For more information, call 925-5532.

Wide variety of equipment for rent

The JBSA-Fort Sam Houston Outdoor Recreation Center has equipment rentals for everyone's needs. Camping, trailer and towing, water fun, sports and hiking, barbecue and party equipment for around the house and garden; ORC has it all. Additionally, ORC has a recreational vehicle storage area and lemon lot. For more information, call 221-5224 or 221-5225.

Sportsman's range available for target practice

The JBSA-Camp Bullis Sportsman's Range is available for shooting and target practice. It is open every Saturday and Sunday; weather permitting, 10 a.m. to 2 p.m. through June 1. The cost to shoot is \$5 per person a day or \$20 for an annual pass and the range is open to all DOD ID cardholders. For more information, call 295-7577.

Patrons enjoy discounted bike rentals

The JBSA Recreation Park at Canyon Lake has bike rentals for the entire family. Rent a bike for one day and keep it for the weekend during April. Just pay a one-day rental fee and get the second day free. Helmets must be worn and are available for free with bike rentals or for rent by themselves. For more information, call 830-964-3576.

Archery Range open for shooting

The Archery Range at JBSA-Camp Bullis is open Thursday through Monday from 8 a.m. to 4 p.m. They have targets which range from 10-60 yards and the cost is \$3 for a daily pass or \$20 for an annual pass. They also offer 3-D archery competition the fourth weekend of each month. The cost is \$10 for the fun shoot and \$15 for the competition shoot. For more information, call 295-7577.

Youth Programs

Youth register for T-ball

The JBSA-Randolph Youth Programs open registration for T-ball April 1-30. Little Renegades is a parent/child program that helps build confidence in children 3-5 years old while they are having fun and learning basic baseball skills. Parents can register for Little Renegades at Youth Programs (building 585). All children must be three years old by May 1. The cost is \$35 per child and the program runs for six weeks beginning in mid-May. For more information, call 652-3298.

Youth Programs honors military children

JBSA-Lackland Youth Programs hosts the Celebrate Kids Fair April 5, 10 a.m. to 2 p.m., in celebration of the Month of the Military Child. Arts and crafts, bouncy castles, information booths, interactive games and more are available at this free event. This event is sponsored by Gunn Automotive Group and Air Force Federal Credit Union. For more information, call 671-2388.

Baseball opens for the season

The JBSA-Fort Sam Houston Youth Programs hosts the baseball opening day celebration April 5, 9 a.m. to noon, at the JBSA-Fort Sam Houston Sports Complex in the Dodd Field area near building 1630. Following the opening ceremonies, there will be games, fun activities, demonstrations, music, food and information about the community. For more information, call 221-5151.

Youth get ready for Fagananza

The 502d Force Support Squadron and Gunn Automotive Group present Fagananza April 5, 10 a.m. to 2 p.m. JBSA-Randolph Youth Programs (building 585) celebrates the Month of the Military Child with activities to include face painting, inflatable's, games, arts and crafts, entertainment, information booths with giveaways, and demonstrations. This is a free event and lunch is included. This event is also sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsors intended. For more information, call 652-3298.

Youth can participate without a membership

JBSA-Randolph Youth Programs offers patrons a chance to participate in clubs, activities or open recreation without paying membership April 6-12. For those interested in joining, membership is \$36 per year. For more information, call 652-3298.

Registration opens for summer camp

School-age summer camp registration for youth, ages 5 to 12 years old, takes place in April at all three JBSA Youth Programs. April 8-11 is reserved for Priority 1 (single or dual active-duty) only. April 15-18 is reserved for Priority 2 (active-duty or DOD/NAF civilian with full-time employed spouse or full-time student). April 22-May 16 is for all other eligible families, DOD contractors, reservists and Coast Guard with full-time employed spouse or full-time student, as spaces are available. The school-age summer camp takes place June 9-Aug. 22. For more information, call 221-5151 for JBSA-Fort Sam Houston Youth Programs, 671-2388 for JBSA-Lackland Youth Programs and 652-2088 for JBSA-Randolph Youth Programs.

Youth enjoy movie night

JBSA-Lackland Youth Programs invites children to a movie night April 11, 8-9:30 p.m., featuring a youth-friendly movie. The cost is \$3, which includes admission to the movie, a beverage and snack. For more information, call 671-2388.

Parents get a night off

The JBSA-Randolph Child Development Program offers "Give Parents a Break" April 11, 6-11 p.m. The fee is \$20 per child. Fees may be waived with a "Give Parents a Break" referral. Advance registration is required. For more information, call 652-5321.

JBSA-Lackland Youth Programs and the JBSA-Lackland Child Development Program hold "Give Parents a Break/ Parents' Night Out" offering child care April 25, 1-5 p.m. The fee is \$15 per child. For more information, call 671-2388 for Youth Programs or 671-1072 for the Lackland CDP.

Youth enjoy Easter egg hunt

This year's Easter egg hunt takes place in conjunction with Fiesta and Fireworks, April 13, 2-3 p.m., at the JBSA-Fort Sam Houston MacArthur Parade Field. The egg hunt is for youth ages 10 and younger. For more information, call 221-5151.

One-day camp offered for youth

The JBSA-Fort Sam Houston Youth Programs holds a one-day camp for middle school and high school youth April 18, 6 a.m. to 5 p.m. The cost is \$25 and includes breakfast, lunch and a snack. For more information or to register, call 221-3502.

