

FORT SAM HOUSTON News Leader

MAY 16, 2014
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JBSA HOTLINES



DOD Safe Helpline
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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



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BEST WARRIOR COMPETITION



Spc. Crystal Pittman, assigned to U.S. Army South's 525th Military Police Battalion, low crawls through an obstacle May 6 during the 2014 Best Warrior Competition at Joint Base San Antonio-Camp Bullis. See Pages 10-11 for story and more photos.

Photo by Eric Lucero

Army North operations center supports hurricane exercise

By Staff Sgt. Corey Baltos
Army North Public Affairs

Just as some people say death and taxes are certain to happen, it is also certain that a hurricane will hit the United States sometime in the future.

In an effort to save lives, alleviate human suffering and mitigate property damage, the federal government is getting prepared.

U.S. Army North (Fifth Army), in conjunction with various federal government agencies, held a three-day Department of Defense hurricane rehearsal of concept drill May 6-9 at the James E. Rudder



Photo by Army Staff Sgt. Corey Baltos

Lt. Gen. Perry Wiggins (center) talks with the defense coordinating officers for the different Federal Emergency Management Agency regions May 7 during the annual hurricane rehearsal of concept drill. The DCOs serve as the FEMA's point of contact for the Department of Defense's support in the various regions. Wiggins is the commanding general of U.S. Army North (Fifth Army) and senior Army commander for Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis.

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Changing duty stations and leaving a lease? Know what your legal rights are

By **Charles Hasberry Jr.**,
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It is almost summer time, which means that many service members from Joint Base San Antonio and across the country will receive orders for a permanent change of station.

A common dilemma faced by service members who rent their home is what to do about their lease, especially if they are in the middle of their contract.

Both the Servicemembers Civil Relief Act and the Texas Property Code allow service members and their family members to terminate leases, but only if they enter active duty after signing a lease or they sign a lease while on active duty and then receive orders for a PCS or deployment for a period of 90 days or more.

The Department of Justice interprets PCS to include discharge, resignation, and separation under honorable conditions.

Most landlords, property managers, and apartment complexes around the JBSA area are familiar with the SCRA due to the sheer num-

ber of military families who reside in this area. Notwithstanding, violations of federal and state landlord-tenancy law happen every day in San Antonio.

Therefore, it is very important to educate yourself, your family and your fellow service members on your legal rights.

If you or your spouse recently received orders for a PCS or deployment, and plan on terminating your existing residential lease as a result, you should know that the SCRA spells out exactly what you need to do to terminate the lease without facing any penalties for early termination.

Two documents must be delivered to your landlord in order to successfully terminate your lease under the SCRA: (a) a written notification of your intent to terminate the lease; and (b) a copy of your military orders confirming your PCS or deployment.

Assuming that you deliver these two documents to your landlord, your lease will terminate 30 days after the next rental

payment is due.

For example, if you provide written notice and a copy of your orders to your apartment manager on June 6, and your next rental payment is due on the first day of July, your lease will not terminate until 30 days thereafter – July 31.

Unfortunately, you are responsible for the rent due in July even if you deploy or PCS in June. Had you given written notice in May, your lease would have terminated at the end of June.

If you know that you will soon receive PCS or deployment orders, plan ahead so that you won't get stuck paying rent for a residence you've already vacated:

- Read your entire lease agreement, as well as any attachments, and make sure you understand your obligations and rights under the contract, the SCRA and the Texas Property Code.
- Gather all paperwork regarding your lease, your security deposit, pet deposit, requests for repairs and monthly rental payments.

- Obtain a draft of a SCRA termination letter from your command or your installation Legal Assistance Office.

- Send the notice of termination to your landlord via certified mail, return receipt requested. Keep a copy of the notice and proof of delivery for your records. If you decide instead to deliver the notice in person, you should have the landlord sign a statement acknowledging receipt of the notice. You should also record the name of the recipient and the address and date of delivery.

Giving proper notice of termination of a lease can sometimes be difficult when you receive verbal notice of your PCS or deployment but you don't receive your paper orders.

When official orders are not available and the PCS or deployment is considered "short notice," service members should be provided with a letter or another comparable document from the unit commander or unit deployment manager.

Commanders and

UDMs play a crucial role in this process. It is imperative that they assist members in obtaining their official orders as promptly as possible.

When official orders are not available and the PCS or deployment is short notice, they should provide service members with alternative documents.

Without official military orders, service members may be forced to pay additional rent, risk negative credit reporting, or risk getting sued.

UCs and UDMs can contact the legal office for suggestions if an alternative document template is not available. Many young troops can suffer severe financial hardship due to no fault of their own if they do not receive the proper guidance and support from their units.

If you successfully terminate your lease in accordance with the SCRA, your landlord is required to refund any rent paid in advance as well as your security deposit, and is prohibited from assessing

See SCRA, P9



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News Briefs

Temporary Closure of SAMMC Commercial Gate Entrance

The San Antonio Military Medical Center's commercial vehicle entrance gate at Interstate 35 will close for three weeks, starting at 6 p.m. May 29. The closure will allow repairs to be made to the concrete driveway. The gate will reopen to commercial traffic at 6 a.m. June 20. Since many hospital staff members use the gate to exit the installation at the end of the day, higher traffic volume is expected at the two other gates during the closure. Commercial vehicles will use the Beach Gate on Binz-Engleman Road during the closure and minimum disruption is expected, according to the Brooke Army Medical Center Provost Marshal. For more information, call 221-3514.

New Privately Owned Vehicle Shipment Contract Implemented

International Auto Logistics is the new Department of Defense global privately owned vehicle provider. There will be no break in service for turn-in, pick-up or storage of POVs. For vehicle processing center locations and contact information, visit <http://www.pcsmpov.com>. Any POV that was shipped prior to May 1, with the previous contractor (American Auto Logistics), will be fully processed with AAL at the previous VPC locations, and delivered to its authorized destination. For more information, call the Personal Property Processing Office at Joint Base San Antonio-Fort Sam Houston at 221-1605, at JBSA-Lackland at 671-2821 or at JBSA-Randolph at 652-1848.

'Flags at Fort Sam' for Scouts

The Alamo Area Council of the Boy Scouts of America sponsors the "Flags at Fort Sam" event honoring American heroes at the Fort Sam Houston National Cemetery's assembly area at 5 p.m. May 23. The cemetery is located at 1520 Harry Wurzbach Road. The assembly area is located on the far east side of the cemetery near the administrative offices. Enter using Nursery Road, but do not park off Harry Wurzbach Road. The scout uniform is recommended and participants should have water, sunscreen, a hat and bring a screwdriver and mallet to help place flags at gravesites. For

See NEWS BRIEFS, P6

Army South marks official start to Beyond the Horizon-Dominican Republic

By Robert R. Ramon
U.S. Army South Public Affairs

U.S. Army South marked the official start of Beyond the Horizon-Dominican Republic 2014 during a ceremony in Barahona, Dominican Republic May 6, where U.S. military engineers and medical professionals and medical professionals are real-world training while providing needed services to communities throughout the country.

As an example of cooperation between partner nation countries Canada, Chile, Colombia, the Dominican Republic and the U.S., participants in BTH-Dominican Republic, will embark on a campaign of medical tours and construction projects over the next four months.

