FORT SAM HOUSTON
# News Leader
SEPTEMBER 25, 2015
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A PUBLICATION OF THE 502nd AIR BASE WING – JOINT BASE SAN ANTONIO-FORT SAM HOUSTON

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**ARMY GOLDEN KNIGHTS AT JBSA AIR SHOW PAGE 6**

**ARMY SOUTH TRAINING PAGE 7**

**Photo by Esther Garcia**

Vietnam War veteran medics, who served with Company C, 23rd Medical Battalion, Americal Division, and their spouses visiting Fort Sam Houston Sept. 12, received a hero's welcome from Soldier medics who lined each side of the entrance to MacArthur Parade Pavilion waving U.S. flags and applauding as the veterans entered the pavilion.

# Vietnam War era medics receive hero's welcome

**By Esther Garcia**
AMEDDC&S, HRCoE Public Affairs

Vietnam War veteran medics visiting Fort Sam Houston Sept. 12 received a hero's welcome from Soldier medics, who lined each side of the entrance to MacArthur Parade Pavilion waving U.S. flags and applauding as they entered the pavilion.

After they entered, Maj. Gen. Steve Jones, commanding general, U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence and Sgt. Maj. Andrew Rhoades, AMEDDC&S, HRCoE, were waiting to greet and honor them.

The Vietnam War-era veterans served with Company C, 23rd Medical Battalion, attached to the 196th Light Infantry Battalion, American Division and were in San Antonio to celebrate their 12th reunion.

Jones and Rhoades greeted the veterans and thanked them for their legacy, lessons learned and the contributions providing medical care to wounded comrades during combat operations.

"The combat medics have raised the survivability rate on the battlefield to 92 percent, which means that 8,000 young men and women who would have died in previous wars were able to return to their families," Jones said.

"As the general said, the 8,000 who would have died in previous wars are alive because of your legacy, because of the lessons learned that we garnered from the Vietnam War." said Rhoades, also a combat medic. "Thank you for what you did, and I know you had some rough conditions back then, you are the combat multiplier that allowed the warfighter the comfort of being able to do what they did, knowing that if something bad happened, you were there for them and I thank you for that."

Jones and Rhoades presented each veteran with a certificate of

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# Suicide prevention: The Wingman

**By Airman 1st Class Brandon Valle**
90th Missile Wing Public Affairs
F.E. Warren Air Force Base, Wyo.

Suicide prevention is a high priority in the Department of Defense, focusing on the numerous resources available to those with suicidal thoughts. What we sometimes fail to discuss is how we can be there for others and how we can use our core values to help our wingman.

We need to incorporate the wingman mentality as a way that we respond to and work with others. When we see people who are showing signs of distress – whether it's from a recent break up or family life – we need to be able to step in and get them the help they need.

Throughout our Air Force careers, we are taught to live by the core values of integrity first, service before self and excellence in all we do. We learn to apply these concepts in our daily life. The core values are key in maintaining a professional and respectable Air Force.

Many of us know the core values well and apply them to the decisions we make for ourselves, but we may fail to apply them to the idea of being a wingman to others.

Being a wingman to your Air Force brothers and sisters is an unwritten core value. We learn to be wingmen during basic military training, where we have to follow the rule to never be without our wingman. We utilize the concept as a way to learn how to work as a team and accomplish tasks together, creating a stronger unity within the Air Force.

Once we leave BMT, many forget to continue that concept. Instead of working together and maintaining the strong team bond, Airmen sometimes start to look out for themselves and only place value in their own decisions.

Before I was in the Air Force, I learned how being a wingman to a friend can save their life. As a freshman in high school, I knew many people from many different walks of life. With friends scattered among various groups, it was difficult for me to learn how to recognize signs that they may have been giving.

Late one night, I had called my friend to talk to her. Speaking with her, I could feel that something was wrong in the way she spoke. She seemed distant, as if she had been crying.

We spoke for over an hour and as the conversation went on, she seemed to return to her normal self and her voice seemed to get some strength. We said our goodbyes, and I returned to whatever I was doing.

About a month later my friend confided in me that the phone call with me had saved her life. She had said that after a really long and difficult day, she had felt like she wanted to give up. She had been sitting there getting ready to end her life when I called. She wasn't expecting to be swayed away from her decision, but that simple conversation made her believe that she could make it through.

Although I hadn't been paying attention during the day and didn't notice anything off with her, I still became a wingman when I made the call. I began checking in with friends more often, making sure to hang out with people more and making sure to call those who I haven't talked to in a while.

I learned that it takes a simple act to change the lives of others. Something as small as a simple "hello" can help turn someone's day around. A small conversation or a few minutes of your day has a major impact with someone who felt their life had no purpose.

Being a wingman and recognizing if a coworker or a friend is having an issue can help. Approaching them and talking about their problems and helping them contact the appropriate resources can save their life.

Remember to be a wingman each and every day. Our Air Force depends on each and every one of us to be there for each other. Be there as a friend for those around you, and they will be there for support when you need it.

# Get the vaccine: new school year, new flu year

Children have returned to school and as they settle in to new classes and new routines, parents brace themselves for new school year sniffles.

Most flu activity occurs from October to May in the United States, and many refer to this time as flu season.

Because children spend most of their time in classrooms, cold and flu germs are more easily spread. Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.

The flu can be serious, even for healthy, young people. The Centers for Disease Control and Prevention recommend flu vaccines for all children 6 months and older. Flu vaccines not only protect the children who are vaccinated but also those who they come in contact with, especially those with weaker immune systems like very young children or the elderly.

TRICARE covers two forms of the flu vaccine, the flu shot and Flu Mist. The flu shot is recommended for all age groups 6 months to 64 years of age. There is a high dose version for those older than 65. Flu Mist is recommended for those between the ages of 2 and 49 years old but not recommended for pregnant women.

Get the flu vaccine for free by visiting your local military hospital or clinic. Call ahead to find out a good time to go because active duty service members have priority and you want to make sure they have some flu vaccines available.

You can also visit a participating TRICARE network pharmacy or any TRICARE-authorized provider. Be sure a pharmacist gives you the vaccine so that it is covered by the pharmacy benefit for free. Please note, if you see your doctor, you may have a copayment or cost share for the office visit. Active-duty service members must comply with their Service's policy for getting flu shots.

Get more information about the flu vaccine and preventing the flu on the TRICARE Flu Resources website at http://www.tricare.mil/Health-Wellness/Preventive/FluResources.aspx.

*(Source: http://www.TRICARE.mil)*

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## News Briefs

***Got Drugs? Turn In Unused, Expired Medications***

Have unused or expired prescription medications in the medicine cabinet? Dispose of them safely from 10 a.m. to 2 p.m. Saturday at either the San Antonio Military Medical Center Medical Mall (at the pharmacy) or the AAFES Main Exchhange mall area. Injectable medications will not be accepted. For more information, call 800-882-9539 or visit http://www.dea.gov.

***JBSA Proud Week Fall Clean-Up***

Joint Base San Antonio will conduct a JBSA-wide fall clean-up operation Oct. 7-9. Proud Week provides a specified time period where resources are allocated to conduct general building maintenance, environmental mantenance (landscaping) and clean up of work areas to promote pride and maintain a high beautification standard throughout JBSA. Mission partners, tenant units, organizations and agencies participating in the JBSA clean-up operation will be responsible for providing manpower to clean areas, bag and bundle all trash as appropriate and transport trash to collection points at designated trash dump sites. For more information, call 671-3015 or 473-3015.

***U.S. Army Medical Information Technology Center Deactivation***

The U.S. Army Medical Information Technology Center at Fort Sam Houston will be deactivated during a recognition ceremony at 11 a.m. Tuesday at the Fort Sam Houston Theater, building 2270, 2472 Stanley Road. USAMITC will become part of the Defense Health Agency.

***Hispanic American Heritage Month***

The Joint Base San Antonio-Fort Sam Houston Hispanic American Heritage Month cultural celebration is sponsored by U.S. Army South and takes place at 11 a.m. Friday at the Fort Sam Houston Theater and includes food, dancing and music.

***Final JBSA Suicide Prevention 5K Run For Life***

The 2015 5K Run For Life takes place at the Gillum Fitness Center on JBSA-Lackland Saturday with free registration at 7 a.m. and the

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# Local Sailors, Marines honor 9/11 victims at San Antonio fire station

**By Petty Officer 1st Class Jacquelyn D. Childs**
NMETC Public Affairs

Sailors from San Antonio-area commands gathered to commemorate the events of 9/11 during a ceremony Sept. 11 at San Antonio Fire Station 1.

San Antonio chief petty officers and CPO-selects gathered with the fire fighters to honor the nearly 3,000 people who lost their lives 14 years ago, which included 343 firefighters.

They also paid tribute to the men and women who've volunteered to serve in the years since, both military service members and emergency response personnel

"I just want to say to everyone here, thank you so much for your service," said Navy Medicine Training Support Center Command Master Chief Melissa Foster from Joint Base San Antonio-Fort Sam Houston. "We are here today to honor those who've given their lives for our freedom. Each of us here today carries on that tradition. We represent that selfless servitude, that protection of our freedom.

A description of the events of 9/11 was recited by the chief selects, including the time and location of each aircraft that went down followed by the ceremonious ringing of a bell. Marines from the 4th Reconnaissance Battalion then performed a gun salute and taps was played.

NMTSC's commanding officer Navy Capt. Denise Smith and Command Master Chief Melissa Foster spoke briefly, followed by San Antonio Fire Chief Charles Hood, who thanked everyone in attendance.

"Everything that we do, we do without hesitation," Hood said. "There were a lot of lives lost that day – the 343 in particular. When they rolled up to that building, they had a plan. Each person who went up those stairs, they went up without hesitation, understanding that they were probably going to die that day. That's what you guys do every single day."

The ceremony was planned and coordinated by San Antonio-area CPO selects with the oversight by the CPO association members, who presented Hood and the fire department a framed flag with the names of those who lost their lives in the attacks.

"It feels awesome to be here," said master of ceremonies and Chief-select Arlo Bollinger. "This is what we joined the military for, our heritage. I'm just glad to be a part of it."

"It's important because as leaders we have to remember why we're serving," said Chief Peter Quejado. "The attacks brought terrorists to our land. It's part of our history now, and it's important to continue teaching and reminding our Sailors what happened."

Commands represented at the event were NMTSC, Navy Technical Training Center-Lackland, Navy Operational Support Center-San Antonio, Navy Information Operations Command-Texas, Navy Recruiting District-San Antonio and the Marines of the 4th Reconnaissance Battalion.

Sailors bow their heads during the invocation at a 9/11 commemoration ceremony Sept. 11 at San Antonio Fire Station 1.

**Photos by Petty Officer 1st Class Jacquelyn D. Childs**

(From left) Command Master Chief Melissa Foster, Navy Medicine Training Support Center; Capt. Cora Bayle Cox NMTSC executive officer; and Capt. Denise Smith, NMTSC commanding officer, salute during the singing of the national anthem at a 9/11 commemoration ceremony at San Antonio Fire Station 1.

