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



**BAMC KEY PLAYERS**

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**ARMY SOUTH MACHINE GUN RANGE**

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**BAMC DINING FACILITY SET TO REOPEN**

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# Top physicians, nurses carve out time for patient care

By Elaine Sanchez  
 Brooke Army Medical Center

Electrician Indalecio Morales was in a “bucket” working on power lines when 14,000 volts of electricity shot into his chest, knocking him unconscious. He doesn’t recall much about the accident, but vividly recalls his flight here and the “angel” doctor who never left his side.

Morales later learned that his doctor not only is considered one of the best burn surgeons in Texas, but is the commander of the busiest hospital in the Department of Defense.

“I had the main guy for my doctor and the main guy for the hospital,” said Morales, now an outpatient at the U.S Army Institute of Surgical Research Burn Center at Fort Sam Houston. “What more could I ask for?”

Army Col. (Dr.) Evan Renz, commander of Brooke Army Medical Center and a trauma surgeon, is among the top hospital leaders who carve out time each week to engage in patient care. BAMC encompasses San Antonio Military Medical Center – the largest U.S. military hospital and only Level 1 Trauma Center in the DOD – six outpatient clinics across the region, as well as the Center for the Intrepid, an extremity injury rehabilitation center.

While his schedule is packed with meetings, briefings and visits with staff across the facilities he oversees, Renz has made it a priority to serve on call as an at-

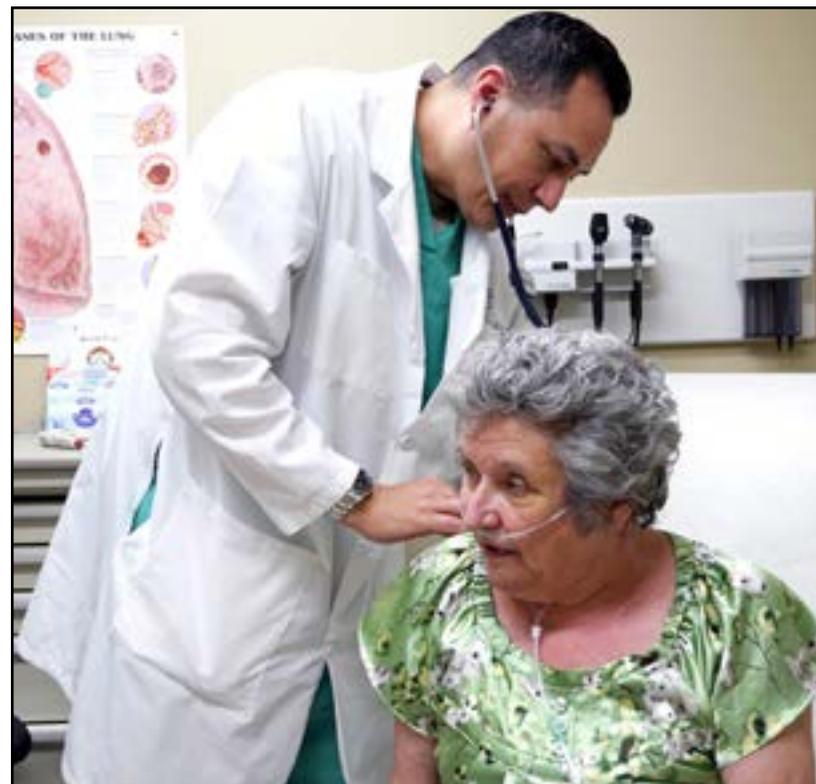


Photo by Corey Toy

Army Col. (Dr.) Pedro Lucero, assistant deputy commander for clinical services and former chief of the Pulmonary Disease Service, examines Jeannette Haygood, his patient since 2002, at the San Antonio Military Medical Center on Fort Sam Houston Aug. 19.

tending surgeon at least one day a week since he took command.

“I feel a deep sense of responsibility for knowing how medicine is practiced within our walls, for knowing if and how we are meeting the needs of our patients,” he said. “The single best way for me as a physician leader to do that is to remain clinically active and see patients each week.”

Active, engaged leadership at

all levels is vital to continued success for BAMC, the colonel noted.

“Our delivery of safe, quality care is greatly enhanced when leaders responsible for it remain intimately knowledgeable of the practices and processes used each and every day within our system of health,” the commander said.

See **PATIENT CARE**, P5

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# What are the Seven Core Army Values?

Many people know what the words loyalty, duty, respect, selfless service, honor, integrity, and personal courage mean. But how often do you see someone actually live up to them? Soldiers learn these values in detail during Basic Combat Training and from then on they live them every day in everything they do, whether they're on the job or off. In short, the Seven Core Army Values listed below are what being a Soldier is all about.

## Loyalty

Bear true faith and allegiance to the U.S. Constitution, the Army, your unit and other Soldiers. Bearing true faith and allegiance is a matter of believing in and devoting yourself to something or someone. A loyal Soldier is one who supports the leadership and stands up for fellow Soldiers. By wearing the uniform of the U.S. Army you are expressing your loyalty. And by doing your share, you show your

loyalty to your unit.

## Duty

Fulfill your obligations. Doing your duty means more than carrying out your assigned tasks. Duty means being able to accomplish tasks as part of a team. The work of the U.S. Army is a complex combination of missions, tasks and responsibilities – all in constant motion. Our work entails building one assignment onto another. You fulfill your obligations as a part of your unit every time you resist the temptation to take “shortcuts” that might undermine the integrity of the final product.

## Respect

Treat people as they should be treated. In the Soldier's Code, we pledge to “treat others with dignity and respect while expecting others to do the same.” Respect is what allows us to appreciate the best in other people. Respect is trusting that all people have done their jobs and fulfilled their duty. And self-respect is a vital



ingredient with the Army value of respect, which results from knowing you have put forth your best effort. The Army is one team and each of us has something to contribute.

## Selfless Service

Put the welfare of the nation, the Army and your subordinates before your own. Selfless service is larger than just one person. In serving your country, you are doing your duty loyally without thought of recognition or gain. The basic building block of selfless service is the commitment of each team member to go a little further, endure a little longer, and look a little closer to see how he or she can add to the effort.

## Honor

Live up to Army values. The nation's highest mili-

tary award is the Medal of Honor. This award goes to Soldiers who make honor a matter of daily living – Soldiers who develop the habit of being honorable and solidify that habit with every value choice they make. Honor is a matter of carrying out, acting, and living the values of respect, duty, loyalty, selfless service, integrity and personal courage in everything you do.

## Integrity

Do what's right, legally and morally. Integrity is a quality you develop by adhering to moral principles. It requires that you do and say nothing that deceives others. As your integrity grows, so does the trust others place in you. The more choices you make based on integrity, the more this highly

prized value will affect your relationships with family and friends, and, finally, the fundamental acceptance of yourself.

## Personal Courage

Face fear, danger or adversity (physical or moral). Personal courage has long been associated with our Army. With physical courage, it is a matter of enduring physical duress and at times risking personal safety. Facing moral fear or adversity may be a long, slow process of continuing forward on the right path, especially if taking those actions is not popular with others. You can build your personal courage by daily standing up for and acting upon the things that you know are honorable.

(Source: <http://www.army.mil>)

## Law enforcement cracks down on drunk drivers during Labor Day holiday

The Texas Department of Transportation reminds drivers that law enforcement officers across the state are out in full force looking for drunk drivers in the weeks leading up to Labor Day on Monday.

Last year in Texas, 21 people were killed and 42 were seriously injured in 338 alcohol-related crashes over the Labor Day holiday.

“Labor Day weekend is a fun time for family and friends to celebrate, but you absolutely must have a sober-ride plan if you're going to consume alcohol,” said TxDOT Executive Director retired Marine Corps Lt. Gen. Joe Weber. “Too many people are killed on our roads each year – especially during holidays – due to impaired driving. These

crashes are inexcusable and 100 percent preventable. We are grateful to our law enforcement officers who will be keeping Texans safe by pulling over and arresting impaired drivers.”

Many Texas communities implement “no-refusal” programs over Labor Day weekend, authorizing law enforcement officials to obtain

blood samples from suspected drunk drivers and motorcyclists.

Drivers convicted of DWI in Texas face costs up to \$17,000 plus possible jail time, limited career prospects and loss of driver's license.

TxDOT strongly encourages everyone to have a plan for a sober ride before going out. Visit ([Rides.org to locate alternatives to drinking and driving, including:](http://www.Sober-</a></p>
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- Calling a taxi or using a transportation app on your smartphone.
- Using mass transit.
- Asking a sober friend or family member for a ride home.
- Spending the night.

(Source: *Texas Department of Transportation*)



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## News Briefs

### Suicide Prevention Awareness

A Joint Base San Antonio Suicide Awareness Campaign event takes place from 9 a.m. to noon and 1-4 p.m. Thursday at the Fort Sam Houston Theater, 2250 Stanley Road. Open to all military members, spouses and Department of Defense civilians, the event promotes awareness of resources available to help people to take action by treating themselves and treating each other with respect. For more information, call 221-2093.

### JBSA Sustainability Expo

Learn more about the Department of Defense Sustainable Procurement Program and how to comply with DOD and federal regulations and directives at the Joint Base San Antonio Sustainability Expo from 9:30 a.m. to 1:30 p.m. Sept. 17 at the Gateway Club, 1650 Kenly Ave., JBSA-Lackland. The free expo features vendors and organizations that supply bio-preferred, recycled content, as well as energy-efficient, water-efficient and "green" services. Workshops are offered at 10, 10:45 and 11 a.m. by the U.S. Army Public Health Command to help organizations understand their responsibilities under the program. For more information, email [sgreenspan@fdaexpo.com](mailto:sgreenspan@fdaexpo.com).