"Our theme is 'people helping people,'" said Brig. Gen. Orlando Salinas, U.S. Army South deputy commanding general. "The people we're helping during this exercise may not remember our names, they may not remember our faces, but they will never forget that one day service members from different countries came together to help them."

Along with Salinas, attendees at the ceremony included Maj. Gen. Pedro A. Caceres, Dominican Republic vice minister of defense, Pedro Pena, Barahona Province governor and Dan Foote, deputy chief of mission of the U.S. Embassy in the Dominican Republic.

Beyond the Horizon, conducted annually, is part of U.S. Army South

and U.S. Southern Command's humanitarian and civic assistance program. At the invitation of the host government, BTH teams work closely with host-nation forces and civilian organizations to provide medical, dental and engineering support.

These types of exercises are a major part of Army South's regional engagement efforts and afford the opportunity to train service members while providing needed services to communities throughout the region. The relationships built and sustained assist in building security and stability in the region.

"It's a great opportunity for us to learn from the great soldiers here in the Dominican Republic and to establish new relationships while strengthening existing ones," Salinas said.

During the four-month

exercise, smaller medical readiness training exercises take place, which consist of a team of military medical and dental professionals who work in austere areas to gain valuable military training and experience, while also providing medical services to people in need of treatment.

Previous Beyond The Horizon MEDRETES have provided care to hundreds of thousands of people in the U.S. Southern Command area of responsibility.

In addition to medical care, the United States, in cooperation with the Government of the Dominican Republic, has coordinated for the completion of various engineering projects in Barahona Province. U.S. Army and Air Force engineers will construct two classroom buildings

See BTH, P8



(From left) Pedro Pena, Baharona Province governor; Maj. Gen. Pedro A. Caceres, Dominican Republic vice minister of defense; Brig. Gen. Orlando Salinas, U.S. Army South deputy commander and Dan Foote, deputy chief of mission of the U.S. Embassy in the Dominican Republic, take part in a ground-breaking ceremony May 6 at a construction site during Beyond the Horizon-Dominican Republic 2014. BTH 2014 is an exercise deploying U.S. military engineers and medical professionals to Guatemala and the Dominican Republic for training, while providing services to rural communities.



Photo by Robert R. Ramon

U.S. and Dominican Soldiers stand side-by-side May 6 during the opening ceremony for Beyond the Horizon-Dominican Republic 2014. BTH 2014 is an exercise deploying U.S. military engineers and medical professionals to Guatemala and the Dominican Republic for training, while providing services to rural communities.

What I learned from amputees: it wasn't what I expected

By Chaplain (Maj.) Jeff Granger
65th Air Base Wing Chapel
Lajes Field, Azores

A number of years ago, I had the privilege to serve as a chaplain in a training program at the San Antonio Military Medical Center. The program included rotations through a number of different sections on the medical campus.

I served two rotations at the Center for the Intrepid, a world-class rehabilitation center. Due to the wars in Iraq and Afghanistan, I met a number of amputees and burn survivors who were adjusting to life after their injuries.

I was new to the

hospital ministry and had a lot to learn. As their chaplain, I assumed that my role with these men and women would be to help them through the grief experienced from their loss.

My first week there, I felt like I was a visitor at a funeral parlor – you know the awkward feeling you get there? You realize it's important to be there, but you don't really know what to say. I was uncomfortable. I soon learned my preconceptions were actually misconceptions.

These men and women at the Center for the Intrepid were determined to go on with life and had similar concerns to others

I have met and counseled. Their concerns included navigating the military medical system, planning for life after the military, waiting for medical evaluation board determinations and relationship issues that began growing even before the deployment that was cut short.

Some were celebrating life events; one had recently become engaged, and one man was home to see his child who was born while he was deployed. These service members all faced the normal challenges that are common in our military communities.

At the Center for the Intrepid, adjusting to life's newest challenges was a

shared experience.

I remember a particular conversation with a group of amputees who were sharing what it was like getting used to the new normal.

One mentioned that he had gotten out of bed at night and forgotten he was missing a leg and fell down. As others chuckled, many confessed they had done the same. It seems it's a rite of passage for those who lose a leg. I wouldn't have expected to hear them laughing together, but the conversations flowed very naturally between these wounded warriors.

The conversation illustrated for me the attitude they shared – these men

and women were facing a challenge, not dealing with defeat.

I read a text on positive psychology that year and it referenced a study to understand how cancer patients dealt with grief.

Interestingly, the researchers encountered a problem: in their cancer treatment center, they were unable to find a large enough sample of patients struggling with grief. Just the opposite was true of their population: these patients became stronger as they focused their energies and rearranged their lives to battle cancer. Extraneous activities that may amuse, but ultimately distract from meaningful life were

abandoned. Significant relationships too often neglected when life is smooth quickly become a high priority and these relationships become closer and more meaningful.

Just like the cancer patient study, my experience with wounded warriors at the Center for the Intrepid proved uniquely instructive.

I learned that, oddly enough, life's challenges can actually make life richer and more fulfilling.

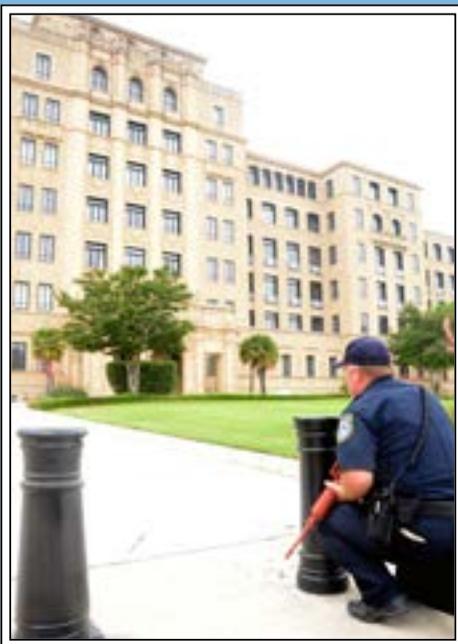
(Editor's Note: This story is part of the "Commentaries" section on <http://www.AFmil>. These stories capture the experiences of Airmen from a first-person perspective.)

Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



ARMY SOUTH CONDUCTS ACTIVE SHOOTER EXERCISE



A 502nd Security Forces policeman from Joint Base San Antonio-Fort Sam Houston prepares to enter the U.S. Army South headquarters during an active shooter exercise May 8 in order to practice active shooter response plans, procedures, enhance awareness and strengthen insider threat readiness of Soldiers, civilians and contractors assigned to the unit.



Two 502nd Security Forces policemen clear a stairwell as they search for an active shooter during an exercise at U.S. Army South headquarters May 8.



Policeman Carlos Hernandez (left), 502nd Security Forces, and Cpl. Harold Brown (kneeling), assistant flight chief for the 502nd SF, apprehend an active shooter suspect during an exercise at U.S. Army South headquarters May 8.



Emergency medical technicians from JBASA-Fort Sam Houston treat simulated casualties during an active shooter exercise at the U.S. Army South headquarters May 8.

Photos by Eric Lucero

News Briefs

Continued from P3

more information, visit <http://www.AlamoAreaBSA.org/FlagsatFortSam>.