**Photo by Esther Garcia**

Maj. Gen. Steve Jones, commanding general, U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence and Sgt. Maj. Andrew Rhoades, AMEDDC&S, HRCoE, welcome Vietnam War era medics, who served with Company C, 23rd Medical Battalion, Americal Division, to Fort Sam Houston and thanked them for their legacy and contributions taking care of wounded comrades during the Vietnam War.

## MEDICS from P1

appreciation that included the phrase, "You set the standard answering the call 'medic' and allowed those who have followed in your footsteps to earn the title 'Doc.'" Each veteran also received the Army pin along with the certificate.

Members of the Sgt. Audie Murphy Club, as well as and 232nd Medical Battalion Command Sgt. Maj. Richard Shanklin and medics assigned to the battalion were on hand to welcome the veterans. The 232nd Medical Battalion is responsible for the training of all newly assigned combat medics.

Sgt. 1st Class Jesse Kaplan, Directorate of Combat Medic instructor, 232nd Medical Battalion, along with several medic instructors and young medic trainees assigned to the battalion, introduced some of the new equipment now used to train combat medics to the Vietnam War veterans.

"There are lots of changes – the way we train our medics, it all goes back to what you did, how our medics have evolved over the years, tactics, and procedures we are doing today," Rhoades said to the Vietnam War veteran medics.

The veteran medics continued their visit at the U.S. Army Medical Department Museum and enjoyed lunch at the Slagel Dining Facility.

The Soldiers of Company C, 23rd Medical Battalion, operated aid stations located between Da Nang and Chu Lai, Vietnam. In 1968, the company was located on Hill 63 called Landing Zone Baldy near Da Nang, Vietnam, then moved in Dec. 1969 to Forward Fire Base – called Hawk Hill 29 – closer to Chu Lai, Vietnam.

1st Lt. Roger Coffin, whose duties involved administration of the emergency room at Hawk Hill, spoke briefly about the men about their experiences. He said they all great men and he was proud to be a part of it

"Hawk Hill was a fire base, a clearing station type of unit that received combat casualties within ten minutes where the unit had direct action with the enemy," Coffin said.

He said the helicopters would continually rotate on the pad while the medics stabilized the patient for evacuation.

"I was lucky to learn tracheotomy and chest tubes because we were shorthanded. The medics here performed all kinds of surgeries that normally a physician would perform," Coffin continued.

He said no matter what their mission was and when there were mass casualties, everyone helped out with gauze bandages and to control shock.

Spc. Ivan Donovan, a medic at Hawk Hill said, "When we didn't get casualties, we served the Vietnamese with some medical assistance."

"I was able to assist with the birth of two babies. When the word got out about the births, all the Soldiers would come out just to see the baby," said Donovan, who served from Oct. 1969 to Nov. 1970. He now lives in Inglewood, N.J.

Coffin said it was the best year of his life and he learned that the United States Soldier is the best Soldier in the world. He congratulated the young medics on hand and said, "I don't have to ask any questions, you are the best of the best. I salute you all."

# U.S. Army North hosts summit for political advisors

**By Karen Lloyd**
U.S. Army North Public Affairs

Policy and political advisors from U.S. Northern Command and U.S. Air Forces Northern visited U.S. Army North at Fort Sam Houston Sept. 8-9 to discuss mutual theater security cooperation in North America.

Andrea Gastaldo, the newly assigned Army North foreign policy advisor, said substantive discussions took place throughout the visit on issues ranging from the benefits gained from increased cultural exchanges with Mexico and Canada to building greater interoperability in support of the defense of North America.

Gastaldo, a 17-year veteran with the Department of State, joined the command in August following an assignment in Minsk, Belarus. She expressed that her goal for this visit was to gain "greater coordination with other POLADs in order to further our commands' goals."

Lt. Gen. Perry Wiggins, U.S. Army North (Fifth Army) commanding general and senior Army commander of Fort Sam Houston and Camp Bullis, listened intently to the challenges expressed by the political advisors and expressed his belief that long term relationships are key.

"My goal is to continue to enhance North American security by working closely with both Canada and Mexico," Wiggins told the assembled group.

Theater security personnel from the Army North staff provided overviews of current efforts and issues from their perspectives, generating considerable discussion with the political advisors and agreement to further explore alternatives to enhance cooperation between commands and with foreign partners.

"I am extremely pleased with Army North's ability to portray our organizations' missions so concisely so that the U.S. Northern Command political advisors were fully briefed," Gastaldo said. "I look forward to greater dialogue with my fellow political advisors in the neighboring military commands."

**Photo by Karen Lloyd**

Political advisors from U.S. Northern Command, North American Aerospace Defense Command and U.S. Air Forces Northern visited U.S. Army North headquarters at Fort Sam Houston Sept. 8-9 to discuss mutual theater security for North America. Pictured from left to right are Kelly Fisk, Army North political/military advisor; Teresa Perez, Army North liaison officer to U.S. Northern Command; Lt. Col. John Trylch, U.S. Air Forces Northern foreign policy advisor; R. Madison Conoley, deputy foreign policy advisor to the North American Aerospace Defense Command and NORTHCOM; Craig Conway, acting foreign policy advisor to NORAD and NORTHCOM; Andrea Gastaldo, Army North foreign policy advisor; Peter Bates, Canadian political advisor to the commander of NORAD and NORTHCOM; and Lt. Gen. Perry Wiggins, U.S. Army North (Fifth Army) commanding general and senior Army commander of Fort Sam Houston and Camp Bullis.

## News Briefs

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run beginning at 8 a.m. The event promotes awareness of the resources available to assist service members and their families with fitness, resiliency and suicide prevention. There are awards for the top three male and female runners and all participants receive an "I Run For Life" reflective belt and finisher's dog tag, while supplies last. For more information, visit http://www.facebook.com/JBSArunforlife and http://www.facebook.com/JointBaseSanAntonio.

### *Gazebo Concert Features Military Marches*

The 323rd Army Band "Fort Sam's Own" presents "Marches: They're Not Just For A Change Of Command" free gazebo concert at 7 p.m. Sept. 27 at the tennis courts on Staff Post Road. The evening of colorful marches from around the world will feature the "Latin Invasion" part of the band as well.

### *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. 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.

### *Retiree Appreciation Day*

The 2015 Retiree Appreciation Day takes place 8 a.m. to noon Oct. 3 at Blesse Auditorium, building 2841 at Fort Sam Houston. Identification card services, a Brooke Army Medical Center health fair and representatives

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# *Joint Base San Antonio Air Show and Open House features U.S. Army Golden Knights Parachute Team*

**By David DeKunder**
Joint Base San Antonio-Randolph
Public Affairs

Known for their precision jumping skills, the U.S. Army Golden Knights Parachute Team has been impressing audiences with their demonstrations at air shows for more than 50 years.

The public will have a chance to see the array of breathtaking aerial demonstrations the Golden Knights have performed around the world at the Joint Base San Antonio Air Show and Open House Oct. 31 and Nov. 1 at JBSA-Randolph.

Twelve members of the Golden Knights Gold demonstration team will perform at the air show, said Sgt. 1st Class Shelby Bixler, a member of and spokeswoman for the U.S. Army Golden Knights Parachute Team.

Since they were started in 1959, the Golden Knights have performed in more than 16,000 shows throughout the U.S. and the world, including 48 countries.

Traveling 275 days a year to air shows around the world, Bixler said the Golden Knights serve as goodwill ambassadors for the Army and are one of three Department of Defense sanctioned aerial demonstration teams, which include the Navy Blue Angels and the Air Force Thunderbird flight squadrons.

"We go out and interact with the American public," Bixler said. "In many instances, we are sometimes the first contact the American public has with a Soldier."

Stationed at Fort Bragg, N.C., the parachute unit consists of 89 soldiers and civilians in several sections including two demonstration teams, Black and Gold, a tandem team, a competition team and aviation detachment and headquarters detachment.

Bixler said the Golden Knights will perform demonstrations that include free-fall maneuvers and formations starting from 13,000 feet in the air. The parachutists jump out of a C-31A Friendship aircraft, with each parachutist releasing red smoke from two canisters attached to their left ankle and creating a bomb burst effect as they separate from each other.

"The first parachutist out of the aircraft will narrate the demonstration for the audience," Bixler said. "Some of the parachutists will fly the American, POW and Texas flags underneath their parachute during the show."

The demonstrations can involve speeds of hundreds of miles per hour, said Bixler.

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**Photo by R.D. Ward.**

A member of the U.S. Army's Golden Knights Parachute Team comes in for a landing in the center of the Pentagon Parade Field on May 18, 2000. The Golden Knights will perform at the Joint Base San Antonio Air Show and Open House Oct. 31 and Nov. 1 at JBSA-Randolph.

# Army Soldier Show returns to San Antonio for one night only

After six months of performing nearly 60 shows to packed audiences across the nation, the U.S. Army Soldier Show is returning home to San Antonio.

Due to popular demand, the 2015 homecoming performance has been moved to the Tobin Center for the Performing Arts at 100 Auditorium Circle Oct. 12. Show starts at 7 p.m. and doors open at 6 p.m.

This year's Soldier Show production is titled "We Serve" and features song and dance covers and mash-ups of today's hits from artists like Bruno Mars and Beyoncé.

This is a free general admission event, but tickets are necessary for entrance. Visit www.tobincenter.org/box-office/2015-10/us-army-soldier-show or call 466-2020for information.

The 2015 U.S. Army Soldier Show is presented by Army Entertainment.

*(Source: U.S. Army Installation Management Command)*

**Courtesy illustration**

This year's Soldier Show production is titled "We Serve" and features song and dance covers and wash-ups of today's hits.

# SERGEANTS TIME TRAINING AT U.S. ARMY SOUTH

Staff Sgt. Yamil Rodriguezsantos (second from left), Headquarters Support Company training noncommissioned officer, explains to U.S. Army South Soldiers how an M17 Decontamination Apparatus is used to decontaminate equipment during Sergeants Time Training at the headquarters motor pool Sept. 10. The M17's primary use is to deliver temperature-controlled, pressurized water for immediate and operational decontamination of equipment and material exposed to nuclear biological or chemical agents. The unit also provides a shower for personnel use.

Sgt. Robert Pontious, U.S. Army South Headquarters Support Company orderly room noncommissioned officer (left), uses an M17 Decontamination Apparatus to decontaminate a Humvee as Staff Sgt. Yamil Rodriguezsantos, Headquarters Support Company training noncommissioned officer, watches during Sergeants Time Training at the headquarters motor pool Sept. 10.

**Photos by Sgt. Mahlet Tesfaye**

Staff Sgt. Olasupo Sobomehin, U.S. Army South Headquarters Support Company supply sergeant, practices using the M17 Decontamination Apparatus to decontaminate a Humvee during Sergeants Time Training at the headquarters motor pool Sept. 10.

# NATIONAL NIGHT OUT PLANNED FOR OCT. 6

**Photo by Olivia Mendoza**

Brig. Gen. Bob LaBrutta (right), 502nd Air Base Wing and Joint Base San Antonio commander, signed and presented the National Night Out Proclamation to Lt. Steven B. Dews (left), 502nd Security Forces Squadron crime prevention manager, Sept. 16. The National Night Out event, planned for Oct. 6, is aimed at raising awareness in communities to promote partnerships with law enforcement to combat crime, which police credit with helping keep crime rates down. The event is held every year the first Tuesday of October.