### Airmen Powered By Innovation

Have an innovative idea that can launch efficiencies and increase cost savings across the Air Force? You can submit your ideas online to the Airmen Powered by Innovation website at <https://ipds.afpc.randolph.af.mil> or through the Air Force Portal. Your ideas should describe, in sufficient detail, the current method, proposed method, expected benefits and cost of implementation to support the idea. The API website provides tools that can help refine and enhance potential submissions. Submitters can query previously submitted API ideas, search to see if an idea has been submitted already, see what ideas have been approved and check status. Once the idea is submitted, an API Idea Cell analyst will review the idea. Depending on the content, the idea will be categorized and processed. If necessary, the API Idea Cell may contact you to request more information. Submitters can ask their local Manpower Office

See NEWS BRIEFS, P6

# College interns complete summer program at U.S. Army Institute of Surgical Research

By Steven Galvan  
USAISR Public Affairs

After a 10-week summer internship at the U.S. Army Institute of Surgical Research at Fort Sam Houston, a group of undergraduate college students wrapped up their research with a poster presentation for the USAISR staff to highlight their work.

At the beginning of summer, the 11 interns, who were sponsored by the Oak Ridge Institute for Science and Education, were paired with USAISR researchers who served as mentors who oversaw their work on combat casualty care research projects.

"Overall, the poster session was a tremendous success," said USAISR director of research Lt. Col. (Dr.) Kevin Chung. "It gave the students an opportunity to put what they learned this summer on full display. I was very impressed with what they were able to accomplish during their short time with us. Many of their projects will have an immediate

and relevant impact in helping shape combat casualty care."

David M. Burmeister, Ph.D., USAISR combat casualty care research scientist and lead intern mentor, said that the ORISE program exposes students to a laboratory environment and provides them with invaluable research experience.

"This program also helps students to clarify their educational goals and enables them to reach those goals," Burmeister added.

The interns' time at the USAISR was more than learning about and conducting research. The interns attended weekly seminars, led journal club sessions, and attended Burn Center Intensive Care Unit rounds with the unit staff.

Betty Nguyen, a student at the University of California, Los Angeles, was one of the interns assigned to work with research physiologists Carmen Hinojosa-Laborde, Ph.D., Vic Convertino, Ph.D., USAISR senior scientist, and Lt. Col. Robert

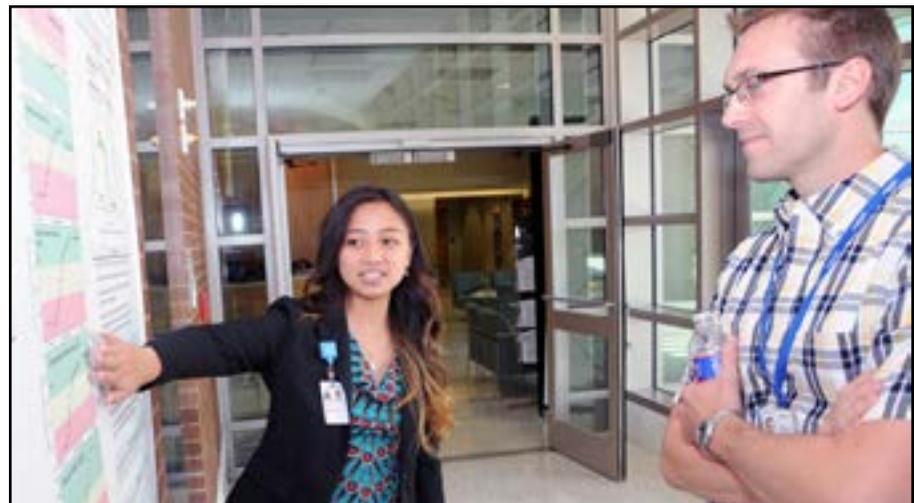


Photo by Steven Galvan

Betty Nguyen (left), a student at the University of California, Los Angeles, explains her poster to Graham Poagge, a biological science technician at Brooke Army Medical Center clinical studies Aug. 12.

Carter at the Tactical Combat Casualty Care task area.

Nguyen performed data analysis from data gathered using the Compensatory Reserve Index.

The CRI uses an algorithm designed to take information from a patient's finger pulse oximeter and gauge whether immediate medical attention is needed – even if the patient seems alert and responsive. It is the first device of its kind that can truly detect when a patient seems stable but

is actually getting dangerously worse, known as "crashing."

"It was a great experience and I learned a lot of relevant knowledge that will help me with my college studies," Nguyen said. "I learned the most from shadowing and watching some influential clinicians and researchers in their work environment."

Nguyen learned about the internship program during a presentation provided by Carter at UCLA. Carter and Nguyen are both Gates

Millennium Scholars, a scholarship funded by the Bill and Melinda Gates Foundation.

"This summer experience has made me more confident about my abilities and has strengthened my interest in pursuing a medical and public health dual degree," Nguyen said.

"I'll always remember the friendships made here as well as the many Texas adventures I had as I return to California with a newfound love for country music and Texas barbeque."

## Army Medicine study looks at optimizing combat casualty care

By Steven Galvan  
USAISR Public Affairs

Experts from the U.S. Army Institute of Surgical Research at Fort Sam Houston presented data at the Military Health System Research Symposium in Fort Lauderdale Beach,

Fla., Aug. 19, to introduce a five-year study evaluating utilization of Role 2 forward surgical capabilities, trauma care on the battlefield and highlighting possible ways to optimize care for wounded warriors.

"The study that we are working on is to

learn from our current and our past to plan for our future," said Lt. Col. Elizabeth Mann-Salinas, a USAISR nurse scientist who presented the project, funded by the U.S. Army Medical Research and Materiel Command's Congressionally Directed Medical

Research Programs.

To provide the best care of wounded warriors, the Army leverages five echelons of care, including:

- Role 1 – care provided at the point of injury
- Role 2 – life-saving interventions provided by a medical staff at a

forward surgical team

- Role 3 – care at a combat support hospital
- Role 4 – care provided at hospitals, such as Landstuhl Regional Medical Center in Germany
- Role 5 – definitive care at a military treatment

See COMBAT CARE, P7

# Local Adopt-a-School Programs start off the school year

By Esther Garcia  
AMEDDC&S, HRCoE Public Affairs

Fort Sam Houston's Adopt-A-School Program, initiated in 2011 by U.S. Army North, contributes military resources and services to schools in order to nurture the intellectual, emotional, social and physical growth of children in the greater Fort Sam Houston area, as well as increase public awareness of the Army's mission and foster good relations.

Nine schools from the San Antonio area participate in this program where various commands, units and organizations from Fort Sam Houston participate and sponsor the schools providing military resources to teach, coach, mentor and inspire students.

The U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence, sponsors two schools: East Terrell Hills Elementary School and Phillis Wheatley Middle School.

Before the school year began, Lt. Col. Werner Barden, incoming commander for the 264th Medical Battalion, 32nd Medical Brigade, and his staff met with East Terrell Hills Elementary School principal Christine Salenga and her staff to review the school's upcoming events for the year and provide support for programs, such as providing mentors to help with reading and school work. The battalion also supports school programs such as Vet-

erans Day, Fall Festival, Read Across America Day and career day.

On Aug. 20, the 264th Medical Battalion staff, with support from the 232nd Medical Battalion, presented back-to-school supplies to the school.

That same day, the Adopt-A-School charter was signed between the principal and Barden, who is now the new 264th Medical Battalion commander. The charter is an agreement between the school and the battalion where the battalion agrees to support educational programs and school activities mutually agreed upon between the school and the battalion.

On Aug. 24, Maj. Rory Walley, Head-

**See ADOPT, P7**



Photos by Esther Garcia

East Terrell Hills Elementary School principal Christine Salenga and Lt. Col. Werner Barden, 264th Medical Battalion commander (seated), U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence at Fort Sam Houston, sign the Adopt-a-School Charter Aug. 20. The charter is an agreement between the school and the battalion where the battalion agrees to support educational programs and school activities mutually agreed upon between the school and the battalion. Standing from left, is Maj. Jason Fogarty from the 264th Medical Battalion and 2nd Lt. Tyra White from the 232nd Medical Battalion, along with 2nd Lt. Bridget Gwin, Cadet Sean Miller and 1st Sgt. Antonio Moore, who presented school supplies to the school. Both battalions participated in the school drive.

## PATIENT CARE from P1

Army Col. (Dr.) Douglas Soderdahl, deputy commander for acute care and a urologist, devotes one day a week to patient engagement. Time in the “trenches” has multiple benefits, he said. He’s able to maintain continuity of care for his patients, better understand staff challenges and fast-track needed improvements for both patients and staff.

As an added bonus, Soderdahl is able to continue mentoring and training urology residents. “Teaching is a passion of mine,” he said. “I hope the next generation of urologists can benefit from my experience.”

Air Force Col. (Dr.) Kimberly Pietszak, interim chief, Department of Quality Services, and

assistant chief of the Department of Medicine, works clinical care into her daily schedule. Like Soderdahl, she appreciates the opportunity to mentor junior providers, particularly when it comes to her areas of expertise: quality and safety.

“I believe it is of the utmost importance to remain clinically active,” said Pietszak, an internal medicine physician. “In my administrative job I make decisions which impact clinical care, and my clinical responsibilities give me perspective on how those decisions will affect our clinical staff.”

To encourage leader-patient engagement even further, Army Col. Richard Evans, deputy commander for nursing, implemented the “Suits to Scrubs” program in March. One day a month, senior nurse leaders step



Photo by Robert T. Shields

Army Col. Richard Evans (center), deputy commander for nursing, checks on retired Col. Randy Maschek (right) as Pvt. Karinna Ortiz, a practical nurse course student, looks on in the 2 West inpatient ward at the San Antonio Military Medical Center at Fort Sam Houston Aug. 20.

away from their desks and work a shift in an inpatient ward to get a “pulse check in the organization” and experience first-hand.

“It’s an opportunity for leaders to role model effective patient communication,” he said.