Fort Sam Houston Army Birthday Ball

The Fort Sam Houston Army Birthday Ball is at 5:30 p.m. June 14 at the JW Marriott San Antonio Hill Country Resort and Spa, 23808 Resort Parkway. This is an unofficial event conducted for entertainment of the military and civilian personnel who choose to attend. This event is hosted annually by the Fort Sam Houston and greater San Antonio Area Army Birthday Ball committee. The dress and uniform requirements are formal attire for civilians and the Army service uniform with bow tie or the Army mess blue or dress mess uniform or service equivalent for all active duty military of other services. Tickets are \$70 each and \$140 for couples. Meat and vegetarian options are available for dinner. To buy tickets, visit <http://2014fsh-armyball.weebly.com>. For more information, send email to jbsarmyball@gmail.com. The last day to buy tickets is May 30.

Temporary Lane Closures On Garden Avenue

Garden Avenue between Wilson Road and Hardee Road will be rebuilt this summer to restore the pavement. The construction, which will occur through Sept. 11, will not allow two-way traffic during that time. However, access to driveways along both sides of Garden Avenue will remain open the entire time. The contractor will work on one side of the street while the other side will remain open for one-way traffic. After that lane is completed, it will open up and the other lane will then be rebuilt. Motorists are encouraged to follow the signs posted for the detour route.

Hardee Road Closure

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

Navy Medicine has 10 new U.S. citizens

By Larry Coffey

Navy Medicine Education and Training Command Public Affairs

The Navy Medicine Training Support Center at Joint Base San Antonio-Fort Sam Houston gained 10 new U.S. citizens after the commanding officer and 10 hospital corps students participated in a naturalization ceremony in Austin April 26.

Navy Capt. Joel Roos, NMTSC commanding officer and keynote speaker for the ceremony, spoke to his 10 Sailors and 20 of their peers just moments before they pledged their allegiance to the United States.

"Look around and savor the sights, as you will remember this event for the rest of your lives," said Roos, the son of Jewish immigrants who survived Nazi Europe. "I know, because my father (and mother) do. He remembered his trip across the ocean into New York Harbor, as well as the ceremony at a later age."

Austin Mayor Lee Leffingwell, a retired Navy



Courtesy photo

Family, friends, guests and the media were in attendance as the Navy Medicine Training Support Center at Joint Base San Antonio-Fort Sam Houston gained 10 new U.S. citizens after the commanding officer and 10 hospital corps students participated in a naturalization ceremony in Austin April 26.

Reserve commander, and U.S. Senator John Cornyn were among the special guests and speakers at Camp Mabry, where 30 active duty, Reservists and veterans from 17 countries became U.S. citizens.

"It's a great day for America, because our country grows stronger with every person who accepts the rights and responsibilities of U.S. citizenship," Cornyn said. "America always looks

inward when it searches for strength, and it finds that strength in our diverse citizenry and our military.

"In taking the Oath of Allegiance today you are contributing to America's diversity and renewing our nation's commitment to welcome new citizens from other lands," Cornyn added. "Congratulations on becoming United States citizens and thank you for your service."

Roos said naturalization ceremonies are one of the most important events in which he, as a commanding officer and a naval officer, can participate.

"Both of my parents are naturalized citizens, as are my wife's grandparents," Roos said. "So, obtaining U.S. citizenship is very meaningful, as too many take it and our freedoms for granted. This particular event was very beautiful and

memorable given the location and attendees. I wish more people had the opportunity to take the oath in an event like this."

Cornyn, who has served on the Senate Armed Services Committee and is now on the Senate Finance Committee, stood with Roos and congratulated each new citizen who stepped forward to receive the

See CITIZENS, P9

Navy Recruiting District San Antonio earns gold with Fiscal Year 2013 retention excellence award

By Burrell Parmer

Navy Recruiting District San Antonio Public Affairs

Anchors of black were replaced with anchors of gold in front of Navy Recruiting District San Antonio's headquarters on Joint Base San Antonio-Fort Sam Houston May 8 after the command was recognized as one of the winners of the Manpow-

er, Personnel, Training and Education Retention Excellence Award for Fiscal Year 2013.

Sailors and civilians took pride in the repainting of two large anchors situated in front of the headquarters, which is collated with the Military Enlisted Processing Station-San Antonio.

According to Petty Officer 1st Class Jessica

Hall, NRD command career counselor, the award means taking care of Sailors and ensuring that their needs, such as reenlistments, officer packages, career development boards, retirements and detailing issues are met.

"This allows our Sailors to focus more on their mission and not have to worry about

their careers," Hall said. "With 182 Sailors, this is no easy task, but it was completed above Navy standards, which earned the unit the retention award."

"It is truly an honor for the entire command to win the Retention Excellence Award. And, it is validation of the successful command career counselor program and

the positive command climate we have that Sailors are choosing to stay Navy," said Cmdr. Corry Juedeman, NRD commanding officer, who will be relinquishing command and commencing retirement in July.

"We are very proud to have the now golden anchors outside our

See NRD, P17

MILITARY SPOUSE APPRECIATION DAY



Photo by Lori Newman

Audrea Brown (right) from The Spa at Fort Sam Houston paints Nishea Early's nails during the Military Spouse Appreciation Day event May 8 at the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center. More than 200 military spouses were treated to an afternoon of free pampering, where they could get their nails done, receive a massage or have their portrait taken.

RUN/WALK WRAPS UP SEXUAL ASSAULT AWARENESS MONTH ACTIVITIES



Photo by Esther Garcia

More than 200 runners and walkers participated in the Sexual Harassment/Assault Response and Prevention 5k Run/Walk and Kids Dash April 26. Hosted by the 187th Medical Battalion, the run was an opportunity to bring awareness about sexual assault to the Joint Base San Antonio-Fort Sam Houston and San Antonio communities. The run was one of several activities held by the 32nd Medical Brigade throughout the month of April in recognition of Sexual Assault Awareness Month. "Sexual Assault Awareness Month brings awareness to the communities with education and prevention messages, to stop misconduct of any kind and about taking care of each other and your battle buddy," said Lt. Col. Rachel Smith, commander, 187th Med. Bn.



Photo by Army Staff Sgt. Corey Baltos

U.S. Army North (Fifth Army) leaders listen to the opening remarks May 6 of Army North's annual hurricane rehearsal of concept drill. The exercise took place at the James E. Rudder U.S. Army Reserve Center in San Antonio and is designed to enhance civil-military collaboration in the event of a major hurricane hitting the United States. The 2014 Atlantic hurricane season begins June 1.

ARNORTH from P1

U.S. Army Reserve Center in San Antonio.

"This exercise is conducted so we can collaborate with our state and federal partners and discuss whether we are prepared for a hurricane," said Maj. Dave Oakley, the lead planner for the drill with Army North's operations section.

"We find out what type of requirements or things we will need as we enter hurricane season to assure that if one does occur, we are prepared to respond and provide aid when necessary."

As part of the ROC drill scenario, the group was faced with two hurricanes

landing days apart from each other in different regions of the country.

Due to the size and locations of the hurricanes, the regions that were hit required help from other areas of the country.

"We chose a scenario that challenges our response efforts and forces us to look at our backup plans to ensure we are prepared to support our state and federal partners under even the most severe storms," Oakley said.

Over the course of the event, attendees took part in regional breakout sessions, made up of military and civilian officials in each Federal Emergency Management Agency region.