# JOINT BASE SAN ANTONIO HONORS POWS, MIAS

**Photo by Airman 1st Class Stormy Archer**

Senior Airman Willie Muhammad, Joint Base San Antonio Honor Guard member, carries the United States Flag during a POW/MIA retreat ceremony Sept. 17 at JBSA-Randolph. National POW/MIA Recognition Day is observed nationwide on the third Friday of September every year. During this time, all military installations fly the National League of Families' POW/MIA flag, symbolizing the nation's remembrance of those who were captured and imprisoned during war-time operations and those who still remain missing.

# Ranger School hangs out 'all Soldiers welcome' sign

**By C. Todd Lopez**
Army News Service

From now on, the Army's Ranger School will be open to any female Soldiers who meet the criteria.

That's the latest from the Army, as spelled out in a Sept. 2 "All Army Activities" message known as an ALARACT.

"We must ensure that this training opportunity is available to all Soldiers who are qualified and capable and we continue to look for ways to select, train, and retain the best Soldiers to meet our nation's needs," said Secretary of the Army John M. McHugh.

The chief of staff of the Army said the service's No. 1 priority is combat readiness, and that the leadership development that comes from attending Ranger School is a key component of that.

"Giving every qualified Soldier the opportunity to attend the Ranger course, the Army's premier small unit leadership school, ensures

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**Photo by J.D. Leipold**

Army Chief of Staff Gen. Mark A. Milley speaks with 1st Lt. Shaye L. Haver and Capt. Kristen M. Griest, the Army's first two female Ranger School graduates, Aug. 21.

# 412TH CONTRACTING SUPPORT BRIGADE MEMBERS PARTICIPATE IN 9/11 MEMORIAL CLIMB

**Courtesy photo**

(From left) Staff Sgt. Joseph Kibe, Sgt. 1st Class Joseph Williams, Staff Sgt. Ikaisherron Wright, Sgt. 1st Class Mark Lewis and Staff Sgt. Ryan Johnson represented the 412th Contracting Support Brigade at the 3rd Annual San Antonio 9/11 Memorial Climb at the Towers of the Americas Sept. 11. The climb honored the 343 firefighters, including 71 law enforcement officers, nine emergency medical specialist personnel and civilians who were killed that day. The climb to the top consisted of 65 flights, or 952 stairs, and participants were asked to go to the top of the tower twice, representing 110 floors and the height of the World Trade Center Twin Towers. Each firefighter, law enforcement and military participant carried the name of a first responder who died in the towers, rung a bell in their honor and signed their name on a memorial flag at the end of the second climb up and down the tower.

# SAMMC nurses among those showcasing innovations at TriService Nursing Research Program course

**By Elaine Sanchez and Lori Newman**
BAMC Public Affairs

Several nurses from San Antonio Military Medical Center at Fort Sam Houston were selected to showcase their nursing research and evidence-based practice innovations during a joint military course in San Antonio.

The nurses were among the Army, Navy and Air Force presenters at the TriService Nursing Research Program's Research and Evidence-based Practice Dissemination course Aug. 31-Sept. 3.

The course was intended to "highlight research and evidence-based practice innovations, while fostering collaborative partnerships among TriService nursing partners," the chiefs of the Army and Air Force Nurse Corps and director of the Navy Nurse Corps wrote in a welcome letter.

"It is so exciting to see nurses, clinicians, administrators and leaders from all three military services come together with the goal of disseminating research and best practice evidence in order to improve the healthcare of our beneficiaries," added Army Col. Michael Schlicher, the program's executive director, in a letter to attendees.

SAMMC presentations ranged from the benefits of therapeutic music on inpatient surgical wards to improvements for "near miss" reporting on medical telemetry wards.

Air Force Capt. Kelly Lonergan, SAMMC inpatient mental health unit nurse, presented findings from her project on the "Use of Pet Therapy in an Inpatient Behavioral Health Setting."

Lonergan's project was geared to reducing patient anxiety through the use of pet therapy. A pet therapy team visited with inpatient behavioral health patients at least once a week over a six-month period.

"We conducted a little over 30 visits per month, about 200 patients," Lonergan said. "We found huge drops in anxiety post-pet therapy."

The patients completed the Hamilton Anxiety Scale 30 minutes prior to the pet therapy and again 30 minutes after the pet therapy session.

"Because of the positive results we were able to increase our pet therapy teams from one to six," Lonergan said. "So we have six rotating teams now that come through four times a week."

The positive outcome inspired them to share their results with other units throughout the hospital, Lonergan said. "One of the other successes which I didn't anticipate was staff morale," she said. "Every time the pets came up, the staff was so excited."

Also representing SAMMC, Army Capt. Amanda Rodriguez, 3T staff nurse, focused on patient safety with her project, "3T Medical Intensive Care Unit Evidence-based Project to Reduce Nuisance Alarms." The aim of the project was to reduce false physiological alarms and to improve patient safety, she said.

**Photo by Robert Shields**

Air Force Capt. Kelly Lonergan, San Antonio Military Medical Center's inpatient mental health unit nurse at Fort Sam Houston, presents findings from her study on the "Use of Pet Therapy in an Inpatient Behavioral Health Setting" at the TriService Nursing Research Program's Research and Evidence-based Practice Dissemination Course in San Antonio Aug. 31-Sept. 3.

"Many studies have demonstrated as many as 99 percent of alarm signals may be false and can result in patient harm or death when a clinically actionable alarm is missed due to alarm fatigue," she explained. Alarm fatigue is when a person is exposed to an excessive number of alarms. This sensory overload can lead to desensitization and delays in response or missed alarms.

To reduce this high occurrence of false alarms, 3T MICU nurses implemented the American Association of Critical-Care Nurses Practice Alert for Alarm Management at San Antonio Military Medical Center. This practice involves "reviewing alarm setting and patient-specific tailoring of the physiological alarms every shift," Rodriguez explained.

After a six-week period, "alarms were reduced by over 900 fewer per day," she said.

The project, with its impressive results, was well received, Rodriguez said, noting the course "was not only an outstanding opportunity to share our accomplishments, but to encourage and inspire others to pursue evidence-based practice projects," she said.

Robin Francis, 3W Medical Surgical Telemetry unit assistant clinical nurse officer in charge for the, highlighted one of her team's poster presentations. The presentation, authored by the unit practice council, showcased an initiative to improve communication between technicians and nurses when patients' vital signs were abnormal but not within Rapid Response Team parameters, she explained. They instituted "parameter pals," a tool to assist technicians in knowing when to alert nurses about abnormal vital signs.

As a result of the speedier detection of abnormal signs, "the tool increased our response time to activate RRT by 50 percent," Francis said. "I am always very proud of my team."

Airman 1st Class Zachary Ferguson, who spearheaded the initiative, called the conference an "enlightening experience."

"The opportunity to collaborate and exchange ideas with fellow nurses is rare but absolutely necessary," he said. "It allowed us to grow not only as medical professionals but as Soldiers and Airmen as well."

Army Capt. Allison Ferro, SAMMC3E staff nurse, presented a case study on how academic service partnerships can enhance the development and training of military nurses. After sharing her findings in podium and poster presentations, Ferro took advantage of the opportunity to attend other sessions.

"I was able to hear from bedside nurses on their best practices and evidence-based projects, all the way up to the most senior military scientists and their ongoing programs of research," she said. "The material offered at this course is invaluable to my professional and personal development as a nurse."

Army Lt. Col. Christopher Weidlich, SAMMC Center for Nursing Science and Clinical Inquiry deputy chief of research, attended the course and praised the overall conference.

"It was an excellent opportunity for military nurses from all services to come together, exchange ideas, whether it be the latest in research or evidence-based projects, and move the science forward, ultimately translating to improved patient care throughout military facilities," he said.

# Joint Base San Antonio FORCE SUPPORT SQUADRON

## Monthly Events October

### Bowling

**Columbus Day specials offered**

Celebrate Columbus Day at the JBSA-Randolph Bowling Center Oct. 10-12. Bowl for a special rate of $2.50 per game, per person. Cosmic bowling is not included. Shoe rental is $2.50. For more information, call 652-6271.

**Families bowl together**

Come to the JBSA-Fort Sam Houston Bowling Center Sundays, noon to 5 p.m., for group bowling and get a bowling lane for one hour, a one-topping pizza, sodas and bowling shoes for $50. For more information, call 221-4740.

**Bowling includes a light show**

Join the JBSA-Fort Sam Houston Bowling Center Friday and Saturday, 9-11 p.m., for cosmic bowling. Grab a bite to eat and bowl a couple of games. For more information, call 221-4740.

**Bowlers find a great deal**

The JBSA-Fort Sam Houston Bowling Center offers $1 games and shoe rentals Tuesday-Friday, 11 a.m. to 2 p.m. For more information, call 221-4740.

### Clubs

**Nightlife is full of fun at the club**

The JBSA-Lackland Gateway Club kicks off the month during First Friday at the Maverick Lounge with Doggin' Dave Productions Oct. 2, 5-8 p.m. Enjoy bar food, cold drinks, friends and music.

Karaoke Night is Oct. 3 and 17, 8 p.m. to midnight, in the JBSA-Lackland Lone Star Lounge.

Check out Variety Nights Oct. 9 and 23 with DJ Doggin' Dave Productions in the JBSA-Lackland Lone Star Lounge. DJ LJU provides the music Oct. 2 and 16 and DJ J Rock entertains Oct. 10.

Celebrate the middle of the month at "We're Half Way There" Oct. 16, 5-8 p.m., in the JBSA-Lackland Maverick Lounge with music provided by DJ Doggin' Dave Productions. For more information, call 645-7034.

**Guests enjoy live music**

Join the JBSA-Randolph Parr Club Oct. 2, 5-11 p.m., for entertainment by Two for the Road Band and Oct. 16, 5-11 p.m., for entertainment by the Tobias Band. Complimentary hors d'oeuvres are served 5-6 p.m. Admission is $3 for club members and $5 for nonmembers. For more information, call 652-4864.

**Club hosts Fight Night Frenzy**

Stop by the JBSA-Randolph Kendrick Club for Fight Night Frenzy Oct. 3. All Department of Defense ID cardholders watch the Ultimate Fighting Championship® fights on large-screen televisions and have a chance to win a trip for two to Las Vegas. Must be a club member to win. Cost is $5 for nonmembers and free for club members. This is sponsored by Budweiser. No federal endorsement of sponsor intended. For more information, call 652-3056.

**Club hosts bingo events**

Join bingo extravaganza at the JBSA-Randolph Kendrick Club Oct. 5 and 19 with $15,000 in total jackpots, a free buffet at 5 p.m. and Early Bird Bingo at 6 p.m.

The JBSA-Randolph Kendrick Club hosts a Columbus Day bingo extravaganza Oct. 12 with $5,000 Mini Bingo X, a light buffet, door prizes and champagne punch.

Celebrate October birthdays with bingo at the JBSA-Randolph Kendrick Club Oct. 13. Birthday members get one free machine, cake, champagne and lots of fun. This is for Randolph club members only. ID and club card required.