Teens participate in open talk forum

This open forum is geared towards teens discussing relevant topics with staff. The event discussion is April 23, 5-6 p.m., at the JBSA-Fort Sam Houston Middle School Teen Center. For more information, call 221-3630.

Youth have fun at skate night

Middle school and high school age youth enjoy music, fun and roller skating at skate night April 25, 6-8 p.m., at the JBSA-Fort Sam Houston Middle School Teen Center. For more information, call 221-3630.

Middle School Teen Center offers babysitting class

The next babysitting course begins April 28. Each babysitting course consists of seven different classes with a graduation at the end of the course. The classes are held every Monday through Wednesday at the JBSA-Fort Sam Houston Middle School Teen Center. The cost of the course is \$35. For more information, call 221-3630.

Instructional programs available for youth

Certified instructors offer instruction in their areas of expertise for youth of all ages. Classes offered include piano, drums, tumbling, dance and more. The classes and locations vary throughout JBSA. For more information, call 221-3381.

Variety of classes offered for youth

JBSA-Lackland Youth Programs offers instruction in dance, guitar, piano and martial arts. Class dates and times vary according to age. Enrollment is ongoing and limited space is available. For more information, call 671-2388.



[HTTP://WWW.RANDOLPHFSS.COM](http://WWW.RANDOLPHFSS.COM)
[HTTP://WWW.LACKLANDFSS.COM](http://WWW.LACKLANDFSS.COM)
[HTTP://WWW.FORTSAMMWR.COM](http://WWW.FORTSAMMWR.COM)

MICC: Education key for contracting certification

By Daniel P. Elkins
MICC Public Affairs

Entering the Army Acquisition Corps necessitates enlisted Soldiers to meet specific education and certification requirements outlined in federal statutes in order to execute contracts on behalf of the government and maintain readiness.

Soldiers in the 51C military occupational specialty attached to the Mission and Installation Contracting Command at Joint Base San Antonio-Fort Sam Houston arrive having completed training on the basic fundamentals of contracting before promptly entering a mapped training regimen under the direction of a mentor.

Helping steer their development is the MICC 51C Contingency Contracting Officer Rotational Training Plan and a proficiency guide that outline a structured approach and defines training guidelines and participant responsibilities.

The plan charts training, education and experience requirements on a rotational schedule alongside MICC civilian professionals allowing uniformed members to gain experience and certification necessary in performing operational contract support in garrison and during contingency operations.

“Attaching Soldiers to the MICC was a deliberate decision by the Army Contracting Command to broaden their proficiency in contracting while increasing readiness,” said Command Sgt. Maj. Stephen Bowens, MICC command sergeant major.

“Accomplishing the necessary steps in a

timely manner to achieve appropriate certification is at the core of readiness,” Bowens added. “I cannot overstate the importance of this as a critical mission component.”

The Defense Acquisition Workforce Improvement Act sets forth core standards in acquisition and functional training as well as education and experience for contracting certification at three levels for both uniformed and civilian members in the workforce.

Soldiers also have the opportunity to work toward certification by attending several in-resident courses to include the three-week Army Acquisition Foundation Course, four-week Army Basic Contracting Course and four-week Army Acquisition Intermediate Contracting Course in Huntsville, Ala., provided by the Army Acquisition Center of Excellence.

The AACoE is a centralized training, education and career development school for Army acquisition officers, noncommissioned officers, and Department of the Army civilians. The center integrates Army institutional training, education and career development courses for the acquisition, logistics and technology workforce.

Contracting experience essential for certification ranges from one year for DAWIA Level I certification to two years for Level II and four years for Level III.

Eligible Soldiers and civilians may request to substitute a year of education for a year of



experience when seeking their Level II and III certifications.

Donna VanGilder is the chief of training and readiness for MICC Operations. She explained that the requirement for enlisted Soldiers to obtain certification is also coupled with their grade.

Staff sergeants are required to obtain a minimum Level I certification; sergeants first class should attain their Level II certification; and those in the grade of master sergeant and above must achieve their Level III certification.

Acquisition and functional training involve successfully completing multiple online and a few resident DAWIA courses in varied subjects to include contract planning, execution and management, cost and price analysis, contract structure and format, and Federal Acquisition Regulation fundamentals for basic certification.

Intermediate courses explore legal considerations, source selection, managing government property, analyzing contract costs and negotiation.

Advanced certification training focuses on contracting for decision makers, construction con-

tracting, cost accounting standards and acquisition law.

Additional developmental training is also needed depending on the type of assignment and activity individuals represent.

Satisfying the education requirement is perhaps proving most demanding for enlisted Soldiers in the 51C MOS, according to VanGilder.

“A minimum education requirement of a bachelor’s degree in any field of study with at least 24 hours in business disciplines is required to obtain certification in the contracting career field,” she said.

A threshold of certification is established by the office of the principal deputy to the Army acquisition executive.

Civilian interns and officers enter the acquisition workforce already possessing the necessary education, and approximately 96 percent are certified or within the grace period of accomplishing their appropriate certification.

VanGilder said approximately 34 percent of enlisted members have achieved their necessary certification level against a threshold of 94 percent.

“Much of the delinquency is due to accomplishing the education requirement in time to obtain certification,” she said.

While she anticipates that enlisted certification percentage to improve significantly in the next few months, it still falls below that necessary to ensure readiness.