"We talked about how we'll provide assistance to those regions affected by the hurricane," said Paul Jensen, FEMA Region III emergency management specialist.

One of the benefits of the ROC drill is it allows for collaboration and partnership building before a disaster hits.

"We don't always have time to engage with all our partners," Oakley said. "This exercise allows us to be in the same room to talk and develop the relationships that are of the utmost importance if a hurricane does strike."

The 2014 Atlantic hurricane season begins June 1 and concludes November 30.

BTH from P3

and three medical clinics.

Lt. Col. Chris Dziubek, commander of Task Force Larimar, the main support hub for U.S. personnel taking part in BTH-Dominican Republic, said much has already been accomplished since the engineer projects and MEDRETES began in April.

"All of our construction projects are on schedule or slightly ahead of schedule," Dziubek said. "We've treated a total of 6,653

people in the past 10 days during MEDRETE."

The reception from the local community thus far has been encouraging according to Dziubek.

"In a single word, 'positive,'" said Dziubek when asked to describe the feedback he has received from the locals. "They have shown a lot of gratitude."

Dziubek said partnering with other nations, especially personnel from the Dominican Republic, is a main key to success.

"I'm very thankful to them for all of the assistance they have given us," said Dziubek. "I could not have asked for anything better."

Army South has planned and conducted BTHs since 2008 in multiple countries such as the Dominican Republic, Guatemala, Honduras and Panama.

Each BTH typically involves and trains about 1,400 U.S. service members and 150 host-nation personnel.

SCRA from P2

any penalty against you for early termination of the lease. Amounts may be deducted, however, for damages sustained to the property in accordance with the lease agreement.

Because they can't keep your security deposit when you assert your rights under the SCRA, landlords and property managers may try to find other, more elusive ways to justify keeping your deposit.

Landlords know that you may not be coming back to the JBSA area for a while, especially if you've given them a forwarding address at Andersen Air Force Base, Guam or Fort Bragg, N.C. They also know that the likelihood of your contesting trumped-up charges is low once you've already moved or deployed.

If you believe that your landlord or your fellow

service member's landlord has wrongfully retained your security deposit or violated the SCRA in another manner, go to your installation legal assistance office and get help. Don't forget that active duty personnel (and Reservist/Guardsmen on Title 10 orders) are entitled to free legal assistance.

When a landlord violates the SCRA, he can be fined or imprisoned, so a phone call from a legal assistance attorney may convince a landlord to abide by state and federal law. You can schedule a Legal Assistance appointment at your nearest installation.

JBSA-Fort Sam

Houston:

The legal assistance office has appointments available on Mondays, Wednesdays and Fridays. Call 808-0169 to schedule. Walk-in legal assistance is available on Tuesdays

from 8:30-10:30 a.m. for eligible ID card holders. Walk-in legal assistance is available on Thursdays from 8:30-10:30 a.m. for active duty military members only. The office is located at 2271 Reynolds Road at the corner of Wilson Road and Reynolds Road.

JBSA-Lackland:

Schedule a legal assistance appointment at 671-3362, or stop by 1701 Kenly Ave., room 134 between 8:30-9:30 a.m., Monday through Thursday during walk-in hours.

JBSA-Randolph:

Call 652-6781 to schedule a legal assistance appointment. Walk-in legal assistance is available every Tuesday from 8:30-10:30 a.m. Deploying personnel receive priority and can be seen for wills either by appointment or through the walk-in service. The office is located in the Taj Mahal, building 100, suite 6.

CITIZENS from P6

naturalization certificate.

Seaman Recruit Marshalee Russell and Seaman Apprentice Robea Rei Charles are two of Navy Medicine's newest citizens who were congratulated by their commanding officer and the senator. They shared their thoughts with local reporters and congratulated their fellow new citizens after the ceremony.

"It's great to be part of the American dream and legacy," said Jamaica-born Russell, who claims Bronx, N.Y., as her hometown. "I wish my parents were here to see this, but I have pictures to show and memories to share."

Rei Charles, who was born in the Philippines and calls San Francisco home, added, "I feel awesome. I can't describe what's inside."

He said his grandfather



Courtesy photo

U.S. Senator John Cornyn congratulates Seaman Recruit Marshalee Russell, a Hospital Corps student at the Medical Education Training Campus, as she receives her U.S. Citizenship Naturalization Certificate during a naturalization ceremony in Austin April 26.

served in World War II and inspired him to join the Navy.

"I would like to honor him and my family," Charles said. "I just don't want to be an ordinary citizen."

Roos said it was clear the ceremony was an important event for his Sailors, and he believes they understand the

significance of becoming a US citizen.

"Our newest citizens truly appreciate the opportunity and freedoms they are receiving," Roos said.

"Providing a path to citizenship for our military members is one of the most important benefits we offer and probably the least celebrated."

Local Army commands come together for Best Warrior Competition

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

Every year, Soldiers from different units across the Army vie against each other to see who is the best Soldier or noncommissioned officer. And every year, there never seems to be a shortage of men and women who accept this challenge and step forward to compete.

From May 4-7 at Joint Base San Antonio-Camp Bullis, 35 Soldiers from four of the senior commands at Joint Base San Antonio-Fort Sam Houston – U.S. Army Installation Management Command, U.S. Army Medical Command, U.S. Army South and U.S. Army North (Fifth Army) – stepped forward to take part in long hours of competition to find out who would come out on top during the 2014 Best Warrior Competition.

Competitors spent three days of “O-dark-thirty” mornings and late evenings testing their mental and physical strength with the Army Physical Fitness Test, rifle marksmanship, an obstacle course, a timed day and night land navigation challenge, Warrior Tasks and Battle Drills, a mystery event and the culminating 12-mile road march.

Although the 35 Soldiers competed together, the Best Warrior Competition was actually four different competitions for each of the participating senior commands and not a single event.

“This is something above and beyond a regular board or PT test,” said Sgt. Elias Zavala, Headquarters Support Company, Headquarters and Headquarters Battalion, Army North, about his take on the nature of the competition. “I’m very proud to be here and proud that I was chosen to compete.”

Sgt. Tonga Tukumoeatu, representing the 323rd Army Band “Fort Sam’s Own,” felt the same about the chance to participate.

“I’m excited for the experience. I’m a bandsman, so we don’t do this on a regular basis. However, as a bandsman, we already have high standards for ourselves, musically. We can transfer that to our Soldier skills and it goes hand-in-hand together,” he said.

“I expect a lot out of myself, so I’ll just hold myself to a high standard,” he continued. “I’m grateful for the opportunity I’ve been given to represent Army North.”

“We recognize the fact that everybody here, in some shape, fashion or form, is already a winner, having already competed at battalion, brigade, perhaps division level (to be here),” said Sgt. Maj. David Santos, the senior NCO who oversaw the planning and execution of the competition.

“We understand the type and caliber of Soldiers and NCOs that we should be looking at for this competition.”

Despite this being an individually driven competi-



Photo by Eric Lucero

Army Sgt. 1st Class Steven Guzman, U.S. Army South operational protection directorate, prepares to throw a training grenade during the 2014 Best Warrior Competition May 6 at Joint Base San Antonio-Camp Bullis.



Sgt. Maj. David Santos, U.S. Army North (Fifth Army), looks over the firing line during the rifle marksmanship event May 5 at JBSA-Camp Bullis as part of the 2014 Best Warrior Competition. While the different commands competed together, the event was actually four separate competitions for the senior commands participating.