“We encourage staff to establish a personal connection with patients; see them as more than just a room number or a diagnosis, but as incredible generations of service and family members.”

This communication can lead to improvements for both patients

and staff, noted Maj. Gen. Jimmie O. Keenan, U.S. Army Medical Command’s deputy commanding general (operations).

Keenan described a recent “Suits to Scrubs” shift at SAMMC in which she assisted a patient with a walk through the ward, asking about her care along the way. Her patient pointed out the heavy weight of the telemetry monitor, a portable box that monitors heart rate and rhythm, the general recalled, while also noting marked improvements in bedside manner.

“Leaders can benefit greatly from talking with patients and staff and learning their challenges,” said Keenan, who also serves as chief of the Army Nurse Corps. “We can use this feedback to make changes not only at BAMC, but across Army Medicine.”

Engaged leadership

and robust process improvement are vital in the journey to become a High Reliability Organization, which is an ongoing commitment to provide the safest, highest quality care possible to patients, the general said.

“At the end of the day, our patients are at the center of everything we do,” she said.

Army Col. (Dr.) Pedro Lucero, the new assistant deputy commander for clinical services and former chief of the Pulmonary Disease Service, said he’s been able to strike a balance between his leadership role and patient care. He noted his gratitude for the “100 percent” command support of his clinical time.

“It’s a privilege to be a part of this outstanding leadership team and still continue to make a difference for our patients and advocate for staff in my new role,” he said.

## News Briefs

### Continued from P3

for assistance with documentation of process improvement ideas, to ensure current method, proposed method, expected benefits and cost of implementation are fact-based proposals. For assistance with the documentation of process improvement ideas, call 652-8953 or 652-8954.

### Air Force Military Ambassador Program Accepting Applications

Two articulate, self-confident Air Force, Air Force Reserve or Air National Guard members are needed to serve as military ambassadors at community events to represent Joint Base San Antonio in 2016. One male and one female ambassador are chosen each year to represent the Air Force at many community events and promote the military's commitment and relationship with the local community around South Texas. All E-4 to E-7 Air Force members, who are 21 years old and older and assigned to Joint Base San Antonio are eligible to apply to be a military ambassador. Nomination packages will be distributed to public affairs offices across JBSA Tuesday. Once nominated, candidates appear before a selection board of chief master sergeants and former Air Force ambassadors. The selection panel reviews applications, conducts interviews and selects the ambassadors. Nomination deadline is Oct. 16. For more information, call 808-0002.

### Joint Base San Antonio 9/11 Remembrance Run

The Robert D. Gaylor NCO Academy on Joint Base San Antonio-Lackland is hosting a JBSA 9/11 remembrance run from 7 a.m. to 4:11 p.m. Sept. 11 at the Medina Fitness Center dirt track. This event will pay tribute to those lost on Sept. 11, 2001, and is open to all JBSA Department of Defense cardholders and family members. Commemorative run t-shirts are available for \$10. Registration closes Sept. 4. The event is open to teams and individuals. To register or for more information, call 671-2952.

### Wounded Warriors, Families, Transitioners Career Fair

Joint Base San Antonio-Fort Sam Houston hosts the bi-annual Hiring Heroes Career Fair from 9

# 959th Medical Group key player in Defense Department's only Level 1 trauma center

Caring for complex trauma patients every day, the 959th Medical Group is integral to the San Antonio Military Medical Center's status as the only Level 1 trauma center in the Department of Defense.

"Our Airmen are the best trained and most current trauma and critical care medics in the Air Force Medical Service," said Col. Elizabeth Decker, 959th MDG commander.

SAMMC recently received Level 1 trauma center reverification from the verification review committee and ad hoc committee of the Committee on Trauma of the American College of Surgeons. Level 1 designation is the highest designation given to trauma centers by the ACS and the state of Texas.

Reverification is completed every three years and is requested by the hospital.

The 959th MDG is part of the 59th Medical Wing, headquar-

tered at nearby Joint Base San Antonio-Lackland. The group works with Army counterparts throughout SAMMC and plays a significant role in all facets of trauma care at SAMMC, Decker said.

In addition to filling key leadership roles, including the chief of trauma surgery and chief of surgery, Airmen work in emergency medicine, anesthesiology, critical care medicine, other surgical disciplines, nursing, operating room services and respiratory care, said Col. Mark Boston, 959th Medical Operations Squadron commander.

"Our Airmen are instrumental in providing care for trauma patients on a daily basis," Boston said.

Established by the ACS Committee on Trauma in 1987, the consultation/verification program promotes the development of trauma centers in which participants provide

the hospital resources necessary to address the trauma needs of all injured patients.

"Reverification ensures the trauma center's commitment and dedication to our military and civilian community in providing optimal care at San Antonio Military Medical Center," said Army Maj. Scott Trexler, SAMMC Trauma and Critical Care interim chief.

"In the unfortunate event of an injury, our beneficiaries and the community can be confident a team of experts are standing by 24/7 to provide the highest level of trauma care," Trexler added.

As a Level 1 trauma center, SAMMC gives military providers the valuable experience they need to properly care for trauma patients – a skill that directly translates to saving lives on the battlefield.

"Airmen with the 959th MDG are ready to respond when called without the need for



Photo by Air Force Staff Sgt. Jerilyn Quintanilla

Tech. Sgt. Latoya Carson (left) and Senior Airman Ernesto Ramirez Garcia, medical technicians from the 959th Medical Group, take inventory of supplies in the emergency room at the San Antonio Military Medical Center, Joint Base San Antonio-Fort Sam Houston Aug. 7. The 959th MDG works with Army counterparts at SAMMC to staff the only Level 1 trauma center in the Department of Defense.

just-in-time clinical training. T," Boston explained.

Trauma centers require a significant amount of surgical and medical resources and the best and brightest medics are placed at SAMMC, he added.

"All our beneficiaries

benefit from the diverse collection of experts and highly skilled personnel it takes to run a Level 1 trauma center."

(Maria Gallegos, Brooke Army Medical Center Public Affairs, contributed to this article.)

## Fort Sam Houston hosts mobile training team for retention NCOs

By Sgt. Christian Turner  
U.S. Army North Public Affairs

Army North hosted a team of career counselors from the U.S. Army Recruiting Command for a weeklong retention and reenlistment class at Fort Sam Houston in August.

The 50 students, from installations across Texas, were all NCOs in companies and battalions who have been appointed the additional duty of helping fellow unit members with

career decision. Known as retention NCOs, they are usually the first person a Soldier talks to when considering whether to reenlist or make other career choices.

"My greatest take away was the vast information that they (the mobile training team) gave us," said Sgt. Elias Zavala, an Army North retention NCO. "Now I have a broader scope of how it helps career counselors in helping Soldiers with what

the Army has to offer."

The 40-hour course reaffirmed the students' knowledge of the Army retention program and also provided them with leadership skills and the latest information on Army careers.

"We give them an overview so that when they're talking to a Soldier they're giving them the correct information," said USAREC instructor Sgt. 1st Class Yelixa Mawhorr. "If they're talking to Soldiers about

retention that's good, but only if they are giving correct information."

The program is designed for sergeants and staff sergeants with at least six months remaining in their unit. Ideal retention NCOs are outspoken with a strong ability to talk to Soldiers and leadership. They are the first "eyes and ears of the program," according to Sgt. 1st Class Beatrice Robertson, Fort Sam Houston's Installation Career Counselor.

"The most important thing I want the students to take away from the course is to let everybody know they have opportunities," she said. "That is what retention is about. It's about setting a course of action for the entire time they are serving so we can have the best Soldiers in the Army."

Soldiers that are interested in becoming retention NCOs should talk to their chain of command and NCO support channel.

## COMBAT CARE from P3

center stateside, such as the Walter Reed National Military Medical Center in Bethesda, Md.

“From our estimation, we have woefully overlooked the importance of evaluating how we are using the Forward Surgical Team (Role 2) capacity to inform how we are going to move forward to train for future contingencies,” Mann-Salinas said. “This is particularly relevant given the emphasis on the expectation of the ‘prolonged field care’ in other military theaters of operation.”

Mann-Salinas explained the study is to evaluate the historical utilization of Role 2 assets in recent conflicts to optimize pre-deployment readiness of combat casualty care providers.

“We want to look at how we’ve done it in the past. We want to do some sophisticated modeling predictive features to try to come up with better point of injury care,” Mann-Salinas said. “But my real passion is getting the person who is going to be delivering that care up to that standard of everybody else on their team and it doesn’t matter what uniform – active or reserve status – that you come from. We all must be prepared to do the same job and deliver the best possible care to our wounded warriors on the battlefield.”

The need for evaluating battlefield combat casualty care is recognized internationally and as a result, the Role 2 project is a component of the formal US-UK partnership.

In 2011, President

Barack Obama and British Prime Minister David Cameron created the “US-UK Service Personnel, Families and Veterans Task Force,” comprised of five working groups covering issues from transition to civilian life, mental health, rehabilitation, family support and medical interoperability.

Additionally, a formal cooperative research agreement was established with the Israeli Defense Force to compare our experiences in modern combat casualty care. The preliminary results of this comparison were presented at this year’s conference.

“I believe that if we understand how we’ve used Role 2 in the past that it will help us be better trained in the future for providing combat casualty care,” Mann-Salinas added.

## ADOPT from P4

quarters and Support Company commander, AMEDDC&S, HRCoE, and his staff began the school year with their adopted school welcoming students to their first day at Wheatley Middle School.

Walley and his staff arrived early at the school to greet the sixth, seventh and eighth graders as the students entered the school building. The company provides military volunteers to interact with students, assist with school work and basic skills, provide mentorship, as well as supporting school activities such as science fairs, perfect attendance breakfast and the school’s Leadership Officer Training Corps.