The decision to begin assessing uniformed members into the 51C contracting career field came about in late 2006

to meet the Army’s increasing need for contingency contracting officers. The integration of approximately 400 Soldiers to contracting offices throughout the MICC began in March 2013 as a means to streamline the span of control from oversight of uniformed service members stateside while enhancing their professional development.

As the influx of enlisted Soldiers into the 51C MOS continues, education is becoming more of a discriminator due to certification requirements. This stipulation has become a key element in a competitive selection process to enter into the career field, according to career field officials.

“NCOs are judged on a ‘total Soldier’ concept, with primary areas of emphasis consisting of completion of a bachelor’s degree and rated leadership time on an NCO evaluation report carrying the most significance,” said Master Sgt. Eric Sears, chief of the 51C Proponent NCO at the U.S. Army Acquisition Support Center.

Sears added other factors influencing selection include total time in service and letters of recommendation. Applications are now being accepted through April 4 for the next 51C selection board with results to be announced in May.

Entering the 51C MOS comes with the recognition that its demands are not limited to civilian education and DAWIA certification as Soldiers also must maintain all aspects of readiness.

“It can be really difficult since they still have to take into consideration family commitments,



Photo by Daniel P. Elkins

Sgt. 1st Class Oswald Pascal graduated in December 2013 from the University of the Incarnate Word in San Antonio, where he received a Bachelor of Applied Arts and Sciences. He is in the process of accomplishing his remaining two classes to achieve his Defense Acquisition Workforce Improvement Act Level II certification in contracting.

soldiering tasks such as weapons qualification and physical training, deployments and contingency training exercises,” VanGilder said.

Soldiers begin their training with simplified contract actions alongside civilian contracting professionals. Simplified actions include the acquisition of supplies and services, including minor construction, research and development, and commercial items not exceeding a threshold of \$150,000.

They then move on to more complex contracts until they become proficient in all procedures making up the contracting lifecycle from pre-award and award to administration, including closeout.

“Technical, hands-on training is a critical component in developing contracting skills,” Bowens said, “but achieving all aspects required of certification is necessary to remain committed to the Army profession.”



Courtesy photo

The cast and crew of the 2014 U.S. Army Soldier Show.

Soldier Show kicks off ‘Stand Strong’ tour at Fort Sam Houston Theater

By Robert Dozier

U.S. Army Installation Management Command Public Affairs

The cast and crew of the 2014 U.S. Army Soldier Show are kicking off this year’s “Stand Strong” at the Fort Sam Houston Theater, building 2270. Performances take place 7 p.m. April 18 and 19.

Doors open an hour prior to the show and it is free on a first-come, first-seated basis. The show is open to Department of Defense ID cardholders and their guests.

The Soldier Show is a totally self-contained touring operation where the cast and crew travel to a select Army garrison location, load in and set up for the show and then entertain military members and civilians.

After the show, the same cast and crew have the responsibility to break down and load out for the next show.

This crew was selected not only for their ability

to perform solo, but also their ability to entertain with musical instruments, work in ensemble dance numbers and inspire an audience from the stage.

This year’s production, “Stand Strong” explores the foundational elements of what it is that instills the strength and character of our Soldiers and our Army, according to Tim Higdon, U.S. Army Entertainment producer and program manager. As in the past, the cast and crew are selected to exemplify the Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

“The 2014 show will also honor the Army’s continued resilience and strength with its mission to effectively inform, educate and inspire our audiences to action,” said Higdon.

Army Entertainment is the official agency for producing and deliver-

ing diverse musical, unit entertainment activities, special events, touring shows, talent competitions and theater entertainment to Soldiers, families, civilians and retirees at home and abroad.

Army Entertainment is a division of the U.S. Army Installation Management Command’s, or IMCOM’s G9 Family and MWR Programs.

All entertainment operations are headquartered at the Fort Sam Houston Theatre in San Antonio, including the Soldier Show as well as Operation Rising Star and the Army Concert Series.

Find out more about the U.S. Army Soldier Show and the entire tour schedule at <http://www.armymwr.com/recreation/entertainment/soldier-show/>. For more information about the shows at Joint Base San Antonio-Fort Sam Houston, call 466-2020.

FDA approval clinical trial underway for Compensatory Reserve Index

By Steven Galvan
USAISR Public Affairs

Researchers at the U.S. Army Institute of Surgical Research on Joint Base San Antonio-Fort Sam Houston are conducting a clinical trial on the Compensatory Reserve Index to gather data for submission to the Food and Drug Administration for 510(K) clearance.

The FDA uses the 510(K) pre-market submission to ensure that a medical device is safe for use on patients and can then be made commercially available.

The tactical combat casualty care research task area team, led by Victor A. Convertino, Ph.D., will use a lower body negative pressure chamber during the clinical trial to gather the data. Research participants are placed in the LBNP chamber which draws their blood to their



Photo by Steven Galvan

Drs. Victor Convertino and Carmen Hinojosa-Laborde place the Compensatory Reserve Index and other monitoring equipment on a research participant's fingers for a clinical trial in a lower body negative pressure chamber.

lower bodies.

"It's a way of 'bleeding' someone without taking a drop of blood," Convertino said.

Convertino developed the CRI in collaboration with colleagues at the University of Colorado,

Children's Hospital Denver and Flashback Technologies Inc. It uses an algorithm that is designed to take information from a patient using a non-invasive finger pulse oximeter and gauges whether immediate medical attention

is needed, even though the patient may seem alert and responsive.