Photo courtesy U.S. Army Installation Management Command Public Affairs



Sgt. Jacob Durski, U.S. Army Garrison, Yongsan, South Korea, plots his points May 5 during the day and night land navigation portion of the Best Warrior Competition.

Photo by Amanda Kraus Rodriguez



Staff Sgt. Luke Klein, assigned to U.S. Army South's 525th Military Police Battalion, drags a simulated casualty to safety during the 2014 Best Warrior Competition.

Photo by Eric Lucero



Photo by Sgt. 1st Class Christopher DeHart

Sgt. Elias Zavala (left), Headquarters Support Company, Headquarters and Headquarters Battalion, Army North, begins the pushup event of the Army Physical Fitness Test May 5.



Cpl. Ryan Perea, with U.S. Army Garrison, Fort Bragg, N. C., shoots an azimuth May 6 during the day and night land navigation portion of the 2014 Best Warrior Competition at JBSA-Camp Bullis.

Photo by Amanda Kraus Rodriguez



Sgt. Connor Loehr, from Bayne-Jones Army Community Hospital, Fort Polk, La., renders first aid to a simulated casualty May 6 during the 2014 Best Warrior Competition at JBSA-Camp Bullis, Texas.

Photo courtesy U.S. Army Medical Command Public Affairs



Photo courtesy U.S. Army Installation Management Command Public Affairs
Soldiers enter their fighting positions as they prepare to qualify in rifle marksmanship at the range May 5 during the 2014 Best Warrior Competition at JBSA-Camp Bullis.

tion, with each person vying for top honors, all the Soldiers and NCOs maintained their team mentality and cheered for one another during each event.

They kept a positive attitude as they tackled each challenge, such as the obstacle course.

“I’m a little sore,” said Sgt. Malcom Knox, Task Force 51, Army North, the day after completing the Army Physical Fitness Test and land navigation events. “But I’m doing good. This will loosen us up.”

The atmosphere remained light-hearted that morning and there were lots of good-natured jokes thrown around to keep everyone motivated.

As the groups waited to start the obstacles watched the others run through, nicknames popped up, like “the Bionic Man” and “Spiderman.” However, all observed with great interest, respect and eagerness mixed together.

“I’m really tired,” Tukumoeatu said after finishing the course. “I haven’t done this since basic training, but I got through it.”

Other Soldiers coming off the last part of the course said the same, but it didn’t diminish their enthusiasm about what they still had ahead of them.

“I’m very tired, but we’ll just see what they have waiting for us,” Zavala said.

Despite being weary from each full day of extensive testing on Army skills and tests of their physical endurance, the Soldiers still looked sharp and professional as they progressed.

“It really took a lot for them to go outside of their particular jobs or positions and stand out from the rest of their peer group,” said Sgt. 1st Class Jason Ruiz, Best Warrior Competition NCO in charge. “It sets them apart from their peers. These guys went above and beyond here.”

After completing the JBSA-Camp Bullis portion, the competitors traded their sweat-soaked combat uniforms for their blue Army Service Uniforms and returned to face a barrage of questions from their respective commands during individual boards.

Tukumoeatu is the U.S. Army North Best Warrior NCO, while Spc. Antonio Varela with Task Force 51 was chosen as ARNORTH Soldier of the Year.

The IMCOM Best Warrior winners are Sgt. Jacob Durski from U.S. Army Garrison, Yongsan, South Korea, and Cpl. Ryan Perea from USAG Fort Bragg, N.C., for NCO and Soldier of the Year, respectively.

The Best Warrior NCO and Soldier of the Year winners for Army South are Staff Sgt. Luke Klein, 339th Military Police Company, currently assigned to ARSOOUTH’s 525th Military Police Battalion, Naval Station Guantanamo Bay, Cuba; and Spc. Crystal Pittman, also assigned to the 525th MP Bn., NSGB, Cuba, respectively.

The MEDCOM Best Warrior NCO and Soldier of the Year winners are Sgt. Connor Loehr, from Bayne-Jones Army Community Hospital, Fort Polk, La., representing Southern Regional Medical Command; and Spc. Travis Crook from the U.S. Army Research Institute of Environmental Medicine, representing U.S. Army Medical Research and Materiel Command.

Cole High School senior named 2014 U.S. Presidential Scholar

By Jayne Hatton
Associate Superintendent,
Fort Sam Houston Independent
School District

Elise J. Miller, a senior at Robert G. Cole High School, has been named a 2014 U.S. Presidential Scholar, one of only 141 high school seniors in the nation so honored for their accomplishments in academics or the arts. The daughter of retired Army Lt. Col. Clay and Amy Miller, Elise's achievements also include being named a National-Merit Finalist and an Advanced Placement Scholar with Distinction.

"Elise Miller is truly an exceptional individual who has been able to achieve academic success while also excelling in extracurricular and

co-curricular activities, including numerous volunteer efforts in the community," said Dr. Gail Siller, Fort Sam Houston Independent School District superintendent.

The White House Commission on Presidential Scholars selects scholars each year based on their academic success, artistic excellence, essays, school evaluations and transcripts, as well as evidence of community service, leadership, and demonstrated commitment to high ideals.

"Elise Miller is most deserving of this special recognition," said Cole High School principal Isabell Clayton. "She achieved a perfect SAT score, received a top score on all 10 of her advanced placement tests, has earned



Elise J. Miller

first chair oboe for the past three years, and achieved a Division I Superior rating at state competitions for vocal solo and oboe solo."

Of the three million students expected to graduate from high schools across the country this year, more than 3,900 candidates qualified for the 2014 awards determined by outstand-

ing performance on the College Board SAT and ACT exams, and through nominations made by Chief State School Officers.

Miller joins the 50th class of U.S. Presidential Scholars in a program that has honored more than 6,500 of the nation's top-performing students.

One young man and one young woman from each state, the District of Columbia and Puerto Rico, and from U.S. families living abroad, as well as 15 chosen at-large and 20 U.S. Presidential Scholars in the Arts, will be honored along with Miller at a ceremony in Washington, D.C. in June where she will receive a Presidential Scholar Medallion.

Although Miller is the

valedictorian of her senior class, she will present her graduation message via video at Robert G. Cole High School's June 6 ceremony.

Instead of attending her own graduation ceremony, Miller will be performing with the Texas Children's Choir as part of the "American Musical Salute to Liberation," an official event of

D-Day's 70th Anniversary parade hosted by the village of Sainte-Mer-Eglise.

These events commemorate and honor the June 6, 1944 arrival of American airborne and land troops landing on the beaches of Normandy France during World War II. These heroic ef-

See COLE, P17

Joint Venture:

Fire emergency services embraces consolidation

By Mike Joseph
JBSA-Lackland Public Affairs

There was a time when a fire or emergency services call might be answered "Lackland Fire Department" or "Fort Sam Houston Fire Department" or "Randolph Fire Department," depending on the San Antonio military installation.

A call for those same services will now generate one response no matter the location: "Joint Base San Antonio Fire Emergency Services."

In fact, the transition into JBSA Fire Emergency Services from three separate units has been transparent. It was recently honored as the 2014 best large-base fire department in Air Education and Training Command.