Join the JBSA-Randolph Kendrick Club for Bingo Appreciation Oct. 22, 5 p.m., and enjoy a complimentary buffet and a chance to win a $500 Force Support Squadron gift card. A bingo package must be purchased to receive dinner tickets.

The JBSA-Randolph Kendrick Club holds a kiddie costume contest and bingo Oct. 25, 11 a.m. Children 12 years and younger play five bingo games for free, enjoy a complimentary buffet and have a chance to win door prizes. This event is open to all Department of Defense ID cardholders.

Dress up to attend the JBSA-Randolph Kendrick Club Halloween Costume Bingo Oct. 29, 11 a.m., for a free buffet, 5-7 p.m., and a chance to win door prizes. For more information, call 652-3056.

**Fly-in turns old school**

Join Old School Camaraderie at the JBSA-Randolph Parr Club Auger Inn Oct. 9 and 23, 5 p.m., with free refreshments and a live band. For more information, call 652-4864.

**Chef prepares specials for every palate**

The JBSA-Lackland Gateway Club hosts dinner specials, 5-8 p.m., in the Mesquite dinning room. The Oct. 9 menu features filet mignon, sautéed jumbo shrimp, potatoes, roasted asparagus and a house salad. The Oct. 16 menu includes a porterhouse steak, corn, toast and a house salad. The Oct. 23 menu features prime rib, potatoes, green beans and house salad. Cost is $16.95 for members and $18.95 for nonmembers. For more information, call 645-7034.

**Participants play bar poker**

Play bar poker at the JBSA-Randolph Kendrick Club Oct. 21, 6 p.m. Customers take receipts from the day to the DJ booth to get a card and the best hand wins $20 in club bucks. For more information, call 652-3056.

**Club goers dress to impress**

Come to the JBSA-Randolph Kendrick Club Oct. 23, 5 p.m., dressed in outfits from the 1920s for a chance to win $25 in club bucks. The winner is selected at 9 p.m. For more information, call 652-3056.

**October feast honors culture**

Join us at the JBSA-Randolph Parr Club Oct. 24, 6-8:30 p.m. for Ocktoberfest. Enjoy German beer, wines and food. Cost is $18.95 for members and $22.95 for nonmembers. Reservations are accepted beginning Oct. 6. No refunds are issued after Oct. 21. Coupons are not accepted. For more information, call 652-4864.

**Club shows appreciation**

The JBSA-Lackland Gateway Club hosts Customer Appreciation Night, Oct. 27, 5-8 p.m., in the Fiesta Ballroom. The menu features a salad bar, prime rib, chicken, tilapia stuffed with shrimp and crab, red potatoes, wild rice, asparagus spears, baby carrots, baked rolls, cheesecake topped with berries and pecan pie. Cost is $10.50 for members and $12.50 for nonmembers and entertainment is provided by Doggin' Dave Productions. For more information, call 645-7034.

**Club puts on Halloween feast**

Eat at the JBSA-Lackland Gateway Club Halloween buffet Oct. 29, 11 a.m. to 3 p.m. Cost is $10.95 per person. This buffet features fried chicken, roast beef, pork chops, chicken breast, pulled pork sandwiches, potatoes with gravy, rice, green beans, vegetables, baked rolls, soup, salad and desserts. For more information, call 645-7034.

**Chef cooks up surf and turf**

Join the JBSA-Lackland Gateway Club, Oct. 30, 5-8 p.m., for Surf and Turf Night. The menu includes lobster tail, steak, potatoes, asparagus, rolls, salad and lemon sorbet. Cost is $25 for members and $27 for nonmembers. For more information, call 645-7034.

### Community Programs

**Customers are appreciated with Oktoberfest event**

In connection with Oktoberfest, the 502d Force Support Squadron shows appreciation to the JBSA community with Customer Appreciation Day Oct. 2, 5-10 p.m., at the JBSA-Lackland Amphitheater. Enjoy a free German dinner, kid's meals, activities, prizes, giveaways, German drafts, music and more. This event is sponsored by THE GUNN AUTOMOTIVE GROUP, Security Service Credit Union, Air Force Federal Credit Union, DELL®, Sprint, USAA and Silver Eagle

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# JBSA FSS

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**Dogs take a swim**

All Department of Defense ID cardholders and their dogs are invited to the JBSA-Fort Sam Houston Aquatic Center, building 3300, on Williams Road for Doggie Dip Oct. 3, 10 a.m. to noon. This event includes swimming for dogs, a best-dressed dog contest, beverages for the owners, treats and giveaways for the dogs. Owners must have proof of their pets' current distemper or lepto and rabies vaccinations. Tags are not an acceptable form of proof. Chows, Doberman Pinschers, Presa Canarios, Pit Bulls, American Pit Bull Terriers, American Staffordshire Terriers, Staffordshire Bull Terriers, Rottweilers, any wolf hybrid, or any mix of the aforementioned breeds are unable to attend this event. This event is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 652-5763.

**The boys take on Broadway**

Come to the JBSA-Fort Sam Houston Harlequin Dinner Theatre Oct. 10 to see the "Boys of Broadway" musical. This is a revue highlighting the traditional and contemporary songs of Broadway's leading men and is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 222-9694.

**Families enjoy Ocktoberfest**

Join the 502d Force Support Squadron for Oktoberfest Oct. 16, 4-10 p.m., and Oct. 17, 3-9 p.m., at JBSA-Fort Sam Houston Military & Family Readiness Center parking lot. Enjoy authentic Biergarten, festive food, activities, crafts and more. Music is provided by OMG Sounds, Mario Flores and the Soda Creek Band and the Army 323rd Heatwave Band. This event is sponsored by THE GUNN AUTOMOTIVE GROUP, Security Service Credit Union, Air Force Federal Credit Union, DELL®, Sprint, USAA and Silver Eagle Distributors. No federal endorsement of sponsor intended. For more information, call 652-5763.

**Theater goers take in a play**

Come to the JBSA-Fort Sam Houston Harlequin Dinner Theatre Oct. 23 to Nov. 14 to see "Blithe Spirit." Charles is a novelist and arranges for an eccentric medium to hold a séance. The medium inadvertently summons Charles' late wife, Elvira, which leads to a hilarious array of miscommunication. This show is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 222-9694.

**Community shares information**

The JBSA-Fort Sam Houston Golf Club hosts a Community Extravaganza Oct. 27, 9-11 a.m. All Department of Defense ID cardholders are welcome to visit representatives from post agencies and local businesses to learn about Joint Base San Antonio and the community. This event is sponsored by SeaWorld®, Broadway Bank, The University of the Incarnate Word, Security Services Credit Union, Sprint, First Command, MI Homes and Granite Financial Solutions. No federal endorsement of sponsor intended. For more information, call 221-2307.

## Equestrian Center

**Horseback riding lessons offered**

The JBSA-Fort Sam Houston Equestrian Center offers horseback riding lessons for beginners and advanced riders, 7 years and older, in English and Western style riding. Therapeutic riding lessons are also available. Horses, saddles and tack for lessons are provided if needed. Cost is $60 per hour for a private lesson, $175 for five group lessons, $225 for five partially private lessons and $250 for five private lessons. For more information, call 224-7207.

## Fitness

**Fitness center changes operation hours**

The JBSA-Fort Sam Houston Jimmy Brought Fitness Center hours of operation are 5 a.m. to 10 p.m., Monday-Friday, and 9 a.m. to 5 p.m., Saturday-Sunday and holidays. Pool hours are 5 a.m. to 8:30 p.m., Monday-Friday, and 9:30 a.m. to 4:30 p.m., Saturday-Sunday and holidays. See fitness staff to register for the 24/7 Unmanned Fitness program. For more information, call 221-1234.

**Lifters hit the weights**

Register no later than Oct. 7 for the JBSA-Fort Sam Houston Medical Education and Training Campus weight-lifting challenge Oct. 10, 11 a.m. to 1 p.m. Men and women lift 1,000 pounds and 500 pounds, respectively, in bench press, dead lift and squat. This event is free and open to all Department of Defense ID cardholders 16 years and older. For more information, call 808-5709.

**Runners participate in wingman relay**

Get a teammate and meet the JBSA-Randolph Rambler Fitness Center at Eberle Park Oct. 16, 7:30 a.m., for the Wingman Relay. The first team member runs 1.5 miles in order for the second team member to start running the next 1.5 miles. For more information, call 652-7263.

**Tennis players learn new skills**

Come to the JBSA-Randolph Rambler Fitness Center tennis courts Oct. 17 for the T3 Tennis Clinic. Youth 3-10 years participate noon to 1:15 p.m., juniors 11-18 years participate 1:30-2:45 p.m., adults play 3-4:15 p.m. and the pro exhibition is 4:30-5 p.m. This program is free to all Department of Defense cardholders. For more information, call 652-7263.

**Zumba® lovers party in pink**

October is Breast Cancer Awareness Month, so get groovin' to find a cure at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center Party in Pink Zumba® Fest Oct. 24, 9:30-11:30 a.m. Cost is $12 per person and all participants receive a Zumba® T-shirt and two hours of fun and exercise. This is open to all Department of Defense ID cardholders. For more information, call 221-1234.

**Fitness is celebrated**

Celebrate fall with the JBSA-Randolph Rambler Fitness Center at Eberle Park Oct. 24, 7:30 a.m. All Department of Defense ID cardholders join in a 5K run or walk followed by a 10K bike ride. Children may join the 1.5 mile run or walk. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 652-7263.

**Zombies run through Security Hill**

The JBSA-Lackland Gillum Fitness Center looks for all zombies to join in the third-annual Halloween Zombie 5K

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run or walk Oct. 30, 7:30 a.m., at Stapleton Park on Security Hill. Prizes are given to the best dressed male and female zombie. The race is free and runners can sign up the day of the event. Non-zombies may also participate. For more information, call 977-2353.

**Oktoberfest 5k scheduled**

All Department of Defense ID cardholders are invited to participate in the JBSA-Fort Sam Houston Jimmy Brought Fitness Center Oktoberfest 5K run Oct. 31, 7 a.m. For more information, call 221-1234.

**Basketball players dress up and shoot hoops**

Attend the Count 21 Halloween Shootout at the JBSA-Lackland Kelly Fitness Center Oct. 31, 11 a.m. to noon. Prizes are awarded for best costume and score. For more information, call 952-4848.

## Golf

**Golfers compete in a scramble**

Golfers are invited to play in the JBSA-Fort Sam Houston Monthly Warrior Four-Person Scramble Oct. 2, 12:30 p.m. Cost is $25 for members and $35 for nonmembers and includes 18 holes of golf, green fees, golf cart, dinner and gift certificates for the winners of longest drive and closest to the pin. The first-, second- and third-place winners also receive gift certificates. For more information, call 222-9386.