"That's because the human body has many physiological mechanisms that compensate to maintain a constant blood pressure when there's internal bleeding," he said. "The blood pressure can seem stable, but the patient can be losing the ability to continue to compensate.

"When the patient gets to the end of the compensation, their blood pressure falls rapidly, referred by some as 'falling off a cliff,' and now they are in shock."

That's because medics, corpsmen and emergency medical service providers have traditionally been trained to watch patient's blood pressure. With this new technology they will get a better idea of how the body is naturally compensating and when

a patient is in danger of going into shock.

In order to measure a patient's reserve to compensate, Convertino focused on an arterial waveform that is created by blood going out into the vessels.

"Each time the heart pumps, a pulse of blood creates an arterial pressure wave that is actually made up of two waveforms," he said. "The first waveform called the ejected wave is caused by the blood leaving the heart, and the second wave called the 'reflected' wave is caused by the blood being reflected off the arteries back to the heart. These events happen so quickly that the two pressure waves are merged so they look like a single waveform.

"So with newly advanced computer technologies, we now have the capability to measure

features of each arterial waveform that reflect the sum of all mechanisms of compensation that affect the heart (ejected wave) and the arteries (reflected wave)," Convertino said. "We call this measurement the 'compensatory' reserve.

"If you're monitoring blood pressure in a patient with internal bleeding, you may not notice the problem because the body is compensating for the blood loss," he said.

"The algorithm can gauge how much the body is compensating and how much the body has left to compensate."

Convertino said that this technology is so new that they really have to demonstrate that it works.

"No one has done this before, but we're pretty confident that we can meet FDA requirements," he said.

Burn center volunteer named American Red Cross Volunteer of the Year

By Steven Galvan
USAISR Public Affairs Officer

"She represents the model traits of what we should all strive for – selflessness, empathy, loyalty and a strong sense of duty to serve others."

That's how the 2013 Brooke Army Medical Center American Red Cross Volunteer of the Year Catherine "Cathy" Killinger is described.

Since 2006, Killinger has been a volunteer at U.S. Army Institute of Surgical Research Burn Center, located at the San Antonio Military Medical Center at Joint Base San Antonio-Fort Sam Houston.

"She has the knack for understanding people

and a genuine desire to assist others in their time of need," said Lt. Col. Paul Mittelsteadt, the USAISR Burn Center Chief of Nurses, in nominating Killinger.

"I was very surprised about the selection," Killinger said. "I missed some time this year since my son was injured in Afghanistan."

Killinger became a burn center volunteer when her son enlisted in the Army, knowing that he would eventually deploy. In early 2013, she took some time to care for him when he was injured while deployed in support of Operation Enduring Freedom.

"I now know firsthand what our families go

through as they wait and visit their loved ones," she said.

After deciding to volunteer for the American Red Cross, she asked to be a volunteer at the burn center, since she understands firsthand of what a family goes through when a loved one suffers from a trauma and ends up there. Her brother was electrocuted and spent time in a burn center.

"I remember how my parents were so appreciative of the doctors, nurses and staff were there to help them during their difficult time," she said.

In the nomination package, Mittelsteadt wrote that Killinger is a shining example that one person can make a positive dif-

ference.

"She is able to communicate the stories of those patients who have come before and persevered," Mittelsteadt noted. "This vital information gives hope and comfort to the families and patients. Most importantly, she does this in a non-judgmental and warm manner."

Killinger was selected from more than 40 American Red Cross volunteers at the burn center and will now compete for the JBSA-Fort Sam Houston individual Volunteer of the Year award as well as the San Antonio United Way individual volunteer award. She said she was honored to be recognized for this award.

"There are so many



Photo by Steven Galvan

Catherine "Cathy" Killinger (right), the 2013 American Red Cross Volunteer of the Year at Brooke Army Medical Center, talks to patient Thessalonia McClure at the U.S. Army Institute of Surgical Research Burn Center intensive care unit waiting room.

wonderful people who volunteer at the hospital. Some people give money, some give time," said Killinger. "It's such a wonder-

ful experience knowing you have made a difference, even if it's a hug, smile or simple touch. It's priceless."

'Worst Wife' speaks to local military spouses

By Sgt. Lee Ezzell
Army North Public Affairs

Tara Crooks, a leading voice for military spouses, was the guest speaker for the Joint Services Luncheon March 18 at the Pearl Stables near downtown San Antonio.

Crooks described herself as the worst Army wife ever during the early years of her marriage, but eventually grew to love the military, and is now a prominent figure and mentor for military spouses across the armed services.

Jen Schreckhise, vice-president of the Spouses' Club of the Fort Sam Houston Area, led a team of 10 volunteers to organize the luncheon and bring Crooks in to speak. Schreckhise said she was very pleased with

the attendance – nearly 200 people – and with the event overall.

"Last year, (Joint Base San Antonio-)Lackland had an astronaut speak at their luncheon," Schreckhise said. "I didn't know how we could compare to that, so, when we were able to get Tara to come and speak, I got pretty excited. I don't know if we had more people than last year but I was thrilled with the success of the whole thing."

Crooks is the co-founder of the Army Wife Network, and co-author of the book "1,001 Things to Love About Military Life." She spoke to the attendees about her transition from someone simply married to a Soldier to a military spouse in love with the Army life.