“Education is the foundation of our



Photo by Esther Garcia

Master Sgt. John Flanagan greets students at Phillis Wheatley Middle School on the first day of school Aug. 24. Soldiers from Headquarters and Support Company, U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence at Fort Sam Houston, provide military volunteers to interact with students, assist with school work and basic skills, provide mentorship and support school activities.

society, of our democracy, and of our freedom,” Barden said. “If we don’t support the

education of our children and support our educators, we have no future.”

# USASIR researchers, clinicians attend combat casualty care symposium

By Steven Galvan  
USASIR Public Affairs

Researchers and clinicians from the U.S. Army Institute of Surgical Research at Fort Sam Houston were among the 2,005 attendees at the 2015 Military Health System Research Symposium in Fort Lauderdale, Fla., Aug. 17-20.

The four-day conference was designed for communicating and disseminating new scientific knowledge resulting from military-specific research and development specifically for the medical needs of the warfighter.

The MHSRS is the Department of Defense's premier scientific meeting sponsored by the Assistant Secretary of

Defense for Health Affairs that brings together military, academia and industry leaders and researchers to share and discuss research topics related to healthcare initiatives under the topics of combat casualty care, military operational medicine, clinical and rehabilitative medicine and military infectious diseases to maximize research synergy for the DOD.

USASIR staff members presented 73 posters, 28 oral presentations and were moderators and co-moderators of 11 sessions during the conference.

"This is an important conference for our staff to attend," said USASIR Commander Col. (Dr.) Michael Wirt. "It's an

opportunity for us to highlight the work that is done every day at the Institute to optimize combat casualty care. It is also an opportunity to see what other combat casualty care researchers are doing and establish and maintain enduring relationships for possible future collaborations."

During the conference, Lt. Col. (Dr.) Andrew Cap, chief of the USASIR coagulation and blood research program, was awarded the individual military outstanding research accomplishment award for research on cold-stored platelets.

In the poster competition, USASIR took first place with the poster titled "Burn Scars Modulation Through Laser Delivery

of Stem Cells" which included Robert Christy, Ph.D., Sandra Becerra, and Shanmugasundaram Natesan, Ph.D., on the research team.

Receiving an honorable mention was the poster titled "Antibiotic-Loaded Keratin Hydrogels as a First-Line Therapy for Battlefield Burns" which included Daniel Roy, Ph.D., Christine Kowalczewski, Ph.D., Robert Christy, Ph.D., and Kameel Isaac on the research team.

"This was one of the most productive MHSRS conferences in recent memory," said USASIR director of research Lt. Col. (Dr.) Kevin Chung. "Overall, there was a high palpable level of enthusiasm for and dedication to serving wounded service members through innovative research. USASIR maintained an elite presence throughout the conference."

"I am very proud of everyone's work before and during the conference," Wirt said. "We are the Army's premiere combat casualty care research laboratory and we



Photo by Melissa Myers

Lt. Col. (Dr.) Andrew Cap (left), chief of coagulation and blood research at the U.S. Army Institute of Surgical Research at Fort Sam Houston, receives the Individual Military Outstanding Research Accomplishment Award from Rear Adm. Bruce Doll at the Military Health System Research Symposium, which took place in Fort Lauderdale, Fla., Aug. 17-20. Doll is the director for research, development and acquisition, Defense Health Agency, and deputy commander, U.S. Army Medical Research and Materiel Command.

prove it every day."

MHSRS combined three previous conferences, including the former Advanced Technology Applications for Combat Casualty Care Conference, the Air Force Medical Service Medical Research Symposium and the Navy Medicine

Research Conference.

By combining these conferences into one event, the meeting serves as a critical strategy session for leaders to set future milestones for the DOD's deployment-related medical research programs, centered on the needs of the warfighter.

## 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>.



## TRICARE pharmacy rules changing for maintenance, brand-name drugs

By Terri Moon Cronk  
DOD News, Defense Media Activity

TRICARE beneficiaries who take certain brand-name medications on a regular basis will be required to fill prescriptions at a military treatment facility or through a mail-in program beginning Oct. 1, a Defense Health Agency official said Aug. 20.

George Jones, DHA's pharmacy operations division chief, said the new policy does not apply to active-duty troops, overseas beneficiaries, nursing-home residents and those with other health insurance that has a prescription-drug program. In certain circumstances, he added, some beneficiaries might be waived from the program on an individual basis.

The brand-name, regularly used, or "maintenance" medications could include those to treat chronic conditions such as blood pressure or cholesterol issues, Jones explained.

Generic medications are not affected by the new policy, he said.

TRICARE pharmacy beneficiaries who will be affected will receive a letter from TRICARE in early to mid-September, with instructions on make the transition from retail pharmacies to a mili-

tary pharmacy or the Express Scripts mail-in program, he said.

Those with questions about medications in the brand-name maintenance category can call Express Scripts customer service at 877-363-1303 or look up the drug online at TRICARE's website (<http://www.tricare.mil>).

Beneficiaries can track their medication status and expected delivery date by calling or going online to Express Scripts.

The new TRICARE policy stems from the 2013 National Defense Authorization Act and is designed to save beneficiaries and taxpayers money, Jones explained.

"Based on estimates, the program is expected to save beneficiaries \$16.5 million in reduced copays, and projected Defense Department savings is \$88 million during the first year," he said.

That translates into a savings of about \$176 per medication per year, he added.

A pilot program on the new pharmacy initiative was conducted in 2014, and it was "very successful," he added.

"It was very well received by beneficiaries and met reductions in beneficiary-put-of-pocket costs and reduced costs to the government," he said.

## Services come together for environmental forum

By Amanda Burris  
Air Force Civil Engineer  
Center Public Affairs

Environmental programs across all branches of service provide support to headquarters, installations and stakeholders to enable Defense Department missions.

In an effort to enhance programs and practices, the Air Force, Army and Navy service providers came together and created the Joint Environmental Forum, a two-day exchange of information that addressed key environmental topics and promoted future partnerships.

The idea for the forum originated when Suzanne Bilbrey, Air Force Civil Engineer Center environmental director, met with Col. Robert C. Wittig, the commander of the U.S. Army Environmental Command at Fort Sam Houston earlier this year and found that their organizations shared similar challenges. After deciding their programs could benefit from one another, they reached out to Wayne Blodgett, the Naval Facilities Engineering Command environmental program director and set the idea in motion.

"This is helping us be in direct contact with each other and share challenges or solutions," Wittig said. "It is really about communicating and col-

laborating with your service counterparts."

The service's environmental programs are all diverse and made up of subject matter experts and specialists, engineers, scientists, management professionals and more, all to which help develop and execute numerous environmental services across the U.S. and overseas.

Participants in the forum included leadership and subject matter experts representing AFCEC, NAVFAC, USAEC, the Office of the Assistant Secretary of the Army for Installation Management, the Army Corps of Engineers, the Army National Guard and the Army Installation Management Command.

"We really didn't know if it would be more of a leadership discussion or more of a detailed one," Bilbrey said. "I really think it has been a mix. One of the main points of this is that we can capitalize on some of the great things being done by everyone because we don't really have a forum where we can currently do that."

The forum, hosted at USAEC headquarters at Fort Sam Houston started with each branch of service outlining their environmental programs. From there, each organization was given the opportunity to share, discuss and ask ques-

tions over the 10 topics Wittig, Bilbrey and Blodgett included on the agenda.

"Hearing the other ways the services are managing their programs and the different initiatives that they are working on points out potential opportunities for us to increase the efficiency of our program and increase our ability to get our job done," Blodgett said. "I kind of view this as the initial setup of the networking to come. Right now we are just starting down a road and this is just the kickoff to that process."

The participants were optimistic about the collaboration initiatives proposed throughout the two-day forum that would not only benefit their respective organizations, but could benefit various communities across the country. They hope to be able to share the benefits with each other and continue with the success and partnerships achieved at the first forum during additional meetings in the future.

"All of the people in here have such unique skill sets that are not duplicated. It's great just to know that there are other people we can reach out to," Bilbrey said. "This diversity of thought through the different services is something you can't get in any other place and embracing that will only help us all to be stronger."

## CIVIL WAR MEDICAL EVACUATION

Although a staged scene, this image taken during the Civil War provides a view of what was contemporary medical evacuation.

Removing wounded Soldiers from the battlefield for medical treatment greatly advanced during the war and was largely due to the efforts of Dr. Jonathon Letterman.

Letterman devised several procedures and systems that greatly aided the evacuation and care of injured soldiers.

At the beginning of the Civil War, Letterman was assigned to the Army of the Potomac, later rising to medical director for the unit. Utilizing his organizational skills Jonathan Letterman oversaw numerous improvements in the areas of the medical supply chain, hygiene and nutrition.

Letterman was able to skillfully manage the flow of wounded Soldiers, largely through establishing numerous "stations" during and before battles. These points were strategically positioned to provide degrees of care and triage and also used for resupply. From first aid to field hospitals, the stations were connected by a well-run ambulance corps.

Letterman's ambulance corps had considerable success for the time, transporting wounded Soldiers and influencing other armies to also make improvements. Similar to his other efforts, the ambulance corps was continually monitored for efficiency.

(Source: *Army Medical Department Center of History and Heritage*)



Photo courtesy U.S. Library of Congress

In this staged photo, a Civil War-era ambulance crew demonstrates removal of wounded Soldiers from the field.

# U.S. Army South Soldiers conduct machine gun range at Camp Bullis

Soldiers from U.S. Army South's Operations Company, Headquarters and Headquarters Battalion at Fort Sam Houston, conducted a multi-purpose machine gun range at Camp Bullis Aug. 25 to get familiarized with the M249 light machine gun and its capabilities.

Approximately 17 Soldiers participated in the familiarization fire, which was part of a three-phase operation that included a period of primary marksmanship instruction, a dry-run through the engagement skills trainer and the firing of the M249s.