**Golf players tee off**

Participate in the Second Annual JBSA Championship Oct. 10 at the JBSA-Lackland Gateway Hills Golf Course, Oct. 11 at the JBSA-Randolph Oaks Golf Course and Oct. 12 at the JBSA-Fort Sam Houston Golf Course. This tournament is open to all Department of Defense ID cardholders and JBSA golf members. Each day has an 8 a.m. shotgun start and cost is $130 for all Air Force and Army gold course club members, $170 for nonmember DoD ID cardholders and $185 for civilians. Deadline to sign up is Oct. 7 or until registration is full. Full payment is due upon registration. For more information, call the JBSA-Fort Sam Houston Golf Course at 222-9386, the JBSA-Lackland Golf course at 671-2517 or the JBSA-Randolph Golf Course at 652-4653.

**Columbus sails into golf**

Join the JBSA-Randolph Oaks Golf Course for a Columbus Day golf tournament Oct. 12 with 7-9 a.m. tee times. Cost is $10 plus green fees and cart rental. For more information, call 652-4653.

**Men's club championship set**

Compete in the JBSA-Fort Sam Houston Men's Club Championship Oct. 17 and 18 with an 8 a.m. shotgun start. This tournament is a 36-hole stroke play competition and is open to all JBSA-Fort Sam Houston golf club members and Department of Defense ID cardholders stationed at JBSA-Fort Sam Houston. Cost is $50 for members and $70 for nonmembers. For more information, call 222-9386.

**Golf gets competitive**

Come to the JBSA-Randolph Oaks Golf Course Oct. 23, with a 12:30 p.m. shotgun start, to compete in the JBSA Force Support Squadron Golf Classic. This is a four-person scramble with a drawing for door prizes. Cost is $50 per person and includes lunch, green fees, cart fees and gift certificates for the placing teams. This event is sponsored by Randolph-Brooks Federal Credit Union and Silver Eagle Distributors. No federal endorsement of sponsor intended. For more information, call 652-4653.

## Information, Tickets and Travel

**Summer fun is not over yet**

Purchase Six Flags® Fiesta Texas tickets from the JBSA-Randolph Information Tickets and Travel located in the Community Services Mall, building 895. Have Texas-size fun on weekends through Dec. 20. The park is also open daily Dec. 21 to Jan. 2, excluding Dec. 24-25. Daily passes for attendees 3 years and older are $39.65. Prices are subject to change. For more information, call 652-5142.

**Dallas Cowboy ticket packages available**

Reserve 2015-2016 "Tailgate Getaway All-Inclusive" packages for Dallas Cowboy home games starting at $399 per person at the JBSA-Lackland Information, Tickets and Travel office. Price includes deluxe motor-coach transportation, a breakfast buffet, transportation to the stadium, a barbecue buffet, a tailgate party with unlimited beverages, live entertainment, an autograph session with a Dallas Cowboy legend, a 400-level game ticket and refreshments en route. For more information, call 671-3059.

**Festival visits 16th century**

Stop by the JBSA-Randolph Information Tickets and Travel, located in the Community Services Mall, building 895, for Texas Renaissance Festival tickets. This is one of the nation's largest renaissance theme parks where the sights, sounds, tastes and beauty of the 16th century come alive. The festival runs weekends October-November. For more information, call 652-5142.

**Wursfest tickets available at ITT**

The JBSA-Randolph Information, Tickets and Travel office, located in the Community Services Mall, building 895, has tickets for Wursfest. This event runs Nov. 6-15 and is a celebration rich in German culture and full of Texas fun. Enjoy the New Braunfels 10-day "Salute to Sausage" with a variety of live entertainment, delicious food and family fun. For more information, call 652-5142.

**Disney special ticket offer extended**

Disney has extended the special admission ticket for active-duty military and retirees until Dec. 17. The limit of tickets that can be purchased has increased from six to 12 per military member or retiree. Military members must accompany the group to the gate to activate the tickets. JBSA-Lackland Information, Tickets and Travel has four-day park hopper tickets for $175.50 or a four-day park hopper with four additional days for Disney water parks and Disney Quest for $250.50. The additional four-day admissions must be used within 13 days of the original tickets. ITT also carries three-day park hopper admission tickets for $130. For more information, call 671-7111.

**Tickets available for local attractions**

The JBSA-Fort Sam Houston Information, Tickets and Travel office is open Saturdays and has tickets for a variety of events and attractions. For more information, call 808-1378.

**ITT offers European getaway**

The JBSA-Lackland Information, Tickets and Travel can help customers book 2016 spring break adventures in Europe. Payment plans are available for the London, Paris, and Rome 10-day group tour with prices starting at $3,500 and the "Simply Italy" eight-day group tour starting at $3,000. For more information, call 671-7111.

## Library

**Libraries offer more than books**

The JBSA libraries offer a variety of resources for the military and their families including books, audiobooks, magazines, newspapers, videos, music, video games and more. A computer lab with printing and scanning capabilities and conference rooms are also available. E-resources such as e-books, e-audiobooks, e-subscriptions and informational databases are available in person and online at http://www.jbsalibraries.org. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library at 221-4702, the JBSA-Lackland Library at 671-2673 and the JBSA-Randolph Library at 652-5578.

**Children enjoy interactive story times**

Enjoy a story or two and an activity to follow at the JBSA libraries. Story time is hosted at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library Thursdays, 10 a.m., the JBSA-Lackland Library Tuesdays, 10 a.m.

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and the JBSA-Randolph Library Wednesdays, 10 a.m. No registration is required. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library at 221-4702, the JBSA-Lackland Library at 671-2673 and the JBSA-Randolph Library at 652-5578.

## Military & Family Readiness

**Workshop helps holiday spending stay under control**

Attend the JBSA-Fort Sam Houston Military & Family Readiness Center Holiday Spending workshop Oct. 2, 11 a.m., and plan in advance for the holidays to help reduce stress and overspending. For more information, call 221-2705.

**Parents prepare for baby**

Participate in the Bundles for Babies workshop at the JBSA-Randolph Military & Family Readiness Center Oct. 2, 8:30 a.m. to 12:15 p.m., or at the JBSA-Lackland M&FRC Oct. 14, 1-4:30 p.m. Active-duty expecting parents receive information on financial planning from conception to college, support programs offered within the community and parenting skills. For more information, call the JBSA-Randolph M&FRC at 652-5578 or the JBSA-Lackland M&FRC at 671-3722.

**Survivor benefit plan workshop offered**

The JBSA-Randolph Military & Family Readiness Center holds the Survivor Benefit Plan workshop Oct. 13, 8-9:30 a.m. or 1-2:30 p.m. Military personnel and spouses meet with a SBP counselor to become familiar with the options, effects and advantages of SBP. For more information, call 652-5578.

**Budgeters learn about credit**

Join the JBSA-Randolph Military & Family Readiness Center budgeting workshop Oct. 19, 9-10:30 a.m. A credit report and credit score affects all aspects of life. Learn to interpret a report and score and to correct common errors. For more information, call 652-5578.

**Super heroes come to the rescue**

The JBSA-Fort Sam Houston Military & Family Readiness Center hosts Super Heroes Howl Down Halloween, a free event for all JBSA families Oct. 23, 4:40-8 p.m. Exceptional Family Member Program families enjoy a sensory-friendly hour 4:30-5:30 p.m., a DJ, haunted house, arts and crafts, sensory gross out station, costume contest, trick or treating, pumpkin decorating, photo booth, food and more. For more information, call 221-2705.

**Parents develop a new understanding**

JBSA-Lackland Exceptional Family Member Program welcomes guest speaker and developmental pediatrician, Dr. Patricia Harkins, to the monthly support group Oct. 29, noon to 1:30 p.m., building 3850. Parents learn to understand what stems frustration and anxiety and discover ways to help children with disabilities work through frustrations. For more information, call 671-3722.

## Outdoor Recreation

**Concealed Handgun License Class offered**

The JBSA-Camp Bullis Rod-N-Gun Recreation Center provides Concealed Handgun License classes Oct. 10 and 24, 8 a.m. to 1 p.m. Successful completion of this class is required for a Texas CHL. Cost is $65. Students must be 21 years old and older or active-duty military 18 years old and older to participate. For Department of Defense ID cardholders only. For more information, call 363-2332.

**Archery takes on another dimension**

The JBSA-Camp Bullis Rod-N-Gun Recreation Center hosts a three-dimensional archery competition Oct. 24-25, 8 a.m. to 1 p.m. Registration is 8-10 a.m. and the course must be completed by 1 p.m. The fun shoot is $15, the competition shoot is $20 and children 12 years and younger participate for $5. For more information, call 295-7529.

**Families saddle up**

The JBSA-Lackland Saddle Club hosts an open house Oct. 24, noon to 4 p.m. The day includes food and fun for the whole family with horse riding demonstrations, pony rides, haunted hay rides, trick-or-treating, paint the horse and pictures. For more information, call 925-5532.

**Skylark swimming is ongoing**

The JBSA-Lackland Skylark Aquatics Center has lap swimming Monday, noon to 1 p.m. and Tuesday-Friday, 11 a.m. to 1 p.m. Open swimming is Monday-Friday, 4-7 p.m., and Saturday, 12:30-4:30 p.m. Swim lessons are available for children 3 years and older and a swim team for youth, 7 years and older. For more information, call 671-3780.

**Saddle Club rentals available**

The JBSA-Lackland Saddle Club has stalls available for $60 per month along with membership dues of $25 per month. For more information, call 837-6741.

## Youth and Children

**Youth register for basketball and cheerleading**

Register children for JBSA-Randolph Youth Programs basketball and cheerleading Oct. 1-30. The season runs December to March for boys and girls 5-18 years. Registration for basketball is $50 and cheerleading is $45. Children must have a current physical on file by the start of the season. For more information, call 652-3298.

**Youth programs available for free**

Youth may participate in JBSA-Randolph Youth Programs during Oct. 5-10 for free. There is no membership card needed to participate during this week. Youth Programs has a lot of activities, programs, camps and classes for children to enjoy all year long. Stop by Youth Programs, building 585, to learn more. For more information, call 652-3298.

**Parents get a break**

JBSA-Lackland Youth Programs presents Give Parents A Break Oct. 16, 6:30-10:30 p.m. Parents drop off children, 5-12 years, at Youth Programs for activities, entertainment and snacks. Cost is $25 per child with multiple child discounts or free with a GPAB referral. Preregistration is required. Parents with children 6 months to 5 years should call 671-3675 to make reservations. For more information, call 671-2388.

JBSA-Randolph Youth Programs hosts Give Parents a Break/Kids Adventure Night Oct. 16, 6-10 p.m. Registration is Oct. 1-14. This event is at the Child Development Programs Annex for children 2 years and younger and at Youth Programs for children 3 years and older. Cost is $25 with a multiple-child discount and free for GPAB waiver holders. For more information, call 652-4946.

**Lights stay on after school**

Join the JBSA-Randolph Youth Programs staff Oct. 16, 4-5 p.m., to celebrate numerous after-school programs and enjoy snow cones. For more information, call 652-3298.

**Youth are locked in for fun**

The JBSA-Fort Sam Houston Lock-In is at the Middle School Teen Center, building 2512, Oct. 23, 9 p.m. to 7 a.m. All youth in grades 9-12 are invited to participate. Cost is $15 per person. For more information, call 221-3630.