"I was the world's

worst Army wife," Crooks said. She explained how, at that time, she had her life and her husband had his.

But this began to change during her first move to Fort Hood, Texas, where Crooks met a fellow military spouse who served as her mentor. Crooks encouraged the attendees to provide mentorship if they have the experience and that they should seek out the opportunity to help out newer spouses who are just learning about the military.

Crooks recounted her development of the "love" side of the love-hate relationship spouses tend to develop toward the military as she moved to a new duty station with her husband and first met her "surrogate

family." She described a surrogate family as an unrelated couple or family who become close friends during a service member's deployment.

Crooks explained that she realized she has been, at times, more committed to the military than her husband, pointing to a conversation they had after his return from his first deployment when he talked about getting out of the Army.

"If you can look me in the eye and tell me, 'I am not a soldier,'" Crooks recalled, "then we will get out."

During that pivotal moment in her family's life, they made the commitment to stay. She said it was the best decision she ever made to support him.

"I chose him and he

chose that – I would give it my best shot," she added. "I did give it my best shot – not for the Army, but for him."

Crooks said since becoming fully committed and involved she has always believed in being transparent about her life as an Army wife. She said she did this because she wanted to show other spouses the good and the bad and they weren't alone in their experiences.

"Nothing is perfect in (Family Readiness Group) life because people aren't perfect," she said of the reality of military life. "Life is messy, but if it weren't for programs like (FRG), I may not have made it through the hardest times."

Crooks closed by talking about finding joy in life as a military spouse.



Photo by Sgt. 1st Class
Christopher Dehart

Tara Crooks, co-founder of the Army Wives Network speaks about her experience as a military wife and how she went from being "the worst Army wife ever" to a mentor and leader for other military spouses during the Joint Services Luncheon March 18 at the Pearl Stables.

"Somehow, and in some way, if you choose to, you can throw yourself into this journey. You can learn to love it and mean it," Crooks said.



units. Call 221-0946 or 221-2705.

Army Master Resiliency Training

Thursday, noon to 1:30 p.m., Military and Family Readiness Center, building 2797. This training focuses on how to "hunt the good stuff." Call 221-0946 or 221-2705.

Harlequin Dinner Theatre presents "Doo-Wop City"

Through May 3, a musical revue featuring more than 60 "doo-wop" hits from the '50s and '60s at the Harlequin Dinner Theatre at JBSA-Fort Sam Houston. Call 222-9694.

Thrift Shop Hour

Hours of operation for the Thrift Shop at Fort Sam Houston, located at 3100 Zinn Road, next to Outdoor Recreation, have changed to 9:30 a.m. to 2:30 p.m., with consignment hours from 9:30 a.m. to 1 p.m. In addition, the monthly Saturday operation will switch from the third Saturday each month to the first Saturday beginning April 5.

Talk is Cheap

April 7, 2-4 p.m., Military and Family Readiness Center, building 2797. This class is designed to focus on communication skills, identify listening and speaking skills, understand the fundamentals of rhythm, tone and emotional factors of communication. Call 221-0349 or 221-2418

Couples' Relationship Enhancement Workshop

April 12, 8 a.m. to 4:30 p.m., learn new ways to communicate and improve your relationship, open to military ID cardholders and their significant others, at Freedom Chapel, 2200 Truemper St., building 1528 on Joint Base San Antonio-Lackland. Light breakfast, lunch and other materials provided. No childcare available. Sponsored by the Wilford Hall Ambulatory Surgical Center Psychology Internship Program and the Chaplain Corps. Call 292-7361 or email Lackland-Couples2014@gmail.com

Community Extravaganza Fair

April 28, the Community Extravaganza Fair, formerly known as Newcomer's Extravaganza, takes place 9-11 a.m. at the Fort Sam Houston Golf Club, 1050 Harry Wurzbach. Department of Defense ID cardholders can visit with

representatives from post agencies and local businesses to learn more about Joint Base San Antonio-Fort Sam Houston and the San Antonio area. Call 221-2307.

Volunteer Sports Officials Needed

The Joint Base San Antonio sports and fitness programs are seeking volunteers to officiate intramural sport games at JBSA-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph. Volunteer officials need to be a certified in the sport they officiate. Certifications may be obtained through local official associations and chapters, and must remain current by attending a yearly rules clinic. Volunteer officials should be willing to officiate at least once a week and officiate all games on that day. In addition, showing up 30 minutes before and staying 30 minutes after will ensure the intramural program runs smoothly. Officials will be required to attend a rules meeting prior to season start. For more information, call 221-1367 or email douglas.w.stanley2.civ@mail.mil.

Massage Therapy at Jimmy Brought Fitness Center

The Jimmy Brought Fitness Center is offers massage therapy sessions. There will be a licensed massage therapist on site helping patrons to release and unwind from the rigorous routine of the workday. Various packages and discount prices are available. Call 221-1234.

New Squadron Commanders and First Sergeants Program

JBSA Family Advocacy Program is required to provide new squadron commanders and first sergeants a desk-side briefing within 90 days of their arrival or assumption of command per DD 6400.1, even if temporary or as an additional duty. The briefing includes information on FAP services/classes to assist in promoting mission and family readiness. Call 292-5967.

Computer Lab

The computer lab is available 8 a.m. to 4 p.m. Monday through Friday at Military and Family Readiness, building 2797. Call 221-2705 or 221-2418.