*(Source: U.S. Army South Public Affairs)*



Spc. Eduardo Perales (foreground) and Spc. Emily Maloney, both assigned to U.S. Army South's Operations Company, search for targets during an M249 range at Camp Bullis Aug. 25.



**Photos by Eric Lucero**

Staff Sgt. Ryan Campbell (left) and Sgt. Robert Pontius, U.S. Army South Headquarters Support Company, work at changing the barrel of an M249 machine gun at Camp Bullis Aug. 25.



Staff Sgt. Demond Drayton, assigned to U.S. Army South's Intelligence and Sustainment Company, waits to show his weapon is clear at Camp Bullis Aug. 25.



Sgt. John Coleman, with U.S. Army South's Headquarters Support Company, scans his firing lane for targets at Camp Bullis Aug. 25.



Sgt. Jimmy Martinez (left) explains the proper procedure for cleaning a weapon to Spc. Marcus Holmes (right) at Camp Bullis Aug. 25. Both Soldiers are assigned to U.S. Army South's Intelligence and Sustainment Company.



Two Army South Soldiers work together to zero an M249 machine gun at Camp Bullis Aug. 25.



(From left) Specialists Christina Laufer, Emily Maloney and Brian Hendry, with U.S. Army South's Operations Company, prepare drums of ammunition for the M249 range at Camp Bullis Aug. 25.

# Power Breath Workshop planned for helping agency service providers

By Robert Goetz  
JBSA-Randolph Public Affairs

Yoga-based breathing techniques that are helping military veterans and active-duty members relieve stress and achieve mental and physical relaxation will soon be offered to service providers from Joint Base San Antonio helping agencies.

Facilitators from Project Welcome Home Troops, a program of the International Association for Human Values humanitarian organization, will present the Power Breath Workshop for veteran service providers Oct. 22-24 at the JBSA-Randolph Military & Family Readiness Center, 555 F St. West.

“The workshop is a unique opportunity for military and civilian providers,” said Paashka Prowell, director of media relations for Take a Breath Texas, San Antonio chapter of the International Association for Human Values. “The audience we want to reach at all JBSA locations includes mental health and wellness personnel, military and family readiness center personnel, Sexual Assault and Prevention Response program coordinators, chaplains, casualty division personnel, medical group personnel and other providers supporting our military community.”

All providers may attend the workshop at no cost since the fee has been waived, she said, but attendance is capped at 50.

Prowell said the breathing techniques taught at the workshop are based on the breath forms of

Sudarshan Kriya Yoga.

“It’s a series of breathing techniques in a certain sequence,” she said. “It helps calm the mind and body.”

Because breathing and emotions are so closely linked, learning the techniques help practitioners manage their emotions, Prowell said.

“For every emotion, there’s a corresponding breath pattern,” she said. “You can change your breathing patterns so you’re not in an anxious or depressed state.”

Army Lt. Col. Robert Carter III, a Power Breath Workshop facilitator who is a manager for the U.S. Army Institute of Surgical Research’s tactical combat casualty care research program at JBSA-Fort Sam Houston, said the techniques have been used in the civilian world for the last 30 years and for military service members and veterans in the past decade.

Carter said the course helped him overcome insomnia and hypervigilance related to his eight-month deployment in Afghanistan, where rocket-propelled grenades were daily occurrences.

“I had an immediate calming of the mind,” he said. “I slept like a baby.”

Carter said the breathing exercises helped him become more aware of his body, enabling him to feel “a lot of lightness, less tension.”

He continued doing the breathing exercises on his own, improving his attention span, and, after a

See WORKSHOP, P13

# JBSA 5K running events focus on suicide awareness, prevention

By Robert Goetz  
JBSA-Randolph Public Affairs

Suicide prevention is a 24/7, 365-day-per-year effort for the armed forces, but fitness events at three Joint Base San Antonio locations this month will cast even more light on the need for resilience in the face of stressors that affect service members daily.

The 2015 5K Run for Life – set for Sept. 12 at JBSA-Randolph's Eberle Park, Sept. 13 at Worth and Stanley roads on JBSA-Fort Sam Houston and Sept. 26 at JBSA-Lackland's Gillum Fitness Center – will remind service members of the resources that are available to help them become more resilient.

The events, part of September's Suicide

Prevention and Awareness Month observance, will include resiliency fairs featuring representatives of military and family readiness centers, mental health flights, chaplains' offices, school liaison offices, Military OneSource, Train a Dog Save a Warrior, American Foundation for Suicide Prevention, Project Welcome Home Troops and other organizations and agencies that provide mental health resources.

"The purpose of the 5K runs is to bring awareness and prevention to our military population," said Gina Ramirez, JBSA outreach/resiliency professional. "We've seen the completion of several suicides this year throughout JBSA, indicating a serious need in our community for prevention."

Ramirez said hosting the 5K Run for Life events "gives us, as a community, a chance to remember those we've lost while focusing on building up the protective factors of our military community.

"We will have on- and off-base support resources for participants to gain the knowledge to recognize the signs and symptoms in order to prevent a suicide," she said.

Registration for the 5K running events begins at 7 a.m. and the run starts at 8 a.m. on each date. Awards will be presented to the top three male and female runners and all participants will receive an "I run for life" reflective belt and finisher's dog tag while supplies last.

Statistics show that the number of suicides per year for Air Force active-

duty and selected reserve component members has been up and down since 2003, but an upward trend began in 2010, when 60 suicides were recorded. The highest number in the 12-year period was 65 last year and 35 were recorded through July 26 this year.

Statistics for the Army show a mostly steady rise through 2012, when 185 suicides were recorded. The number of suicides declined to 146 in 2013 and 136 in 2014.

Ramirez said the top two predictors for suicide among military members are relationship issues and legal problems.

According to the National Alliance on Mental Health, signs of depression and suicide risk include changes in personality, behavior,

sleep patterns and eating habits; loss of interest in friends, sex, hobbies and activities previously enjoyed; feelings of overwhelming guilt, shame and self-hatred; drug or alcohol abuse; recent loss of a loved one; suicidal impulses and giving away favorite things.

Army Maj. Trisha Stavinoha, a 5K Run for Life organizer and chief of Outpatient and Community Nutrition Services at JBSA-Fort Sam Houston's Jennifer Moreno Primary Care Clinic, said the armed services' efforts to address suicide include "regular training sessions to teach people to recognize the signs and more intense training sessions to teach people how to help someone who is struggling."

The Air Force's Comprehensive Airman Fitness paradigm builds resilience in its members by focusing on a balanced and healthy lifestyle across mental, physical, social and spiritual domains. The Air Force has also enhanced its suicide prevention efforts by changing its annual training from a computer-based course to face-to-face training.

Other resources for suicide prevention include the Air Force Suicide Prevention website and the Airman's Guide for Assisting Personnel in Distress. Military members may also call the Military Crisis Line at 800-273-8255 or go online to chat at <http://www.militarycrisisline.net> or <http://www.suicidepreventionlifeline.org>.

## WORKSHOP from P12

year, was cured of Crohn's disease, an inflammatory bowel disease.

"These conditions are stress-related," Carter said. "I did something that clearly reduced my stress levels and contributed to the healing process."

Carter said the breathing techniques help practitioners "experience calming of the mind and a deep meditative state effortlessly as compared to most meditation techniques."

He said it's not necessary to try to clear the mind, concentrate or watch the breath.

"Just start the practice without making an effort and the mind settles into deep meditation," Carter said.

Prowell said research has shown that the SKY breathing techniques are

effective in the treatment of depression, anxiety, insomnia and other sleep disorders, post-traumatic stress, pain and alcohol abuse while increasing optimism, clarity, focus, and quality of life.

Prowell said she believes practicing the techniques has made her less irritable, less judgmental and easier on herself.

"I'm not as anxiety-ridden," she said.

Prowell said the three-day workshop for veteran service providers is a modified version of the typical five-day program. The next five-day Project Welcome Home Troops Power Breath Workshop is planned for Nov. 12-16 at Friends Meeting of San Antonio, 7052 N. Vandiver Road. Workshops are offered at no cost to active-duty military, veterans and survivors.

Prowell said 96 people have graduated from six Project Welcome Home

Troops power breath workshops in San Antonio since the program was launched here in March 2014.

"I've seen people physically and emotionally changed during the course of a five-day workshop," she said.

"They look different, more refreshed. They come in looking withdrawn and now look revitalized."

Gina Ramirez, JBSA outreach/resiliency, said the October workshop should benefit providers.

"It's a great tool for us to learn how to reduce

our own stress and anxiety levels, help us with an overall sense of well-being and improve clarity and focus," she said. "These techniques will allow us to be more effective in providing care to our military families."

Sept. 18 is the deadline to register for the Power Breath Workshop for veteran service providers. Workshop hours are 4-7 p.m. Oct. 22-23 and 10 a.m. to 5 p.m. Oct. 24.

For more information, call 512-763-7376 or 652-2448.

# BAMC to unveil new, improved dining room

By Lori Newman  
BAMC Public Affairs

Brooke Army Medical Center staff, patients and visitors will soon have another option to get healthy, quality food at reasonable prices.

The Culinary and Hospitality Branch of the Department of Nutritional Medicine will open the newly renovated, state-of-the-art dining facility, named The Dining Room, at the San Antonio Military Medical Center this fall.

The renovation adds 4,000 square feet to the dining room located on the lower level of the hospital, with a seating capacity of 350 indoors and 100 outdoors.

"The new, expanded dining room is designed with an open concept to provide a peaceful and relaxing dining environment," said Col. Sara Spielmann, chief of the Department of Nutritional Medicine. "The guiding principal of the design was to create a healing oasis, promoting the highest quality of healthy meal choices in a natural, relaxing environment."

The seating area is partially covered with glass, so even if there is inclement weather people can still feel like they are sitting outside.

Customers will be welcomed by a digital greeter board and a wider entrance and pathways, and their exit will be speeded by a bank of cashiers.