**Casper takes over the fun house**

Adventure through a haunted house at the JBSA-Fort Sam Houston Youth Programs, building 1630, Oct. 23, 24, 30 and 31, 6-9 p.m. each day. Cost is $3 for children 13 years and older and $2 for children 12 years and younger. Visit the Casper the Ghost Fun House for arts and crafts, climbing obstacles and Halloween cartoon shows for children 2-6 years. Cost is $1. For more information, call 221-3502.

**Get jinxed during fall**

Join JBSA-Randolph Youth Programs in the gym Oct. 29, 6-8 p.m., for Fall Hi-Jinx, which is a free, safe Halloween alternative. Children enjoy games, crafts, costume contests and prizes. This event is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 652-3298.

**Children trick or treat at Halloween carnival**

Get candy and fun at the JBSA-Fort Sam Houston Youth Programs Halloween Carnival Oct. 30, 4-8 p.m., in building 1703. This event is open to the community and includes games, activities, face painting and a small haunted house. For more information, call 221-5151.

**Haunted hands are needed**

The JBSA-Fort Sam Houston Youth Programs is looking for volunteers to help design, set up and become characters in the annual haunted house. Volunteers interested in creating a haunted extravaganza or dressing up are welcome. For more information, call 221-3502.

**STAY CONNECTED**

Stay current on Joint Base San Antonio 502d Force Support Squadron events, specials and daily activities.

http://www.myjbsa-fss-mwr.com

502 FORCE SUPPORT SQUADRON

# Sleep issues negatively affect Soldiers' health

By David Vergun
Army News Service

"I didn't realize that all this time I've been in a formation of drunks," the noncommissioned officer told Lt. Col. Kate E. Van Arman.

The NCO was referring to a quote Van Arman repeated to him from her top boss, Surgeon General of the Army Lt. Gen. Patricia Horoho:

"If you have less than six hours of sleep for six days in a row … you are cognitively impaired as if you had a .08-percent alcohol level. … We never will allow a Soldier in our formation with a .08-percent alcohol level, but we allow it (sleep deprivation) every day in Soldiers who have to make those complex decisions."

Adding to what Horoho said, Van Arman pointed out that after being awake 17 hours, response time has been shown to be the equivalent to a person with a blood alcohol content of .05 percent and 24-hours awake translates to a blood alcohol concentration, or BAC, of .10 percent.

Van Arman, Traumatic Brain Injury Clinic medical director on Fort Drum, N.Y., spoke at the 2015 Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, held at the Defense Health Headquarters in Falls Church, Va., Sept. 9.

Although her topic was "Sleep Disorders Among Military Mild TBI Patients," much of what she said applies to all Soldiers, whether or not they have TBI.

It's not just the Soldiers who are partying all night who lack sleep, Van Arman said. Demands of Army life are responsible for a lot of it.

For instance, Soldiers who misbehave can be ordered to do extra duties as punishment, up until midnight, she said. Assuming that revile is at 6 a.m., that's six or less hours of sleep.

Staff duty often requires the Soldier to be awake for 24 hours, she said. When the pre- and post-briefs are added, it's closer to 30.

Overall, one-third of military members sleep less than five hours per night and two-thirds less than six, she said.

Deployed Soldiers get an astonishing average of just three hours of sleep per night, she said, particularly those serving in the combat arms branches.

It's not for lack of them trying to sleep though, she said. Those deployed or on extended exercises attempt to catch winks whenever or wherever they can, on the ground or when being transported in vehicles or airplanes.

Photo by Heide Couch

Service members sneak in sleep where they can. Army National Guard soldiers catch a few minutes of sleep onboard a C-17 Globemaster en route to a training weekend at Fort Hunter Liggett, Calif.

A lot of it, though, is fitful sleep which throws off their circadian rhythms, she said. The battlefield, even the peacetime "battlefield," can be a noisy place with others snoring, lights, helicopters flying and so on, not to mention weather conditions.

While being sleepless in the Army seems to be the norm, there are other professions that have sleepy people, particularly in jobs where that sort of thing would be concerning. For instance, 72 percent of U.S. commercial airline pilots reported being drowsy to the point of nearly falling asleep and 45 percent of all pilots admitted to actually dozing off on occasion, she said.

All this sleeplessness has resulted, not surprisingly, in a "culture of caffeine," Van Arman said.

During a recent visit to the Fort Drum shoppette, Van Arman noticed "a big refrigerator of monster sodas and energy drinks popular with young Soldiers."

Last year energy drinks in the United States netted $27.5 billion and energy drink consumption went up 5,000 percent since 1999, she noted.

A meta-analysis of caffeine on cognitive performance showed that 100 to 300 milligrams of caffeine results in mood improvement, she said. That's about one or two cups of coffee.

Anything greater than 400 mg, though, results in mood deterioration, she said, adding that while the extra caffeine may result in a person staying awake, it may not improve decision making.

Another thing to be careful about with caffeine, she said, is not to take it within six hours of bedtime, as it will result in fitful sleep. Also, alcohol in excess will result in disruptive sleep.

When Van Arman was stationed on Fort Bragg, N.C., she said she was surprised to see a lot of special forces Soldiers in their 20s who stopped by the pharmacy for pills to help with erectile dysfunction, or ED.

Their testosterone levels were around 200 nanograms per deciliter, when it should have been around 500 or more. She said she'd tell them, "Your testosterone levels are that of a 60-year-old man because you're getting crappy sleep."

The brain is sensing stress so to conserve energy, it's not making testosterone, she explained. Instead, it's making the stress hormones associated with fight-or-flight survival.

"Once you get better sleep, your testosterone levels are going to go up and your ED issues will improve," she would tell them.

Soldiers in the field are expected to be able to pack up and move out on a moment's notice, even if it's in the middle of the night, Van Arman said. Often, Soldiers won't know what time that will be so the training will be more realistic.

She referred to this situation as the "quick reaction force brain" that's needed for this mindset.

Dr. Robert Sapolsky, Stanford University biologist, conducted research along these lines, she said.

Sapolsky divided test subjects into three groups, she said. The first group went to a sleep lab where they were told they'd get a good night's sleep, but be awakened at 6 a.m.

The second group was told they'd be awakened once every three hours and the third group was told they'd be given no warning at all when they'd be woken up – similar to the quick reaction force.

All of the subjects from all the groups were hooked to an IV while they were sleeping so blood could be drawn periodically to determine cortisol levels, meaning the amount of stress hormones present in the bloodstream.

For the first group, cortisol levels spiked 30 to 60 minutes before 6 a.m. That meant, she said, that the sleepers were subconsciously anticipating being awakened and became stressed close to that time.

For the second group, the cortisol levels spiked 30 to 60 minutes before each and every one of the three-hour periods they were told they'd be awakened.

For the third group, the cortisol levels remained elevated the entire night, meaning that instead of having restful sleep, they had stressful sleep the entire night, she said.

High cortisol levels, she noted, have been associated with higher-than-average rates of cardiovascular disease.

A separate study done in the United Kingdom in 2012 showed more than 700 genes being adversely affected by sleep deprivation, she said.

Anecdotally, Van Arman said Soldiers on Fort Drum told her that when they go to the rifle range and they're sleep deprived, it takes them three times longer to qualify. This provides a dilemma to commanders, she said. Is it better to train Soldiers as they fight or save on time and ammunition by allowing Soldiers adequate sleep time before live-fire training?

Other studies have shown that people who are sleep deprived have memory challenges. This could affect sleep-deprived Soldiers studying for a promotion exam or learning new tactics, techniques or procedures, she said.

Another study shows that sleep deprivation intensifies pain. She said a lot of Soldiers at Fort Drum are in-

See SLEEP, P18

# Soldiers wanted by Army Criminal Investigation Command

"Wanted." The word placed in bold letters across a poster with the U.S. Army Criminal Investigation Command badge incites fear in criminals around the world.

The latest "Wanted" poster released by the U.S. Army Criminal Investigation Command, however, is seeking assistance of a different kind.

Commonly known as CID, it is seeking applications from qualified Solders to train and serve as sworn federal law enforcement agents.

CID and its agents support the Army in peace and war, by investigating felony-level crime that has an Army nexus. From homicide to contracting fraud, CID's reach covers the globe and helps keep the Army community safe with one of the highest crime solve rates in modern law enforcement.

"If you want to do real detective work, if that is where your heart is, Army CID is where you need to be," CW5 John Welch, the command's chief warrant officer, said. "That is what we do day in and day out."

CID Special Agents are on the cutting edge with the latest in criminal investigative tactics and techniques and receive some of the best training available in law enforcement today. Agents are supported by a world-renowned criminal forensic laboratory and have the opportunity to pursue education at the FBI National Academy, Metropolitan Policy Academy at Scotland Yard, and the Canadian Police College.

"Our mission is felony investigations and anything associated with Title 10 criminal investigations," Welch said. "We work hand-in-hand with U.S. attorneys, local law enforcement agencies, the FBI, DEA, and ATF."

CID Special Agents also conduct computer crime investigations, polygraph services, criminal intelligence collection and analysis, and provide personal security services, much like the U.S. Secret Service, for key Department of Defense and Army officials.

For many CID Special Agents like Welch, however, the mission is second to the difference they make.

"There is no better feeling than helping people through your investigative efforts, whether it be helping an individual or helping a community," he said.

"Wanted" Soldiers must be U.S. citizens at least 21-years-old and a maximum rank of sergeant (non-promotable). Promotable sergeants and staff sergeants with one year or less time-in-grade may apply with a waiver. All applicants must have at least two years - but not more than 10 years time-in-service, have an ST score of 107 or higher (110 or higher if tested prior to Jan. 2, 2002), have at least 60 college credit hours (waiver of up to half of this prerequisite may be considered), and have normal color vision and no record of mental or emotional disorders.

Additionally, they must be able to speak and write clearly, attain and maintain a Top Secret-Single Scope Background Investigation security clearance, no record of unsatisfactory credit, and no felony or court-martial convictions. Lastly, they must be able to complete 36 months of service obligation upon completion of the CID Special Agent Course.

Soldiers with a passion for real detective work and the above qualifications are "Wanted" by CID and can start the application process at http://www.cid.army.mil. At Fort Sam Houston, call the 25th Military Police Detachment at 221-9795.

*(Source: U.S. Army Criminal Investigation Command Public Affairs)*

# Army Emergency Relief gives junior Soldiers direct access

By J.D. Leipold
Army News Service

Army Emergency Relief, or AER, has just made it easier for junior Soldiers to request interest-free loans and grants.

Effective Sept. 9, many junior Soldiers will be able to apply for emergency financial assistance without involving their chain of command.

The new policy pertains to privates through corporals and specialists, who have completed Initial Entry Training and have a minimum of 12 months service or have completed Advanced Individual Training – whichever comes first. They will no longer be required to request an AER loan or grant by going through their chain of command.

Charles Durr, assistance chief for AER, said the change was brought on because AER feels that the first year of service is essential in establishing trust between leader and a service members, and it's a kind of integration period where good financial fitness is being developed.

Another reason for the policy shift is because AER has seen about a 35 percent decline over the last six years in the number of active-duty Soldiers seeking assistance, Durr said.

During calendar year 2014, AER had 35,000 requests for assistance and disbursed nearly $46 million to help active-duty Soldiers set up homes, repair autos and take care of expenditures that were unforeseen, he said.