How We Roll

Monday through Friday, 9-11

a.m. at Fitness Center on the Medical Education and Training Campus, the "How We Roll" program provides parents and strollers use of the indoor track. Mondays from 9-10 a.m., a fitness trainer is available for assistance and instruction. Call 808-5709.

Fitness on Request Kiosk

The Fitness Center on the Medical Education and Training Campus hosts an innovative group fitness system including free virtual classes ranging from 20 to 60 minutes. Call 808-5709.

Belly Dancing Class

Learn the art of belly dancing 6 p.m. Wednesdays at the Jimmy Brought Fitness Center. Class is free and open to all Department of Defense ID cardholders. Call 221-1234.

World Climb Tower Challenge

Sign up at the Jimmy Brought Fitness Center for the World Climb Tower Challenge. Call 221-1234.

JBSA-Fort Sam Houston Ticket Office

The ticket office located in the Sam Houston Community Center, building 1395, Chaffee Road, is open 9 a.m. to 4 p.m. Tuesday through Friday. Call 808-1378.

JBSA Travel

The Force Support Squadron's Information, Tickets and Travel office has a new website catering to the military community's travel needs at <http://www.jbsatravel.com>. It's a one-stop location for booking air, hotel and car rentals. Patrons who need more information can fill out a travel request online and a leisure travel agent will contact you with all the information to make your vacation dreams a reality. Call 671-3133.

Sportsman Range

The Joint Base San Antonio-Camp Bullis range is open 10 a.m. to 2 p.m. Saturday and Sunday. Department of Defense ID card holders may shoot their personal pistols, rifles and shotguns, but firearms must be registered at JBSA-Camp Bullis. The range may close unexpectedly because of weather or troop use. Range users should call before coming out for target practice. Call 295-7577.

SKIESUnlimited Classes

SKIESUnlimited classes for children ages 18 months to 18 years include Tae Kwon Do, private piano lessons, creative dance and ballet/tap. Call 221-3381.

Youth Tumbling Classes

Classes are taught by a certified tumbling instructor who will work with youth in floor exercises and tumbling. Classes are held Thursday from 4:15-5 p.m. for ages 6-18 and Friday 9-9:45 a.m. or 9:45-10:30 a.m. for ages 3-5. Classes at the JBSA-Fort Sam Houston Middle School Teen Center, building 2515. Call 221-3381.

Private Drum Lessons

The instructor has 47 years experience on drums and is excited to teach everyone to play the drums. Must be 4 feet 5 inches tall. Classes take place Monday from 4:30-7:15 p.m. Call 221-3381.

Equipment Rentals

The Outdoor Equipment Center has all the items needed for a backyard party, unit organizational day, or weekend getaway. Rental items include canoes, boats, campers, camping equipment, outdoor games, barbecue pits and more. Call 221-5225.

Horseback Riding Lessons

The Equestrian Center offers both private and group lessons for Western and English style. Therapeutic riding lessons are also available and taught by certified instructors. Horses, saddles and tack for lessons will be provided, if needed. Patrons must be at least 7 years old. Call 224-7207.

Theater Arts Program

Children, ages 4 and up, can take the stage in the Theater Arts Program at School Age Services, building 1705. Cost is \$80 for a month of biweekly classes. Classes are 4-5 p.m. for ages 4-6; 5-6 p.m. for ages 7-10; and 6-7 p.m. for ages 11 and up. Call 221-3381.

Home Child Care Providers Needed

Family Child Care on JBSA-Fort Sam Houston is looking for family members interested in providing licensed child care in their homes. Providers can earn additional income at home, full or part time.

Call 221-3828.

Parent Central Customer Service

JBSA-Fort Sam Houston Parent Central assists walk-in patrons from 8 a.m. to 5 p.m. Parent Central is located in building 2797. Call 221-4871.

School Liaison Office

The JBSA-Fort Sam Houston School Liaison Office can assist patrons in registration, provide information about the local school system and community, educate parents on school policies, procedures, programs and schedules and home schooling. Visit <http://www.fortsammwr.com/youth/slo.html> or call 221-2214.

Library Story Time

Preschool children are invited to the weekly story time at 10 a.m. Thursdays, at the Keith A. Campbell Memorial Library, building 1222 on Harney Path. Call 221-4702.

Game Time at the Library

Gamers can play Xbox, Wii, PS3 and classic board games at 5 p.m. the second Friday of each month at the Keith A. Campbell Memorial Library, building 1222 on Harney Path. Call 221-4702.

Thrift Shop Open

The JBSA-Fort Sam Houston Thrift Shop at 3100 Zinn Road, run by the Spouses' Club of the Fort Sam Houston Area, is open 9 a.m. to 2 p.m. Wednesday and Thursday. The shop has an assortment of clothing, military uniforms, house wares, furniture and more. Call 221-5794/4537 or visit <http://www.scfsh.com>.

Education and Training Office

The 502nd Force Support Squadron Education and Training Office offers a variety of military testing, including professional military education, career development courses and defense language proficiency testing. PME testing is conducted on Tuesdays, CDC on Wednesdays, and DLPT on Thursdays. The office also offers armed forces aptitude testing like the Armed Forces Classification Test and Armed Forces Officer Qualification Test. Tests scheduled on an as-needed basis. Call 221-0852.