"A new menu has been developed by registered dietitians using Defense Department menu standards and Go For Green Program criteria as guides," Spielmann said.

The Go For Green

program assists patrons with food choices by rating each food product, enabling them to make better choices while going through the food lines.

"BAMC's Department of Nutritional Medicine wants to help patrons make informed meal choices by providing them with simple tools to do so," the colonel said.

Special symbols were developed to assist patrons in making dietary choices based on their needs or preferences. "Vegetarian," "Heart Healthy" and "Soldier Stamped" menu items are identified with a leaf, heart and boot stamp, respectively.

Vegetarian items are meatless, but may contain milk, eggs or cheese. Heart Healthy items contain less than 10 percent of total calories from saturated fat and less than 100 milligrams of cholesterol per serving, and Soldier Stamped items indicate high performance foods that are heart healthy, minimally processed and contain at least 2.5 grams of fiber per serving.

The dining room will have eight concept stations each featuring its own specialty items; digital menu boards; and displays with nutrition information to help people make healthy choices and advertise new menu items.

The "Garden" will have a yogurt and fruit bar as well as oatmeal and grits in the morning and a "performance" salad bar will feature several lettuce blends with multiple fresh topping options to include fruits, vegetables, and proteins for lunch and dinner. Four specialty salads will be featured daily.

"The expansive salad bar is the first concept station people encounter," Spielmann said. "We want to encourage patrons to increase their intake of vegetables and fruits. The salad bar is structured for quick restocking to ensure all products are convenient and available."

"All the other concept stations will offer convenient and delicious options to help patrons follow a healthy diet as well," she said.

"Comfort Classics" will be open for breakfast, lunch and dinner and feature traditional breakfast favorites such as biscuits and gravy, scrambled and boiled eggs and potatoes. The lunch and dinner menu will also feature traditional comfort foods like oven fried chicken, macaroni and cheese, casseroles, pot roast, pork chops, mashed potatoes and various vegetables. Vegetarian items will be offered as well for dinner.

The "Flame" station will have made-to-order eggs for breakfast and traditional grill favorites, as well as new sizzling surprises for lunch and dinner. State of the art equipment has been chosen to help maintain the flavor of foods without the addition of unnecessary fat. Options will include customary grill items and healthy choices such as veggie burger, chargrilled chicken breast, chargrilled salmon fillet and fish burgers.

"World Flavors" will feature made-to-order waffles and pancakes with optional fruit toppings for breakfast. A tortilla press will enable production of fresh flour and corn tortillas for various menu items. Menu items will include BAMC favorites



Photo by Robert Shields

Professional chef Matthew Eisenhour trains Brooke Army Medical Center Dining Facility staff in the art of making pizza in the new pizza oven.

such as the Texas burger and fish tacos, as well as new additions such as spring rolls, chicken satay and stir fry.

"The goal of the World Flavors concept station is to provide customers with international and exotic menu items," said 1st Lt. Brittney Piche, assistant chief of the Culinary and Hospitality Branch of the Department of Nutrition. "Different items will be offered daily and can be quickly changed to meet customer requests and stay current with food trends."

The exciting new concept station "Noodles" will allow patrons to build their custom pasta bowl by choosing a combination of fresh vegetables, proteins, sauce and noodles. The customers will be able to interact directly with the cook as they mix and prepare the pasta bowls to order.

The "Deli-cious" station will be available for lunch and dinner. Patrons will be able to watch as their sandwich is custom-made with freshest ingredients of their choosing and topped with a crisp dill pickle to-go. A wide variety of breads, meats, cheeses, vegetable toppings and dressings will be available. Their sandwich can be toasted in a turbo chef oven or pressed as a panini. Daily specialty sandwiches will be featured, such as Buffalo chicken and sweet onion chicken teriyaki, as well as a daily specialty panini.

There will be a new "Vegetarian" concept station open during lunch. This station will offer meatless options to vegetarian customers. A daily entrée, side dishes of starches and vegetables will enable customers to get a complete meal at

one station if they choose.

"We have received a lot of requests to have more vegetarian foods," Piche said. "Now there will be a station to meet those needs. This new concept station takes healthy eating to the next level, allowing both vegetarians and carnivores the chance to enjoy tasty meatless options."

If people are craving pizza they can visit "Pizzazz" for lunch or dinner. This concept station features a stone hearth oven which will be used to cook homemade pizzas and calzones. Traditional favorites will be featured as well as seasonal varieties.

"No one will be happier about the opening of the dining room than our own staff," Piche said.

At present, more than 200 employees are working around the clock in a temporary trailer outside the hospital to prepare meals for the five dining locations across campus.

"We serve more than 5,000 meals each day and we expect to reach 10,000 transactions per day upon the completion of the renovation," said Lt. Col. Sarah Flash, chief of the Culinary and Hospitality Branch of the Department of Nutrition. "This expected increase can be credited to the equipment improvements, kitchen expansion, an increase in seating capacity and elaborated menu options."

With the opening of the new dining facility, the temporary tent, Market on the Green, will be closed. The other four dining locations will remain, including the new Grab and Go located outside of the Dining Room.

# MEDICAL PERSONNEL CELEBRATE ARMY MEDICAL DEPARTMENT REGIMENT

Scott C. Woodard (left), an historian with the Office of Medical History, Army Medical Department Center of History and Heritage at Fort Sam Houston, wears a hospital steward uniform circa 1863, and receives a gift from Staff Sgt. Amy Davis, president of the Sgt. Audie Murphy Club, as thanks for his participation as a guest speaker at a social celebrating the AMEDD Regiment at the AMEDD Museum Aug. 14. Woodard said the Federal and Confederate Armies fought at Manassas in July 1861 with the dead and wounded laying on the battlefield for weeks. In September 1862, the wounded were evacuated and treated in established field hospitals under the leadership of Maj. Johnathan Letterman, medical director of the Army of the Potomac.



Maj. Gen. Steve Jones (right), commanding general, U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence, and Spc. Kenneth Cavender, health care specialist, cut the ceremonial cake during the AMEDD Regiment social at the AMEDD Museum Aug. 14.

Photos by  
Esther Garcia

## Army Medicine research scientists work to eliminate heat-related injuries

By Steven Galvan  
U.S. Army Institute of  
Surgical Research Public Affairs

A team of research scientists at the Department of Defense Biotechnology High Performance Computing Software Applications Institute, or DOD BHSI, Telemedicine and Advanced Technology Research Center, U.S. Army Medical Research and Materiel Command on Fort Detrick, Md., are working to eliminate heat-related injuries to military service members.

Srinivas Laxminarayan, Ph.D., a DOD BHSI research scientist, said every year there are more than 2,000 cases of heat injuries in the military.

“Surprisingly, 93 percent of those cases are from non-combat operations,” he said.

Laxminarayan presented the information

of their study during the 2015 Military Health System Research Symposium, or MHSRS, in Fort Lauderdale, Fla., Aug. 17-20.

“The question that we are trying to answer is ‘can we reduce those numbers,’” Laxminarayan said. “If we can predict the body’s core temperature – which is the leading indicator of an impending heat injury – we can potentially avoid the problem.”

In their study, the research team developed estimation and prediction models using data from Soldiers performing field-training exercises, which involved setting up concertina wires, digging of ditches, marksmanship drills, running, rolling, and jumping as part of approach to a target, for 12 to 14 hours on Fort



Photo by Melissa Myers

Srinivas Laxminarayan, a researcher with the Telemedicine and Advanced Technology Research Center, presents a study on heat-related injuries at the 2015 Military Health System Research Symposium in Fort Lauderdale, Fla., Aug. 17-20.

Bragg, N.C., in summer 2011.

“In that study, the Soldiers’ core temperatures were measured via ingestible temperature pills, Laxminarayan said. “A physiology monitor-

ing system non-invasively recorded their heart rates, skin temperatures, and activity, and the environmental factors, such as ambient temperature and relative humidity, were measured every hour. The Soldiers’ core temperatures rose above 38.5 degrees Celsius (101.5 degrees Fahrenheit), which is a potential heat-injury causing threshold.”

The research team’s modeling framework consists of two components. The first component is a set of mathematical equations that relates the non-invasively measured physiological factors, such as heart rate, skin temperature and activity, and the two environmental factors to the core temperature.

The second component is an algorithm that uses the measured heart rate and skin temperature to

customize the model parameters to account for factors, such as the level of fitness of the person, whether the person is acclimatized to the location or not and the type of uniform being worn.

“The algorithm adjusts six model parameters to account for these factors,” Laxminarayan said. “The model provides an individualized core temperature estimate.”

Laxminarayan said that the team is validating the model on data from other studies collected in different environmental conditions from a heterogeneous set of individuals.

The goal is to ultimately develop an application that uses data from commercially available fitness trackers with a smartphone.

“If we incorporate our models into a smartphone

application that can provide an early warning of an impending rise in the body’s core temperature, using real-time data from a fitness tracker, then we can possibly reduce the incidences of heat injuries,” Laxminarayan said.

MHSRS combined three previous conferences, including the former Advanced Technology Applications for Combat Casualty Care Conference; the Air Force Medical Service Medical Research Symposium; and the Navy Medicine Research Conference.

By combining these conferences into one event, the meeting serves as a critical strategy session for leaders to set future milestones for the Department of Defense’s deployment-related medical research programs, centered on the needs of the warfighter.



### RCI Office Closures

The Residential Communities Initiative Office is closed Friday and Monday for the Labor Day holiday and resume normal business operations Tuesday.

### Family Readiness Group Forum

Friday, 10-11 a.m., Military & Family Readiness, building 2797. An open forum that provides networking and an opportunity to discuss issues, share lessons learned, facilitates questions and discussions. Call 221-2418.

### Employment Readiness Orientation

Mondays, 9-10 a.m., Military & Family Readiness, building 2797. Meet your employment readiness team. This is an opportunity for us to get to know you and to assess how we can best assist you with your employment needs and desires. Call 221-2380.