"We attributed the decline in asking for help to what was an intimidating, time-consuming process in that Soldiers would have to go to the squad leader, the squad leader to the platoon sergeant, the platoon sergeant to the first sergeant and so on," Durr said. "We think our Soldiers deserve to be afforded a streamlined process for resolving any of their short-term financial issues."

Durr said that no-interest loan requests and grants were down for fear of a perceived stigma that's associated with asking for help and being labeled as "bad Soldiers" because they had financial issues.

Some Soldiers felt their need for financial help would threaten future promotion and selection for leadership positions or that they might lose their security clearances.

Direct access to AER has been gradual. In 2013, sergeants first class were given direct access to AER without going through their chain of command. After a further worldwide assessment Jan. 1, 2014, AER extended direct access to sergeants and above, so it's been an incremental change over time, Durr said.

The retired command sergeant major said when Soldiers had to move through the laborious and embarrassing process of the chain of command, they would seek out alternatives like payday lenders for emergency financial assistance. Then they'd be stuck with high-interest loans.

Ways in which AER has assisted Soldiers and their Families in the past include initial deposits for utilities needed for establishing a new household, Durr said. He added that AER can also assist with the purchase of washers, dryers, beds and other furniture instead of renting to own.

"We can help with auto replacement, when it's not financially sound for a Soldier to continue to dump money into auto repairs that cost more than a vehicle is worth," he said.

In mid-July, AER opened a new category of assistance – minor home repair for those Soldiers, who choose to buy homes rather than rent. This new category is designed to cover repairs on interior, exterior wiring and the like which aren't covered by basic homeowners' insurance.

"We have a significant investment portfolio, so we're postured for disasters, payless paydays, things of that nature. This is the Soldiers' fund, so they should be able to draw from it as needed," Durr said. "We continue to look for ways to meet the emergency financial needs of our Soldiers and their Families, so we have to be an organization that evolves as the Army changes."

AER was established in 1942 with $1.5 million in seed money from the American Red Cross and $12 million from Irving Berlin's musical, "This is the Army." It was incorporated as a non-profit organization to meet the emergency financial needs of a rapidly expanding Army.

The secretary of war and the Army chief of staff established AER on Feb. 5, 1942, in Washington, D.C. AER was placed under the Army service commands with more than 600 sections worldwide at the height of World War II.

For more information about Army Emergency Relief, visit http://www.aerhq.org or call 221-1612.

# One-of-a-kind intelligence brigade activates at Fort Sam Houston

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

Two years of planning and effort came to fruition Friday as the Army's first Reserve-led theater military intelligence brigade unfurled its colors and officially became operational during an activation ceremony at Fort Sam Houston's historic Quadrangle.

The 505th Military Intelligence Brigade (Theater), with its collection of more than 600 active duty, reserve, and National Guard Soldiers, became only the seventh brigade of its type in the Army with the activation.

U.S. Army North, the U.S. Army Reserve Command, the Military Intelligence Readiness Command and the Intelligence Support Command all collaborated on the brigade's creation.

"This is only the beginning," said 505th MI Brigade Commander Col. Dustin Schultz, addressing her Soldiers. "The 'Victory Brigade' is embarking on a mission that links the visions of some of our greatest leaders. You are the future and the task is daunting. "

The brigade will support Army North operations in the Northern Command theater, including security cooperation efforts with Canada, Mexico and the Bahamas, as well as force protection efforts at military installations across the United States.

Schultz thanked the brigade's Soldiers and their families for their hard work in standing up the unit, and said they are proving that the Army Reserve is "both a willing and capable force that can answer the call when needed."

Brig. Gen. Christie Nixon, commanding general of the Military Intelligence Readiness Command, said the multi-component nature of the 505th brings skills far beyond each member's military specialty.

"They're not only Soldiers," Nixon said, "but also bring to bear their civilian expertise as attorneys, law enforcement officers, first responders, educators, financiers... you name it, we have every job."

During the ceremony, the brigade's two subordinate battalions were also activated. The 549th MI Battalion will operate alongside the brigade headquarters at Camp Bullis, while the 383rd MI Battalion will be headquartered in Belton, Mo.

**Photo by Sgt. Christian Turner**
Col. Dustin Schultz (center), commander of the newly established 505th Military Intelligence Brigade (Theater), passes the unit colors to 505th MIB Command Sgt. Maj. Richard Hall (right) during a unit activation ceremony on Fort Sam Houston Friday. Presiding over the ceremony was Brig. Gen. Christie Nixon (left), commanding general of the U.S. Army Military Intelligence Readiness Command.

**SLEEP from P15**

fantry and have sore backs from carrying heavy loads. Sleep deprivation intensifies that pain.

Sleep problems are "the absolute No. 1 military disorder when people come back from deployments. Among TBI Soldiers, it is the No. 2 problem, after headaches," Van Arman said. Sleep disorders include insomnia, sleep apnea, nightmares, fragmented sleep, restless leg syndrome and bruxism (grinding of teeth).

Some 300,000 military members have some form of TBI, so that's a pretty significant number, she said, providing a number of other facts and statistics of service members with TBI:

- 97 percent complain about some sort of sleep problem, primarily insomnia
- 34 percent have sleep apnea
- 90 percent report napping during the day
- 50 percent have fragmented sleep

Regarding fragmented sleep, the average person awakens three to five times per night, Van Arman said. An Army specialist who was treated for mild TBI was put in a sleep lab and monitoring results indicated that he awoke 529 times in a single night.

Van Arman said medical researchers are working on a host of problems relating to sleep disorders and there will most likely be effective treatments ahead.

For example, researchers are close to being able to provide imaging that shows changes to the brain resulting from TBI. Currently, TBI is largely based on self-reporting and incident reports.

For sleep apnea, a new device may soon be in the offing that will sense when sleep apnea is about to occur and prevent blockage of breathing.

Other areas in which advances are being made, she said, include therapies and pharmacological interventions.

# Air Force extends sexual assault prevention and response services to AF civilians

The Air Force released a policy memo Aug. 24, allowing Air Force civilian employees who are victims of sexual assault to file restricted and unrestricted reports with their installation's sexual assault response coordinator.

The policy is effective immediately and allows SARCs and sexual assault prevention and response victim advocates to assist Air Force civilians who report sexual assaults by providing crisis intervention and advocacy services 24 hours a day, seven days a week.

"Our civilian Airmen are valuable members of our team, and we're going to support them," said Secretary of the Air Force Deborah Lee James. "While this is a huge win for the Air Force and our civilian force, we will continue to work at all levels to prevent sexual assault."

The Department of Defense recently signed an exception to policy, granting the Air Force the authority to extend SAPR services.

Air Force civilian employees will now receive the same services as those already eligible to use SARC services, with the exception of legal and non-emergency medical services, which are restricted by law.

Prior to this exception, only civilian employees at overseas locations and their dependents 18 years old or older were eligible to use SARC services and they could only file unrestricted reports.

SARCs and SAPR victim advocates will assist in contacting the appropriate law enforcement agency for Air Force civilians who file unrestricted reports to ensure reports are properly investigated and prosecuted. They will also be able to help civilians identify and contact additional off-base support organizations as needed.

"Our SARCs and victim advocates provide invaluable support and assistance to our uniformed Airmen who have suffered from this horrible crime," said Maj. Gen. Gina Grosso, Air Force SAPR director. "We knew we could do more to help our civilian Airmen, so we sought an exception to policy to allow the Air Force to extend the same care and support to civilian victims as we do to our military Airmen and their families."

*(Source: Air Force News Service)*

# JBSA members take on challenge of 2015 Rambler 120

**By Senior Airman Alexandria Slade**
JBSA-Randolph Public Affairs

Individuals from across Joint Base San Antonio and beyond competed during JBSA's premiere adventure race, the Rambler 120, Sept. 19 at JBSA Recreation Park at Canyon Lake. Thirty-four teams competed in the 22-mile bike route, 6-mile run and 2-mile rafting course this year. The winning teams were:

- **Male Fastest Extreme: AARP Can Wait**
- **Female Fastest Extreme: Diamonds in the Rough**
- **Overall Fastest Extreme: Just for Fun**
- **Overall Fastest Relay: Rambling Red Tails**
- **Coed Extreme Bronze: Team SFLSG**
- **Coed Extreme Silver: Under Trained and Over Confident**
- **Coed Extreme Gold: Code Blue**
- **All Military Extreme Bronze: Rough Riders**
- **All Military Extreme Silver: A3V Sweatys**
- **All Military Extreme Gold: Arnorth G3 FUOPS**
- **All Female Relay: Sweaty House Wives**
- **All Male Relay: NTTC Lawmen**

Col. Michael Gimbrone, Chief Master Sgt. Kathleen McCool, Joseph and Kelly Thomas, Team SFLSG, race down a hill of the 22-mil bike race portion of the annual Rambler 120 competition Sept. 19 at the Joint Base San Antonio Recreation Park at Canyon Lake.

**Photo by Johnny Saldivar**

(From left) Tyler Goehring and Senior Master Sgt. Daniel Stellabotte, 381st Training Squadron dental lab career development course writers; and Maj. Sarah Wheeler, 359th Medical Group dentist, run on top of Canyon Lake dam during the Rambler 120 Sept. 19 at the Joint Base San Antonio Recreation Park at Canyon Lake. The Rambler 120, hosted by the 502nd force Support Squadron, features four- and eight person teams that engage in a competition that challenges participants with a 22-mile bike race, 6-mile raft race and a mystery event.

**Photo by Senior Airman Alexandria Slade**

**Photo by Airman 1st Class Stormy Archer**

(From left) Army Lt. Col. Stephen Walker, Army North operational planner; Army Lt. Col. Andy Brenington, Army North strategic planner; Army Capt. John Robinson and Army Lt. Col. Hoa Ewing, Army North operational pAlanners, paddle during the 2-mile rafting portion of the annual Rambler 120 Competition Sept. 19 at the Joint Base San Antonio Recreation Park at Canyon Lake.

# *Check health care compliance before tax season kicks off, official says*

**By Terri Moon Cronk**
DOD News Features, Defense Media Activity

The Department of Defense wants its service members and civilian employees to know it's not too early to make sure their 2015 health insurance paperwork is in order before filing their federal taxes, the principal deputy assistant secretary of defense for health affairs said in a recent interview with DOD News.

Dr. Karen Guice said the upcoming tax season, which begins Jan. 1, is the first time DOD, like other employers, must verify to the Internal Revenue Service that its employees had health care coverage throughout 2015.

"The Affordable Care Act says everyone should have access to basic health insurance," she said, noting that TRICARE and all plans offered by the Federal Employees Health Benefits Program meet the ACA's standards for required minimum essential coverage.

DOD employees who use their spouses' nongovernment health insurance coverage should check with the policyholder to make sure it meets ACA standards, Guice noted.

Taxpayers self-attested to having health coverage on their 2014 tax forms, but for tax year 2015 the DOD is responsible for notifying the IRS of employee health care insurance participation. It's up to service members and DOD civilians to make sure their personnel information is up-to-date, Guice said.

"This is a good time of year to do a double-check," she said. "We all like to think we've planned, but the holidays are coming and tax season will be here before people know it."