Exceptional Family Member Program Job Fair

Friday, a job fair for exceptional family members will be held 4-7 p.m. at the JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797. Preparation rallies will be conducted for those who submit application forms prior to the event. Call 221-2962.

Transitioning Job Fair for Teens and Young Adults

Saturday, 9 a.m. to noon, the Exceptional Family Member Program will hold a job fair for teen and young adults at the JBSA-Fort Sam Houston Military and Family Readiness Center. Call 221-2962 for more information

9th Annual Cowboys for Heroes

Saturday, 11 a.m. to 5 p.m., at the JBSA-Fort Sam Houston Equestrian Center. This event features authentic Cowboy cooking on 1800s-style chuck wagons. Live horseback riding performances, mutton-busting, photo opportunities with a live longhorn, live musical entertainment, pony rides, petting zoo and much more. This is a free event and is open to all DOD ID cardholders. Call 221-1718.

H.U.G.S. Playgroup

Tuesday, 9-11 a.m., Middle School Teen Center, building 2515. Playgroup for children under age 5. Call 221-0349.

Key Caller Training

Tuesday, 9 a.m. to 4 p.m., Military and Family Readiness Center, building 2797. The training defines the responsibilities of the Family Readiness Group Key Caller and provides information on performing this role. Call 221-0946 or 221-2705.

Virtual Family Readiness Group Training

Wednesday, 9-11:30 a.m., Military and Family Readiness Center, building 2515. This training provides information on the virtual FRG and the ability to meet the needs of geographically dispersed

OUTSIDE THE GATE

PRIDE For Adoption

St. Peter and St. Joseph Children's Home is offering a free PRIDE (Parent's Resource for Development and Education) class from 6-9 p.m. Thursdays April 10 through May 8. The class is for people who want to be foster, foster to adopt, and adoptive parents of children in foster care through the Department of Family and Protective Services and Children in the Unaccompanied Refugee Minors Program through the Office of Refugee Resettlement. For more information, call 533-1203.

'Standing Their Ground: Tejanos at the Alamo'

Through June 6, an exhibit titled "Standing Their Ground: Tejanos at the Alamo" is featured at the Alamo, 300 Alamo Plaza. Fans of Texas history can learn about the

Tejano contributions to the Alamo and Texas history. The exhibit is free and open to the public from 9 a.m. to 5:30 p.m. every day. For more information, visit <http://www.thealamo.org>.

Warrant Officer Association Meeting

The April meeting of the Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will be at 5:30 p.m. April 21 at the Longhorn Cafe, 1003 Rittiman Road. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call 413-1965 or 257-0931.

Scout Strong Patriot Run

The annual Flag Day 5k Race and Kids' 1k Fun Run honoring the Armed Forces has partnered with the Boy Scouts of America and Scout Strong initiative to promote a healthy, active lifestyle for the Scouts, families and communities. The Scout Strong Patriot Run will be June 14, starting at the Blue

Bonnet Palace at 17630 Lookout Road in Selma. Check in is 7 a.m., race begins at 8 a.m. and there is an awards ceremony at 9 a.m. There are varying levels of sponsorship for teams and individual levels for participants. Registration is also open online at www.AlamoAreaBSA.org/ScoutStrongPatriotRun. Call 385-8248 for more information.

Women's Survivor Group

A women's survivor group has been created for women who have experienced sexual trauma. The goal is to increase survivors' understanding of their responses to victimization and the impact on their lives. The group offers a safe, open atmosphere for discussion and support to facilitate understanding of sexual victimization and the healing process. The group meets from 6:30-8 p.m. Mondays at the Rape Crisis Center group room at 7500 U.S. Highway 90 West, building 2, Suite 201. Call 521-7273.

Teen Survivors' Group

A teen survivors' group has been created for teens who have been victims of sexual trauma. The group's goal is to help teens learn and talk about sexual abuse in a safe environment and help survivors connect to others who have been in similar situations. Females from 13 to 17 years of age who are currently attending individual psychotherapy are encouraged to attend. A therapist's recommendation is required. The group meets from 6-7:30 p.m. Wednesday at the Rape Crisis Center group room at 7500 U.S. Highway 90 West, Building 2, Suite 201. Call 521-7273.



FOR SALE: Denon AVR-3300 stereo surround sound receiver, remote control, operator's manual and original packaging. Perfect condition. Does not have HDMI. \$120 OBO. Call 771-7480.

Early retirement plan withdrawals and your taxes

By **Lea Crusberg**
Internal Revenue Service

Taking money out early from your retirement plan may trigger an additional tax. Here are seven things from the Internal Revenue Service that you should know about early withdrawals from retirement plans:

1. An early withdrawal normally means taking money from your plan before you reach age 59½.
2. If you made a withdrawal from a plan last year, you must report the amount you withdrew to the IRS. You may have to pay income tax as well as an additional 10 percent tax on the amount you withdrew.
3. The additional 10 percent tax does not apply to nontaxable withdrawals. Non-

taxable withdrawals include withdrawals of your cost to participate in the plan. Your cost includes contributions that you paid tax on before you put them into the plan.

4. A rollover is a type of nontaxable withdrawal. Generally, a rollover is a distribution to you of cash or other assets from one retirement plan that you contribute to another retirement plan. You usually have 60 days to complete a rollover to make it tax-free.
5. There are many exceptions to the additional 10 percent tax. Some of the exceptions for retirement plans are different from the rules for IRAs.
6. If you make an early withdrawal, you may need to file Form 5329, Additional Taxes on Qualified Plans (In-

cluding IRAs) and Other Tax-Favored Accounts, with your federal tax return.