### Helping Us Grow Securely

Tuesdays, 10 a.m. to noon, Middle School Teen Center, building 2515. Parents and their children, ages 5 and under are welcome to join fun with an interactive playgroup. Registration not required. Call 221-2418.

### Army Pre-Separation

Tuesdays through Fridays, 8:30-11:30 a.m., Military & Family Readiness, building 2797. Army patrons separating are encouraged to begin the process 18 months prior to their separation date. This counseling is coordinated through the Soldier for Life Program. Call 221-1213.

### Citizenship, Immigration Assistance

Tuesday, 9 a.m. to noon and Sept. 22, 9 a.m. to noon with 2 p.m. ceremony, Military & Family Readiness, building 2797. Information is provided on American customs and culture. A Citizenship and Immigration Service officer will be available on-site to assist with application questions. Eligible patrons will take the Oath of Allegiance at a Naturalization Ceremony beginning

at 2 p.m. Sept. 22. Registration not required. Call 221-2705.

### Air Force Pre-Separation

Tuesday and Sept. 9 a.m. to noon, Military & Family Readiness, building 2797. Airmen planning to separate from the federal service must attend a mandatory counseling. Begin the process 18 months prior to your separation date. Call 221-2380.

### Goal Setting

Tuesday, 11 a.m. to noon, Military & Family Readiness, building 2797. Understand how personal values help form self-directed motivation. Develop commitment strategies and techniques to monitor progress. For more information about Comprehensive Soldier and Family Fitness or to register, call 221-2418.

### Federal Application Process

Tuesday, 1-4 p.m., Military & Family Readiness, building 2797. Review the federal employment process and careers offered within the Federal government. Learn about resources that support the Veterans Employment Program, skill translators, resume builders, and more. Call 221-1213.

### Mandatory Post-Deployment Briefing

Wednesdays, 1-3 p.m., Military & Family Readiness, building 2797. Service members returning from deployment are required to attend a resiliency training discussing ways to deal with the stressors associated with post-deployment and reintegrate back into the home life. Call 221-2418.

### Resume Writing Techniques

Wednesday, 9-11 a.m., Military & Family Readiness, building 2797. Creating a resume is one of the first steps in finding a job. Learn about the different resume formats and which one to use when writing a non-Federal resume. Get tips on how to effectively write summary statements, employment history and more. Call 221-2380.

### Bringing Baby Home

Wednesday, 9 a.m. to 1 p.m., Military & Family Readiness, building 2797. This two-part series must be attended in order. Knowing what to expect will help ease the overwhelming feeling of preparing

for your newborn baby's homecoming. Both parents are encouraged to attend. Call 221-2418.

### Peer-To-Peer Support Group

Wednesday, 9:30-11:30 a.m. and Sept. 17, 12:30-2:30 p.m., Soldier and Family Assistance Center, building 3639. Caregivers have the opportunity to build a peer support network, share experiences and information with a safe place to talk. Lunch is provided after the morning session and before the afternoon session. Call 221-2418.

### Relocation, Overseas Orientation

Wednesday, 10-11 a.m. and 2-3 p.m., Military & Family Readiness, building 2797. Mandatory for personnel E-5 and below. This orientation focuses on pre-departure counseling, relocation planning, and preparing for a PCS move. Topics cover entitlement, shipment of household goods, emotional stressors of relocation, employment, and education. Only one session is needed. Call 221-2705.

### Transition Information Program Workshop

Thursday, 8 a.m. to 4 p.m., Military & Family Readiness Center, building 2797. All service members who are transitioning or considering to transition from military to civilian life are encouraged to attend the Joint Base San Antonio-Fort Sam Houston Transition Information Program workshop. Speakers from the Military & Veteran Community Collaborative, Texas Veterans Commission, Veterans Service Program and the Work Force Solutions Alamo will be onsite to discuss networking opportunities, education benefits, health care, and employment tips on career transitions, housing and property markets and more. Registration is required, call 221-1213. This is a free event open to all JBSA Department of Defense ID cardholders and their spouses.

### Transition Information Program

Thursday, 8 a.m. to 4 p.m., Military & Family Readiness, building 2797. All Joint Base San Antonio patrons leaving the military are welcomed to attend a transition workshop. There will be panel discussions and one-on-one networking opportunities, information about veteran education benefits, housing

and property market, civilian health care and how to pay for it, and employment tips on career transitions. Registration is required, call 221-1213. This is a free event open to all JBSA Department of Defense ID cardholders and their spouses.

### Career Technical Training

Thursday-Sept. 11, 8 a.m. to 5 p.m., Military & Family Readiness, building 2797. Service members will receive guidance and help in selecting technical training schools and technical fields. Topics covered: accredited institute applications, scheduling a session with a counselor or a career technical training expert, and Veterans Affairs vocational education counselors. Call 221-1213.

### Volunteer Advisory Council

Thursday, 9-10 a.m., Military & Family Readiness, building 2797. A monthly meeting for agencies with volunteers to discuss current issues, share program plans, success and proposed events. Call 221-2380.

### Basic Budget Management

Thursday, 9-10 a.m. and Sept. 15, 1:30-2:30 p.m., Military & Family Readiness, building 2797. This course is required before attending any financial classes and one-on-one budget counseling, unless referred by your command. A current leave and earnings statement is needed. Call 221-2380.

### Couponing

Thursday, 10-11 a.m., Military & Family Readiness, building 2797. This class is an introduction to the concept of couponing, along with information on websites, apps for smartphones and more. Call 221-2380.

### EFMP: What Does It Mean To Me?

Thursday, 1-3 p.m., Military & Family Readiness, building 2797. Learn about the Exceptional Family Member Program and services provided. Topics include medical form, TRICARE, respite care, navigation systems and outreach services. Call 221-2705.

### Military Leader Transition Seminar

Sept. 11, 8 a.m. to 5 p.m., Military & Family Readiness, building 2797. Studies show two reasons

why civilian organizations struggle to hire service members: translating military experience to civilian terms and transitioning veterans into a civilian workforce. Learn key skills that address these challenges during a post-military career-planning seminar. This summit is part of a larger initiative to encourage military members to think strategically and equip them with advice and tools needed for a successful transition into the civilian workforce well in advance of their separation or retirement dates. Registration runs from 7:15-7:45 a.m. Call 221-1213.

### 4 Lenses™

#### Discovery Workshop

Sept. 11, 9 a.m. to noon, Military & Family Readiness, building 2797. Understanding personality theory can help with motivating reluctant people, improving communication, strengthen leadership abilities, and reducing stress and conflict. This workshop provides an insight to the way people think, feel and act. Call 221-2380.

### Accessing Higher Education

Sept. 14-16 and 28-30, 7:30 a.m. to 5 p.m., Education Center, building 2408. A three-day track for those pursuing higher education. Service members will review education requirements that support their personal goals. Topics include: achieving academic success, research and comparing institutions and financials. Call 221-1213.

### Car Seat 101

Sept. 14, 9-11 a.m., Military & Family Readiness, building 2797. Review the basics of car seat installation and make sure your child is seated properly within their car seat. This class is required for before attending the safety seat clinic. Call 221-2418.

### Social Media: Staying Tech Savvy

Sept. 14, 11 a.m. to 12:30 p.m., Military & Family Readiness, building 2797. In the digital world, it's important to stay informed. Review apps, lingo, trending social media sites and the permanent impact it can have on your life. Call 221-2418.

### This is Your Voice, Leadership Is Listening

Sept. 15, Military & Family

Readiness, building 2797. Can you identify a critical issue affecting the readiness or morale of Joint Base San Antonio? The Armed Forces Action Plan is your voice to leadership. Service members, their families, retirees, reservists and Department of Defense civilians may submit ideas, suggestions and quality of life issues for the 2015 AFAP conference no later than Sept. 15. Be a part of this powerful process. To volunteer or submit an issue, email [usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil](mailto:usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil) or visit <http://www.jbsa.mil/Resources/MilitaryFamilyReadiness/ArmedForcesActionPlan>.

### Dating Dynamics

Sept. 15, 19, 11 a.m. to 2 p.m., Military & Family Readiness, building 2797. This two-part series must be attended in order. Geared towards singles who want to discover the major areas that predict what a person will be like in marriage and the bonding forces that must be kept in balance as the relationship grows. Call 221-2418.

### Interviews, Dress For Success

Sept. 16, 9-11 a.m., Military & Family Readiness, building 2797. Take pride in your appearance and follow expected guidelines of what to wear and be prepared for your interview. Discover ways to make a connection. Call 221-2380.

### Coffee Talk EFMP Support Group

Sept. 16, noon to 1 p.m., Military & Family Readiness, building 2797. Join us for a casual dialogue to share helpful resources and ways to overcome challenges. Call 221-2705.

### Sponsorship Application

Sept. 16, 2-3 p.m., Military & Family Readiness, building 2797. Mandatory training for military sponsors. Sponsors serve as the link between a newcomer and their unit, installation and new community. Learn about roles and responsibilities. The Electronic Sponsorship Application & Training is available at <http://apps.militaryonesource.mil/ESAT> and provides registration, training certificates, sponsorship duty checklist, newcomer needs assessment, welcome packet and links to important Department of Defense and service relocation websites. Call 221-2705.

# OUTSIDE THE GATE

## 'Lighting The Way' 5K Walk/10K Run

The San Antonio Lighthouse for the Blind holds its 7th annual "Lighting the Way" 5K/10K Walk/Run at 8 a.m. Sept. 26 at the Wheatley Heights Sports Complex, 200 Noblewood Drive. Pre-registration is ongoing at <http://www.salighthouse.org/events>. Cost is \$25 before Thursday, \$30 from Sept. 11-24 and \$35 the day of the event.