Home addresses and Social Security numbers should be reviewed and updated as necessary for every family member in all military and civilian records through MyPay, the Defense Finance and Accounting Service, personnel offices and the Defense Enrollment Eligibility Reporting System for military members and their families, Guice said.

"We know we have about half a million missing Social Security numbers in DEERS," she said. Letters notifying service members of the missing Social Security numbers were mailed in August.

"Having accurate social security numbers in personnel records is critical for the department to report health care coverage to the IRS and for DOD to "do the best job possible for its employees," Guice said.

DOD's Pay Centers and the Federal Employees Health Benefits Program carriers will send health care validation to the IRS for its members, employees, and their family members, she said, but contractors' employers are responsible for verifying their employees' health insurance coverage to the IRS.

DOD personnel may electronically receive a copy of IRS Form 1095 to show health care insurance compliance when filing taxes, Guice noted, adding MyPay offers an opt-in for electronic delivery to make sure the 1095 is secure and available in January.

More information about the 1095 forms, the ACA statute and other related information for service members, families and DOD civilians is available on the Defense Finance and Accounting Service's website (http://www.dfas.mil/taxes/aca).

Those not covered by or losing TRICARE or FEHB coverage should evaluate their health care options at http://www.healthcare.gov where financial assistance may be available due to income, family size or state of residence.

Open season for enrolling in health care policies through a state marketplace for coverage beginning in 2016 is Nov. 1 through Jan. 31, 2016, according to http://www.healthcare.gov.

# Mouthguards: Use them or lose them (your teeth)

**By Senior Airman Derek Heers**
59th Dental Group

Imagine what you would look like if you lost some of your front teeth.

More importantly, imagine what it would be like to talk and eat without them. Losing your front teeth would make it impossible to pronounce certain words correctly and extremely difficult to bite into your favorite foods.

If you play contact sports or engage in activities like bike riding, skateboarding or gymnastics, you should consider wearing a mouthguard to protect your teeth.

According to the American Dental Association, athletes are 60 times more likely to suffer harm to the teeth if they're not wearing a mouthguard. Participants in non-contact activities are at a higher risk for dental injury as well.

Also called mouth protectors, mouthguards help cushion any impact to your lips, cheeks, tongue, and teeth if you accidentally take a hit to the face. They absorb the shock that would otherwise be suffered by your mouth.

It's a simple precaution you can use to reduce the risk of injury, and it is inexpensive. You can purchase sports guards for just a few dollars at your base exchange or any local sporting goods store.

If you want to go beyond the basic sports guard, your dentist can make a custom mouthguard for you. A custom mouthguard gives a more precise, comfortable fit, which can provide more protection.

While custom mouthguards are more expensive, if you participate in sports or other physical activities frequently, they are highly recommended.

The 59th Medical Wing's Dunn Dental Clinic at Joint Base San Antonio-Lackland is planning an upcoming event to make free custom mouthguards for members of all services, their dependents and Department of Defense civilian employees. More details – including time, date and location – will be shared as soon as they are available.

For more information about mouthguards and other dental health topics, visit http://www.mouthhealthy.org.

**Photo by Airman 1st Class Siuta B. Ika**

Mouthguards should be worn during training and sporting activities that can place the face and mouth in danger of trauma as a result of head-to-head contact, hazardous falls, teeth clenching or blows to the mouth.

## AIR SHOW from P6

"The combined closing speed of these jumpers is 300 miles per hour when they get within 50 to 100 feet of each other," Bixler said.

At the end of the show, Bixler said members of the Golden Knights will be at the Army recruiting booth to sign autographs and allow the public to assist them in repacking their parachutes.

Members of the Golden Knights are active-duty Soldiers who are selected for the unit through an extensive selection process that includes several tryouts. The tryouts are held each year in the fall and include those that test a Soldier's flying and parachute canopy skills.

To try out for a spot on the Golden Knights team, a Soldier must have completed 100 military or civilian free-fall parachute jumps and must be on active-duty status with the Army, said Bixler.

Bixler said most of the jumpers, including her, have deployed several times and perform various jobs in the Army.

A four-year member of the Golden Knights, Bixler has served in the Army for 14 years, including two deployments in Iraqi. Belonging to the Golden Knights gives her the chance to share her experiences about being on the parachute team and the Army, she said.

"It's an honor," Bixler said. "I love the opportunity to share my individual Army story with younger girls and women because they need to know that there are many opportunities available for women in the military, especially in the Army."

Information about the U.S Army Golden Knights Parachute Team can be found at http://armygk.armylive.dodlive.mil/.

# News Briefs

## Continued from P6

from various retiree aid organizations will be available. For more information, call 221- 9004.

### *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.

### *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. If you would like to switch your primary care manager, call Humana Military at 800-444-5445.

### *North New Braunfels, Harry Wurzbach West Access Control Points Open In Mornings*

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 for incoming and outgoing traffic from 5:30-8:30 a.m. Mondays through Fridays, except on federal holidays, according to the 502nd Security Forces Squadron.

### *Harry Wurzbach East ACP, Towers Intersection Blockages*

Motorists entering Joint Base San Antonio-Fort Sam Houston through the Harry Wurzbach East Access Control Point are asked not to block the driveways at the Towers of Park Lane. This ensures the safety of the Towers residents and other motorists, according to the 502nd Civil Engineer Squadron. Those who stop in the marked cross-hatching could receive a ticket. For more information, call 295-4784.

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

Many stray or roaming animal sightings are near residences. The stray or roaming animals are seeking food, water and shelter. Although this is not necessarily a housing problem, 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, please 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, with 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 3701Winfield 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 by email to usaf.jbsa.502-abw.list.502-sfs-fsh-visitor-control-center-owner@mail.mil. For more information concerning these processes, call 221-1108 or 221-2756.

### *New Joint Base San Antonio Website*

The Joint Base San Antonio website has a new look and includes easier access to family-related resources. Visit the new site at http://www.JBSA.mil.

# INSIDE THE GATE

**Dads: The Basics**

Friday, 1:30-4:30 p.m., Family Advocacy, building 3387, 3030 Patch Road. This class gives men some basic information about becoming a dad and the role as a father. Participants gain helpful lists, guides, and information related to pregnancy, labor, and delivery, communicating with the spouse, caring for an infant and managing family issues. Call 539-6350

**Trails And Tales Tour**

Friday, 8 a.m. to 1 p.m., meet at Military & Family Readiness, building 2797. Take a tour of Fort Sam Houston and learn about its rich history. Transportation is provided. Due to limited seating, registration is required. Call 221-2705.

**Home Buying**

Friday, 2-3:30 p.m., Military & Family Readiness, building 2797. Purchasing your first home can seem like an overwhelming process. Learn about down payments, mortgages, escrow, financing, home inspections, surveying, property taxes, fees, titles, insurance and legal responsibilities. Call 221-2380.

**Family Fun Day**

Saturday, 11 a.m. to 3 p.m., main track on Stanley Road. Food, games and more available. Call 808-0225 for more information.

**Accessing Higher Education**

Monday-Wednesday, 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.

**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 Playgroup**

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.

**Volunteer Orientation**

Wednesday, 9-10 a.m., Military & Family Readiness, building 2797. Newly assigned volunteers will in-process and receive training on their responsibilities. Call 221-2380.

**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.

**Domestic Violence Awareness 5K Run/Walk**

Oct. 24, registration at 7:15 a.m., run/walk starts at 8 a.m., Jimmy Brought Fitness Center. Show awareness of domestic violence by wearing purple top. Donations of baby wipes, along with women's and children's underwear collected for local shelters. Call 292-5967.

**Lending Closet**

Recently moved and in need of a few household items until yours arrive? The Lending Closet loans basic household goods while yours are in transit; kitchen equipment, high chairs, sleeping mats, irons and more. Permanent party, students, TDY, retirees and civilians may borrow up to 30 days. Please bring a copy of your orders. The Lending Closet is open Monday through Friday, 8 a.m. to 3 p.m. Call 221-2705.

**School Liaison Office**

The School Liaison Office assists parents with children in grades K-12. SLO can help with the transition between schools; provide information about local school systems, policies, programs and more. Call 221-2214 for more information.

**Military & Family Life Counselors**

Military & Family Life Counselors help service members, their families, significant others, and DoD civilian staff in addressing issues from deployment and reintegration, marriage and relationships, stress and anxiety, depression, grief and loss, or daily life issues. Consultations and trainings are anonymous, no records are kept. After-hours and weekend appointments are available. Meetings can also be arranged off-site. Call 221-2705 or 221-2418 to schedule an appointment.

# OUTSIDE THE GATE

**Military, Veterans, First Responders Luncheon**

Oct. 17, 11 a.m. to 2 p.m., Crown Plaza Airport, 1111 NE Interstate Loop 410. A free appreciation luncheon for military members, veterans, wounded warriors, first responders and their families will include barbecue and all the fixings, music, dancing, door prizes and more. For more information or to RSVP, call 843-7738.

**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 htto://www.briscoemuseum.org.

**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.

**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.

## 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.

RANGER from P9

we are maintaining our combat readiness today, tomorrow and for future generations," said Army Chief of Staff Gen. Mark A. Milley.

In January, the Army announced that it would for the first time open Ranger School to women, as part of a "Ranger Course Assessment." That assessment kicked off in April, as part of Ranger Course 06-15.

Two women who entered Ranger School at that time, 1st Lt. Shaye L. Haver and Capt. Kristen M. Griest, eventually graduated the school Aug. 21, and a third woman is in the final phase of the school in Florida.

Now, all women who want to embrace the challenge and the opportunity to earn the Ranger tab will be able to enroll in the school, if they meet the stringent requirements to attend.

Maj. Gen. Austin S. Miller, commander of the U.S. Army Maneuver Center of Excellence, said during an Aug. 20 press conference that those same stringent requirements and standards were not changed as part of the Ranger Course Assessment.

"Up front, what we've been very consistent on is we've said there will be no change to the standards ... and there weren't," he said. "We also said ... we're going to be professional and objective as we work our way through this process, which is exactly what you would expect from a Ranger-qualified instructor or anybody else in the Army."

Just a day before her graduation from Ranger School, Griest said that for other women who want to attend the school, perseverance and confidence are key to making it through.

"I personally know a lot of women interested in going, and for whatever reason, whether it is timing or deployment or they are in some school at this point in time, they weren't able to go to this assessment," Griest said. "But I know many very qualified women that I can think of that could pass the course or at least make a very good attempt. I would encourage them to go. And I would say keep doing what they are doing. They are motivated. It is definitely more of a mental challenge than physical. If you mentally know you want to get through – and you have to want to get through – then you will make it."

Current Army policy allows female students who successfully complete Ranger School to receive a graduation certificate and be awarded, and authorized to wear, the Ranger tab. However, female graduates will not receive the associated Ranger skill identifiers or be assigned to Ranger-coded units or positions.

According to an Army spokesperson, there are three more Ranger Schools scheduled this year, one in September, one in October and one in November. He said it usually takes two to three months to prepare for Ranger School, so if other female Soldiers hope to attend the school, it is likely they will enter the November course.

*(Editor's note: Information from a Department of the Army press release was also used in this article.)*

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