"The entire fire department has put a tremendous amount of energy into consolidating, transforming and sharing best practices this past year," said Michael Grizer, 502nd Civil Engineer Squadron and JBSA fire marshal, via email to senior JBSA leaders. "It is great to see all that hard work recognized."

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and JBSA commander, echoed Grizer's comments in an email response.

"I firmly believe that our fire pros are the true testament of how to make our joint basing construct work to its fullest extent," LaBrutta said.

The 208 fire personnel in fire emergency services not only embraced the concept of joint basing, they used it to enhance operations at all JBSA locations.

"We were three individual fire departments doing things differently and speaking different languages when Gen. Carter came here in 2011," said JBSA Fire Emergency Services Chief Curtis Williams about Maj. Gen. Theresa Carter, former 502nd ABW and JBSA commander.

"Gen. Carter put us on a timeline to move forward (with the concept of joint basing), and by the time she left in 2013, we were one fire department and one squadron in the making," Williams said. "We're all speaking the same language now. Any fire department can be operating within JBSA and we know exactly where it is based on radio call signs and station number."

Williams said in order for the three locations to operate and think as one, the eight fire stations at JBSA-Lackland, JBSA-Randolph and JBSA-Fort Sam

Houston were renumbered, along with vehicles and district designations.

To symbolize being united on a combined front, former operating location uniform patches were incorporated into a new department shield.

A firefighter uniform committee was established to standardize uniforms and ensure Air Force and National Fire Protection Association compliance. The conversion process has been more than just visual.

It also carries over to the firefighters. "We didn't try to take away the identity of each location, but we needed to pull away from the old way of doing things," said Williams, a former fire chief at JBSA-Fort Sam Houston.

"All firefighters now identify themselves as Joint Base San Antonio; -Fort Sam Houston, -Lackland or -Randolph is where you happen to work as a firefighter."

To ensure firefighters understand the objectives and mission of joint base, Williams instituted a weekly road show.

"My objective is for every single firefighter in JBSA to receive this briefing and understand the impact that they make, who they touch throughout JBSA, who each and every mission

partner is," Williams said.

"The road show lets our firefighters know that they touch the lives of every single person on JBSA each and every day: 24/7, 365 days a year. The briefing is a tool: it's informative and motivational," he said.

"It's given by supervisory firefighters and gives me an opportunity to get feedback right on the spot; not so much about the briefing but how a firefighter feels about what he's doing."

Williams, a retired Air Force chief master sergeant who served 23 years and has 46 years of experience in fire safety, also has an additional mission when it comes to JBSA firefighters.

"It drives me to pass on all that I know no matter what level the firefighter, particularly to motivate and mentor," the chief said. "There are people all over this joint base waiting for someone to provide mentorship, and that's the only way I know that we're going to maintain a level of leadership and efficiency in the future."

"Every place I've been – every installation – I've tried to leave it significantly better than when I found it," Williams said. "That's what I'm trying to do here."



Fire Station 1
Building 2325, 1910 Kenly Ave, JBSA-Lackland
671-2921, 7 a.m. to 4:30 p.m.



Fire Station 2
Building 1027, JBSA-Lackland
671-2921, 7 a.m. to 4:30 p.m.



Fire Station 3
Building 200, 1125 Medina Base Road
671-2921, 7 a.m. to 4:30 p.m.



Fire Station 4
Building 3830, 201 Schofield Road,
JBSA-Fort Sam Houston
221-1804, 7 a.m. to 4:30 p.m.



Fire Station 5
Building 1704, 3935 Winans Road,
JBSA-Fort Sam Houston
808-4006, 7 a.m. to 4:30 p.m.



Fire Station 7
Building 5020, 716 Wikerson Road,
JBSA-Camp Bullis
295-7600, 7 a.m. to 4:30 p.m.



Fire Station 8
Building 700, 2080 Fifth Street East,
JBSA-Randolph
652-6915, 7 a.m. to 4:30 p.m.



Fire Station 9
Building 415, JBSA-Randolph
652-6915, 7 a.m. to 4:30 p.m.

Fire Station 6
Under construction, JBSA-Fort Sam Houston

Finding resolution to workplace conflict: one person's story

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

Mediation was a godsend for Greg Varoz, a program analyst with 502nd Air Base Wing Plans and Programs.

Returning to Joint Base San Antonio-Fort Sam Houston from an assignment in Korea, cut short because of serious health issues, Varoz discovered lots of changes in his workplace.

The unit he had been a part of – the U.S. Army Garrison – was reorganized under joint basing into the 502nd Force Support Group where he no longer belonged. His responsibilities had changed and he was moved from an office into a cubicle at Wing headquarters.

“When I came back, I was the new guy on the block,” Varoz recalled. “Although there were some familiar faces, it was like a brand new assignment. I was still learning who was in charge of what and who the division chiefs and director were. Doing my job and working with my supervisor – those were all fine.”

During the first month in the new position Varoz said he had difficulty

with a co-worker that was significant.

Conflict may be triggered by changes of any kind, wrote Dr. Noa Zanolli Davenport, a Swiss mediator in her article on an online mediation resource website at <http://www.mediate.com>.

Varoz took steps to work out the situation, but nothing improved. He was at an impasse.

“I felt like I was unnecessarily berated and embarrassed and I thought it was unprofessional. There were some gender issues,” Varoz said.

“I went to my boss,” Varoz said. “I felt that management needed to do something to fix it. Management wasn’t too sure they needed to fix it.”

“If an organization ignores the behavior, the result is always injury – physical or mental distress or illness, social misery and often, but not always, expulsion from the workplace,” Davenport wrote.

“I was ready to take this to the general. I was ready to call my congressman,” Varoz said. “I was very, very angry.”

Unresolved conflict in the workplace can be

the elephant everybody sees, but works around. Even if only one or two people are involved, that conflict affects the entire unit and the workplace becomes a hostile, abusive environment.

“Workplace trauma, as psychologists refer to the condition caused by employee abuse, is emerging as a more crippling and devastating problem for employees and employers alike than all the other work-related stresses put together,” wrote C. Brady Wilson in an article in the Personnel Journal – currently Workforce Magazine.

As many as 20 million Americans face workplace abuse on a daily basis, said Dr. Harvey Hornstein in his book “Brutal Bosses and Their Prey.” Hornstein was a professor of social-organizational psychology at Columbia University’s Teachers College.

Often employees involved in workplace trauma are, more often than not, esteemed members of the organization, Davenport wrote.

Varoz’ situation underscores her observation.

“I have a flawless record – I am a good

employee. I say that because there are a lot of people just like me that do a fantastic job and the people they work for – their supervisors – are also good employees,” he said. “But because we are human beings, there is conflict.”

Once there is discord in the workplace, interaction between parties is the first victim, explained Jim Hewitt, president of Laborer’s International Union of North America Local 28. Hewitt has been involved with mediation on Joint Base San Antonio-Fort Sam Houston for nearly 20 years.

“Communication basically stops on both sides,” Hewitt said, explaining the reason a supervisor may not tackle issues between employees immediately, because many issues may not be appropriate for discussion in the workplace and the situation festers.

When Varoz elevated his issue through the chain of command, his technical director advised Alternative Dispute Resolution. Varoz was skeptical at first.