## Strides for Life 5K Run, Family Fest, Walk

The Texas Kidney Foundation hosts a family-friendly run, walk and family fest Sept. 26 at Nelson Wolff Stadium, 5757 U.S. Highway 90, focusing on education and

awareness of organ, eye and tissue donation, as well as the prevention of kidney and urinary tract disease. Registration is at 7 a.m., a Zumba class is at 7:30 a.m., the 5K run is at 8 a.m., a children's fun run is at 8:30 a.m. and a non-competitive 5K walk is at 9:15 p.m. To register or for more information, visit <http://www.stridesforlifetexas.org>.

## SeaWorld, Aquatica Offer Veterans Free Admission

Military veterans and up to three guests are invited to enjoy complimentary admission to both SeaWorld and Aquatica on scheduled operating days during their San Antonio tribute program through Nov. 8. Veterans must register in advance at <http://www.WavesofHonor.com> and verify their proof of service through the ID.me qualification process. SeaWorld is working with ID.me to provide an online verification of former military

personnel in a secure manner. Once veterans and their guests have registered online, they can bring their e-tickets directly to the park's turnstiles. Tickets may be obtained and redeemed by Nov. 8.

## 2nd Infantry Division Reunion

The Second (Indianhead) Division Association is searching for anyone who served in the Army's 2nd Infantry Division at any time. For information about the association and its 94th annual reunion in San Antonio from Sept. 22-26, email [2idahq@comcast.net](mailto:2idahq@comcast.net) or call 224-225-1202.

## Military Salute At The Briscoe Museum

The Briscoe Western Art Museum, located at 210 W. Market St. in San Antonio, offers a military salute program that allows year-round free admission for active duty military and up to four members of their family. For more information,

visit <http://www.briscoemuseum.org>.

## Texas Military Polo Club

Interested in a challenge and know how to ride a horse? The Texas Military Polo Club is offering polo lessons. For more information, call 512-484-4384 or visit <http://www.facebook.com/texasmilitarypolo>.

## Van Autreve Sergeants Major Association

The Sgt. Maj. Of the Army 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. Call 539-1178.

## Enlisted Association

Chapter 80 of the Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the JBSA-Lackland Gateway Club. Call 658-2344.

## CHAPEL WORSHIP SCHEDULE

### PROTESTANT SERVICES

#### Sundays

**Main Post (Gift) Chapel**  
Building 2200, 2301 Wilson Way  
8 and 11 a.m. - Traditional

**Dodd Field Chapel**  
Building 1721, 5584 Dodd Blvd.  
8:30 a.m. - Samoan

10:30 a.m. - Gospel  
**Army Medical Department  
Regimental Chapel**

Building 1398, 3545 Garden Ave.  
9:20 a.m. - 32nd Medical Brigade  
Contemporary Service

11:01 - Contemporary "Crossroads"  
**Brooke Army Medical  
Center Chapel**

Building 3600,  
3551 Roger Brooke Rd.  
10 a.m. - Traditional

### CATHOLIC SERVICES

#### Daily Mass

Brooke Army Medical Center Chapel  
Building 3600,  
3551 Roger Brooke Rd.

11:05 a.m., Monday through Friday

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

11:30 a.m., Monday through Friday

#### Saturday

**Main Post (Gift) Chapel**  
4:45 p.m. - Reconciliation  
5:30 p.m. - Evening Mass

#### Sunday

8 a.m. - Morning Mass, AMEDD  
8:30 a.m. - Morning Mass, BAMC  
9:30 a.m. - Morning Mass, MPC  
11:30 a.m. - Morning Mass, BAMC  
12:30 p.m. - Afternoon Mass, DFC

### JEWISH SERVICES

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

### ISLAMIC SERVICE

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

### LATTER DAY SAINTS SERVICES

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

### BUDDHIST SERVICES

10 a.m. - Buddhist Services,  
Saturday, AMEDD

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

## News Briefs

### Continued from P6

Sam Houston Community Center. The career fair provides an opportunity for wounded warriors, transitioning service members, spouses and veterans to network, collect information and speak face-to-face with more than 65 Department of Defense, federal and private sector recruiters and employers about civilian career opportunities. Individuals attending are encouraged to have their resumes reviewed. The career fair is sponsored by the Defense Civilian Personnel Advisory Service (Recruitment Assistance Division), Alexandria, Va. For more information, call 571-372-2123. For resume assistance, call the Transition Assistance Program office at 221-1213.

### JBSA Air Force Birthday Ball

The 2015 Joint Base San Antonio Air Force Birthday ball takes place Sept. 18 at the JW Marriott San Antonio Hill Country Resort and Spa, 23808 Resort Parkway. Social hour begins at 6 p.m. with dinner at 7 p.m. Attire is mess dress or semi-formal uniform for military members and formal (black tie and tuxedo) for civilians. Ticket prices are \$70 for E-8, E-9, O-4 through

O-10 and GS-11 and above; \$60 for E-7, O-1 through O-3 and GS-7 through GS-10; \$40 for E-5 and E-6, GS-5 and GS-6; and \$25 for E-1 through E-4 and GS-1 through G-4. For tickets, visit <https://invitations.afit.edu/inv/anim.cfm?i=256363&k=0064440A7D54>. For more information, send an email to [502abw.ccc.jbsaball@us.af.mil](mailto:502abw.ccc.jbsaball@us.af.mil).

### Applied Suicide Intervention Skills Training For Trainers

The Applied Suicide Intervention Skills Training For Trainers, or ASIST T4T, workshop takes place at 9 a.m. Sept. 21-25 at the Soldier and Family Assistance Center, building 3639 and is open to active duty military. The training workshop equips personnel with the ability to facilitate/train 2-day ASIST workshops, also called ASIST T2T. ASIST T4T certification requires the individual to complete this five-day course. Upon completion, the candidate will also be required to conduct three ASIST two-day workshops within one year to receive trainer status. Confirmation of registration in the workshop will be sent via email no later than one week prior to the start of the workshop. For more information and to register call 221-2093.

### Prescription Drug Disposal

The annual unused or expired prescription drug turn-in day is scheduled for 10 a.m. to 2 p.m. Sept. 26 at the San Antonio Military Medical Center's Medical Mall (by the pharmacy) or the AAFES Main Exchange mall area. For more information, call 800-882-9539 or visit <http://www.dea.gov>.

### Westover Medical Home Open

The Westover Medical Home on the Northwest side of San Antonio is open. TRICARE beneficiaries who want to enroll or move to the new Westover location can visit <https://www.humanamilitary.com> or call 800-444-5445. For beneficiaries age 65 or older, call 808-2721 for more information. People are encouraged to call soon as enrollment opportunities are limited. Beneficiaries who sign up for care at the new clinic will need to see their provider at the Fort Sam Houston Clinic or the Taylor Burk Clinic at Camp Bullis until the clinic opens. The 12,500-square-foot community-based medical home will house 13 board-certified providers with varied backgrounds and a multitude of experience to serve their patients. People will also have the benefits of on-site laboratory capabilities and a drive-through pharmacy. The address is 10010

Rogers Crossing, which is located off State Highway 151 and Westover Hills Boulevard.

### North New Braunfels, Harry Wurzbach West ACPs Open For Morning Traffic

The North New Braunfels Access Control Point, located by the Quadrangle, and the Harry Wurzbach West ACP, also known as the Pershing Gate, are open from 5:30-8:30 a.m. Mondays through Fridays, except on federal holidays, according to the 502nd Security Forces Squadron.

### Stray Animals Notice For JBSA-Fort Sam Houston

Many stray or roaming animal sightings are near residences. The stray or roaming animals are seeking food, water and shelter. Housing officials ask that residents refrain from feeding any animal that does not belong to them or that is running wild on Joint Base San Antonio-Fort Sam Houston. If stray or roaming dogs in housing areas or entering the installation are seen, call the 502nd Civil Engineering Squadron service call desk at 671-5555 to establish a work order and report the stray as soon as possible. Civil engineers will set traps for the strays and remove once the strays have been caught. If a wild animal is

seen, keep away and make sure that no one is leaving food or water near housing areas. In addition, call Lincoln Military Housing at 221-0948 to have pest control service place a trap around the residence.

### Telephone Sponsorship Access No Longer Authorized

With the implementation of Air Force Manual 31-113, Installation Perimeter Access Control, dated February 2015, telephonic sponsorship for installation access is no longer authorized. Joint Base San Antonio-Fort Sam Houston visitor centers will no longer accept telephonic sponsorship for any category of visitor, vendor or contractor requesting access to the installation. The only authorized means of sponsorship will be by ".mil" government email or by physically going to the visitor center with the access request. JBSA-Fort Sam Houston has two operational visitor centers, the Walters Visitor Center located adjacent to the Walters Entry Control Point at 2150 Winfield Scott Road, building 4179, and the Scott Visitor Center located adjacent to the Harry Wurzbach East

Entry Control Point at 3701 Winfield Scott Road, building 2843. For more information, visit <http://www.jbsa.af.mil/library/visitorinformation.asp> or call 221-1108 or 221-2756. Requests for sponsorship can be sent to [usaf.jbsa.502-abw.list.502-sfs-fsh-visitor-control-center-owner@mail.mil](mailto:usaf.jbsa.502-abw.list.502-sfs-fsh-visitor-control-center-owner@mail.mil). For more information, call 221-1108 or 221-2756.

### Taylor Burk Clinic Taking Enrollments

The Taylor Burk Clinic located at Joint Base San Antonio-Camp Bullis provides accessible, high quality healthcare to active duty military, their dependents, and other TRICARE Prime beneficiaries. A scope of comprehensive services are provided, including acute illness care, preventive health maintenance, health promotion and wellness, education and counseling, and specialty consultation and referral with a 97 percent overall patient satisfaction rate. Hours are 7 a.m. to 4 p.m. Monday-Friday. Call 916-9900 to make an appointment. To switch your primary care manager, call Humana Military at 800-444-5445.

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