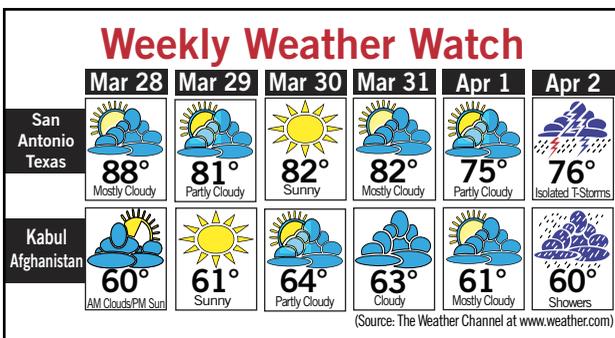
7. The rules for retirement plans can be complex. The fast, safe and free way to prepare and e-file your tax return is to use IRS Free File (<http://www.irs.gov/uac/Free-File-Do-Your-Federal-Taxes-for-Free>). Free File offers brand-name software or online fillable forms for free. Free File

software will pick the right tax forms, do the math and help you get the tax benefits you're due.

No matter how you prepare your taxes, you should always file electronically with IRS e-file.

More than 80 percent of taxpayers e-file for faster refunds or for easier electronic payment options.

For more information, visit <http://www.IRS.gov>.



JOINT LENTEN AND PASSOVER WORSHIP SERVICES

CHAPEL LOCATIONS

Main Post (Gift) Chapel
Building 2200, 2301 Wilson Way

Dodd Field Chapel
Building 1721, 5584 Dodd Blvd.

Army Medical Department

Regimental Chapel
Building 1398, 3545 Garden Ave.

Brooke Army Medical Center Chapel

Building 3600, 3551 Roger Brooke Road

Joint Base San Antonio-Camp Bullis

Worship Location

Armed Forces Reserve Center

Assembly Hall

CATHOLIC SERVICES

Brooke Army Medical Center Chapel

8:30 a.m. - Sunday - Morning Mass

11:30 a.m. - Sunday - Morning Mass

11:05 a.m. - Monday through Friday

11:30 - April 20 - Easter Mass

Main Post (Gift) Chapel

11:30 a.m. - Monday through Friday

5:30 p.m. - April 17, Holy Thursday

Mass

11:30 a.m. - April 18, Good Friday Mass

8 p.m. - April 19, Holy Saturday

Easter Vigil

9:30 a.m. - April 20, Easter Sunday

Mass

4:45 p.m. - Reconciliation Saturday

5:30 p.m. - Evening Mass Saturday

9:30 a.m. - Morning Mass Sunday

Army Medical Department

Regimental Chapel

8 a.m. - Sunday Morning Mass

7:00 p.m. - April 17, Holy Thursday

Mass

7 p.m. - April 18, Good Friday

8:00 a.m. - April 20, Easter Mass

Dodd Field Chapel

12:30 p.m. - Sunday, Afternoon Mass

Thursdays during Lent - March 27, April 3 and 10: 6 p.m., soup and Stations of the Cross

PROTESTANT SERVICES

Main Post (Gift) Chapel

Noon - April 17, Maundy Thursday

6:30 a.m. (outdoors) - Easter Sunday,

April 20, Community Sunrise Service

8 a.m. - Protestant Service, Sunday

11 a.m. - Protestant Service, Sunday

11 a.m. - Protestant Easter Service,

April 20

Dodd Field Chapel

8:30 a.m. - Sunday Samoan Service

10:30 a.m. - Sunday Gospel Service

Army Medical Department

Regimental Chapel

9:20 a.m. - 32nd Medical Brigade

Contemporary Service

11:01 a.m. - Contemporary "Cross-

roads"

Brooke Army Medical Center Chapel

10 a.m. - Traditional

JEWISH SERVICES

8 p.m. - Jewish Worship, Friday, MPC

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

7 p.m. - April 14, Seder, Jewish

Community Center, 12500 NW Military

Highway

7 p.m. - April 15, Seder, MPC

ISLAMIC SERVICES

1:15 p.m. - Jumma, 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>.

FIRE SAFETY IS EVERYONE'S BUSINESS

Safety tips to prevent brush, grass and forest fires:

- Place cigarette butts in metal containers. Do not throw them on the ground or into vegetation.
- Leave fireworks to the professionals. Do not use consumer fireworks.
- Reduce the risk from sparks by being sure nothing is dragging from your vehicle, keeping tires properly inflated and being careful when using lawn mowers or other equipment.
- Don't let a target shooting hobby start a wildfire. • Avoid steel bullets outside as they can spark when they hit rocks or other hard objects. Observe all laws and restrictions about where, when and what to shoot.
- Be aware of, and comply with, any local ordinances or permit requirements pertaining to outdoor or open air burning. This includes campfires, brush fires, fire pits, chimineas, and outdoor fireplaces. Closely attend all outdoor fires. Be sure to put out the fire completely before leaving.
- Avoid burning on windy, dry days. When conditions are windy or dry, it is too easy for open burning to spread out of control.
- Do not use gasoline or other flammable or combustible liquids to burn brush, trash, or other waste.