“I had never heard of it before,” Varoz said. “But when I got to the Equal Opportunity Of-

fice, they told me about a process where I didn’t even need to file a formal complaint. All I had to do was to sit down with the person I had the issue with and tell them my side of the story and we would have a discussion about what happened in a controlled and civilized manner with a mediator.”

“It has to be a trained mediator,” Hewitt explained. “A trained, skillful mediator gets to the root of the issue.” All of the mediators are highly trained volunteers who help facilitate communication.

“With mediation, there are usually several people at the table,” said Dee Smith, a mediator with the Local 28 and the Alamo Federal Executive Board, “including a facilitator and co-facilitator, management and possibly their lawyer, and the claimant.”

Smith said she always recommends ADR, because filing a formal complaint means hiring lawyers and going to court, which can be very expensive and take weeks to months, even years for a decision.

“On top of that, you’re in the same situation suffering,” Smith said,

adding that mediation is quick and a very successful approach to resolving issues in the workplace.

“I would say 90 percent or more of the cases I have worked with have been settled through mediation,” said Kristen Hollering, a lawyer with JBSA-Fort Sam Houston legal office who advises management during mediation.

“We were both treated equally in terms of discourse,” Varoz said. “It allowed me to look my boss’s boss in the eye and speak very bluntly. The facilitators understood human dynamics and were very good at ensuring he was treated respectfully but also empowering me to feel comfortable enough to speak candidly.”

Varoz said his session ended very well. “There were some compromises made. There were some agreements made that mapped out solutions. It was totally voluntary and that in itself is a sign of good faith.”

The service is available to Army, Air Force and civilian employees at JBSA-Fort Sam Houston. For more information call JBSA-Fort Sam Houston ADR at 221-1177.



323rd Army Band "Fort Sam's Own" Concert

Tuesday, the 323rd Army Band "Fort Sam's Own" hosts a concert at 6:30 p.m. at the Fort Sam Houston Theater, 2472 Stanley Road.

Women Encouraging Women

Today, 11 a.m. to 12:30 p.m., Military & Family Readiness Center, building 2797. This month will be mother and child yoga. Call 221-0349 or 221-2705.

Army Family Advocacy Program Unit Training

Monday, 8-10 a.m., and Wednesday, 2-4 p.m., Military & Family Readiness Center, building 2797. Mandated Army Unit Family Advocacy Training in accordance with Army Regulation 608-18 regarding domestic and child abuse identification, reporting, and prevention. The training also covers the Lautenberg Amendment, restricted and unrestricted reporting and victim compensation. Sessions consist of 30-minute increments, starting on the half hour. Call 221-0946 or 221-2705.

Army Family Team Building

Tuesday-Thursday, 8:30 a.m. to 2:30 p.m., Military & Family Readiness Center, building 2797. Topic is personal growth and resiliency. Call 221-9196 or 221-2418.

H.U.G.S. Playgroup

Tuesday, 9-11 a.m., Middle School Teen Center, building 2515. This interactive playgroup group is for parents and children under age 5. Registration is not required. Call 221-0349 or 221-2418.

Family Readiness Forum

Tuesday, 11 a.m. to noon, Military & Family Readiness Center, building 2797. Provides family readiness group leaders and support assistants the opportunity to discuss, network and share lessons learned. Call 221-1868 or 221-0946.

Air Force Master Resiliency Training

Wednesday, 9-11:30 a.m.,

Military & Family Readiness Center, building 2797. Topic is balancing your thinking. Call 221-9848 or 221-2418.

H.U.G.S. Playgroup

May 27, 9-11 a.m., Middle School Teen Center, building 2515. This interactive playgroup group is for parents and children under age 5. Registration is not required. Call 221-0349 or 221-2418.

Family Readiness Group Support Assistant Training

May 28-29, 8:30 a.m. 3 p.m., Military & Family Readiness Center, building 2797. This training will orient and inform FRSA's about the roles and responsibilities of their position. The FRSA plays a key role in assisting the efforts of commanders and FRG volunteer leaders in their support of service members and their families. Call 221-1868 or 221-0946.

Volunteer Orientation

May 28, 10 a.m. to noon, Military & Family Readiness Center, building 2797. Information about how to become a volunteer and track your hours. Call 221-2336 or 221-2705.

Trails and Tales of Fort Sam Houston

May 29, 9 a.m. to 12:30 p.m., Military & Family Readiness Center, building 2797. This tour offers the newcomer an opportunity to become familiar with the installation and visit sites of our historic post. Transportation is provided. Call 221-1681 or 221-2705.

Armed Forces Day 5k Fun Run

Saturday, join us in celebrating the sacrifices and dedicated service of our military members all around the globe by taking part in the Armed Forces run at 8 a.m. at the Aquatic Center Parking lot. For more information, call 808-5709.

Fun Times at Family Movie Night

Saturday, enjoy free movie night at the Military & Family Readiness Center, building 2797, at 7 p.m. Once a month we bring you the best in family-friendly movies. Free popcorn, cotton candy and snow cones will be offered as you enjoy the featured movie. For more information, call 221-1718.

Pool Opens for Summer Fun

May 23, the Aquatic Center opens for the season at 4 p.m. It features a 50-meter Olympic size swimming pool, water slides, aqua rock wall, lap lanes and a kiddie pool. The pool is open to all Department of Defense ID cardholders. Cardholders may sponsor up to two guests. Children 12 and younger must be accompanied by an adult. Daily and summer passes are available for purchase at the pool. The pool is also available for private parties and unit training. The Aquatic Center is open daily from noon to 8 p.m. on non-school days and 4-8 p.m. on school days. For more information, call 221-4887.

Friday Night Jazz Returns

Tickets for the next Friday Night Jazz concert at the Fort Sam Houston Theater May 23 are on sale. Featured artists include the Jeff Lorber Fusion, with special guest saxophonist Jimmy Haslip of the Yellowjackets. This event is open to authorized Department of Defense ID card holders and guests. For more information, call 466-2020. Tickets on sale at http://outhousetickets.com/Venue/Fort_Sam_Houston_Theater.

Annual Military Golf Classic

May 24-26, patrons are invited to play in the Memorial Day Military Golf Classic roundabout starting with a scramble May 24 at Joint Base San Antonio-Randolph; May 25 at JBSA-Fort Sam Houston with a modified alternate shot; and May 26 at JBSA-Lackland with a best ball competition. Shotgun start time is 8 a.m. for all three days. Register at any JBSA Golf Course through May 17. For more information, call 222-9386.

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 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.

Massage Therapy at Jimmy Brought Fitness Center

The Jimmy Brought Fitness Center 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.

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.

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.

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.

Harlequin Youth Academy

Tuesday and Wednesday 5-6:30 p.m., ages 5-18 Instructors are world-travelled performers who have worked at Fiesta Texas, SeaWorld and a number of international cruise lines. Multiple child and military discounts available. Military affiliation not required. For more information, call the Harlequin Dinner Theatre at 222-9694.

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.

Library Story Time

Preschool children are invited to the weekly story time at Thursdays 10 a.m., 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.

Green to Gold Program Briefing

The 5th Brigade Army ROTC conducts a Green to Gold Program brief at 2 p.m. the second Monday of each month, excluding training/federal holidays at the Post Education Center, building 2248, room 207C. The purpose of the brief is to educate active duty Soldiers on the benefits, options, and qualifications of the Army Green to Gold Program. Call the UTSA recruiting officer at 458-5607, St. Mary's University recruiting officer at 436-3415 or the 5th Brigade at 295-2005 or 295-0429.

Army Substance Abuse Program

The Army Substance Abuse Program is located at 1835 Army Blvd., building 2007, and serves all branches of the military, including active duty service members,

trainees, Reservists on active duty and those in the Warrior Transition Battalion. The program office is open 7:30 a.m. to 4 p.m. Mondays, Tuesdays, Wednesdays and Fridays. Call 295-4094.

Tobacco Cessation Class

Class meets Tuesdays from 3-4 p.m. at the Primary Care Clinic, building 1179. Call 916-7646.

Tobacco Cessation Support Group

A support group meets the third Friday of each month from noon to 1 p.m. in the Brooke Army Medical Center Pulmonary Clinic, third floor, Consolidated Tower. Call 916-7646.

Walking Groups

A morning group meets from 5:30-8 a.m. Tuesday and Thursday at Freedom Park, behind the Warrior and Family Support Center. An afternoon group meets from 4-5:30 p.m. at the Fitness Center on the Medical Education and Training Campus. Call 916-7646.

Yoga at SAMMC

A yoga class is held noon to 1 p.m. Tuesday and Friday in the Pediatric GME conference room (TN-122) at San Antonio Military Medical Center. Mats provided, but bring your own if you have one. Call 916-7646.

Cloverleaf Communicators

Meetings are held the first and third Friday of every month from 11:45 a.m. to 1 p.m. at building 4011A, off Reynolds and Wilson Way. Visit <http://powertalkinternational.com/> or call 916-3406 or 221-8785.

Future Speakers on the Horizon

Enjoy food while developing public speaking and leadership skills the second and fourth Wednesday of each month, noon-1 p.m. at the Joint Program Management Office, building 4196. Call 295-4921.

Top 3 Enlisted Association

The JBSA-Fort Sam Houston Top 3 meets 11:30 a.m. to 12:30 p.m. the second Thursday of each month at building 2263. All senior enlisted members and E-7 selects are encouraged to attend. The association is aimed at establishing important relationships across all services.

OUTSIDE THE GATE

U.S. Navy Band Tour

The U.S. Navy Band Cruisers perform at 1 p.m. Saturday at the covered white gazebo at the Alamo, 300 Alamo Plaza, and again at 5:00 p.m. Monday at the Arneson Theater, 418 Villita St.

Armed Forces Day Event At Camargo Park

The "Patriots in the Park" Armed Forces Day celebration to honor military and their families is from noon to 4 p.m. Saturday at Camargo Park, 5738 Castrovilla Road, just south of Highway 90 and across from Wolff Stadium. There will be free entertainment and food available for purchase.

Those attending are also welcome to bring their own picnic lunches and lawn chairs. For more information, call 201-4366.

Retired Officers' Wives and Widows Club

The Retired Officers' Wives and Widows Club meets at 11 a.m. Monday at the Sam Houston Golf Club. For reservations or information, call 822-6559.

Boardwalk on Bulverde Grand Re-opening

The San Antonio food truck park Boardwalk on Bulverde at 14732 Bulverde Road celebrates their grand re-opening starting at 6 p.m. May 23 for the 3rd Annual Spring Fling event. The event runs through 8 p.m. May 25. The newly renovated park has a new playscape for kids, a school bus converted into a mobile arcade, sports den, basketball court,

shaded areas and a brand new look. Live music from Crossfire will provide entertainment May 23. Admission is free. For more information, visit <http://www.boardwalkonbulverde.com>.

'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>.

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. Registration is also open online at www.AlamoAreaBSA.org/ScoutStrongPatriotRun. Call 385-8248 for more information.

Van Autreve Sergeants Major Association

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

COLE from P13

forts and sacrifice made by thousands of valiant men marked the beginning of the defeat of Nazi tyranny through-

out Europe.

Participating in this special tribute is especially meaningful to Miller as she graduates from Robert G. Cole High School, named for

Medal of Honor winner, Lt. Col. Robert G. Cole, for his service during World War II.

Miller will attend Stanford University to pursue a career in

theoretical and particle physics and computer science.

She also has interests in software engineering, quantum computing and music.

NRD from P6

headquarters building for all to see!"

The award, formerly

known as the Golden Anchor Award, was established by the U.S. Fleet Forces Command through the Fleet Reten-

tion Excellence Program, and is annually awarded to Navy commands that sustain superior levels of military retention during

the previous fiscal year. Commands must pass the annual career information program review with a score of 85 points or higher while meeting set benchmarks for reenlistment and attrition rates during the fiscal year to win the award.

Earning the award authorizes NRD-San Antonio display gold-painted anchors near its headquarters.

The San Antonio district includes 46 Navy recruiting stations and Navy officer recruiting stations spread across 140,000 square miles of Texas territory, spanning from Waco, west to Midland/Odessa, southwest towards El Paso, southeast along the Rio Grande Valley and west to College Station.



Photo by Burrell Parmer

Petty Officer 1st Class Jessica Hall, the command career counselor assigned to Navy Recruiting District San Antonio, stands next to one of two anchors situated in front of the NRD headquarters May 8. Originally black, the anchors were painted gold after the command was recognized as a winner of the Manpower, Personnel, Training and Education Retention Excellence Award for Fiscal Year 2013.

Stage III water restrictions implemented across JBSA

Due to the effects of the continuing drought, the 502nd Air Base Wing and Joint Base San Antonio commander has directed implementation of Stage III water restrictions across Joint Base San Antonio.

The changes from Stage II to Stage III are substantial. All the Stage II restrictions are still in place.

Additionally, watering is now limited to once every other week with watering times from 7 to 11 a.m. and 7 to 11 p.m. Watering will be done with an irrigation system, sprinkler or soaker hose, and only on your designated watering day.

In Stage 3, the watering days are based on your address:

- Address number ends in 0 or 1, Monday is the watering day;
- Address number ends in 2 or 3, Tuesday is the watering day;
- Address number ends in 4 or 5, Wednesday is the watering day;
- Address number ends in 6 or 7, Thursday is the watering day;
- Address number ends in 8 or 9, Friday is the watering day.

There will be no watering allowed on weekends.

Use of portable yard pools is prohibited, as well as fire hydrant and sewer flushing. Government-operated vehicles are allowed to be washed once per month and no new planting is allowed. Privately owned vehicles and still be washed once a week, on either Saturday or Sunday.

All water restriction measures are listed in the JBSA Critical Period Management Plan available online at <http://www.samhouston.army.mil/pao/announce-event/pdf/JBSACriticalMgtPlan2013.pdf>.

JBSA personnel should not confuse the JBSA water restrictions with the SAWS restriction levels. The JBSA water restrictions are more stringent and begin sooner than SAWS restrictions.

For more water-saving tips, visit <http://www.WaterUseItWisely.com> (111 ways to conserve) and <http://SAWS.org>.

(Source: 502nd Civil Engineer Squadron)

FIRE SAFETY IS EVERYONE'S BUSINESS

Fire Safety Tips for Grilling

There's nothing like outdoor grilling. With summer around the corner, many are getting ready to fire up their barbeques again. However, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

- Propane and charcoal barbecue grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.