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



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# San Antonio pays tribute in honor flight welcome home

By Sgt. Maj. Matt Howard  
 U.S. Army North Public Affairs

Terminal B at the San Antonio International Airport brimmed with anticipation on a late Saturday night, as more than 100 San Antonians gathered to welcome home 16 returning war veterans Oct. 3.

Children waved American flags and “welcome home” signs while adults readied cameras to capture the moment.

Dozens of Soldiers, Sailors and Airmen stood at attention in their service uniforms, lining the entrance hallway. Upon the command of “Present, Arms” they snapped their arms in unison with crisp salutes as the veterans rolled into the terminal. Yes ... rolled into the terminal.

From his wheelchair, retired Army Col. Tom Morris, a 105-year-old Soldier who fought on D-Day and at the Battle of the Bulge, led 15 other World War II and Korea veterans into the throng of admirers.

The veterans were returning from an honor flight trip to Washington, D.C., where they toured the nation’s capital, including the memorials dedicated to the wars they fought in.

The San Antonio de Valero “hub,” or chapter, of the National Honor Flight Network charity sponsored the trip.

The San Antonio de Valero hub was established in 2014 and has sponsored three trips over the past 13 months supporting a

total of 71 veterans.

“Our goal is to pay tribute to America’s veteran heroes by providing them the opportunity to travel to Washington D.C. cost free to visit their memorials,” said retired Senior Master Sgt. Court van Sickler, hub chairman.

The hub supports 48 counties in south Texas with a priority for World War II veterans and any veteran with a terminal illness.

“We are also accepting and evaluating applications for Korean War and Vietnam War veterans that meet the National Honor

Flight Network criteria,” he added.

After touring the nation’s capital, the final event for the honor flight’s two-day odyssey was the welcome home ceremony back in San Antonio.

“I heard about it at work and just wanted to come out to show our support for the veterans,” said Army Staff Sgt. Mario Allen, a combat veteran.

Allen trains combat medics at Fort Sam Houston as an instructor at the U.S. Army Medical

See WELCOME, P17



Photo by Sgt. Maj. Matt Howard  
 Retired Army Col. Tom Morris is wheeled through the San Antonio International Airport after a late-night return from an honor flight to Washington, D.C. Oct. 3. Morris is a 105-year-old veteran of World War II who fought at Normandy and the Battle of the Bulge.

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# Resilience key to overcoming depression

By Ihsan Abdur-Rahman and  
**Capt. Donell Barnett**  
 Army Public Health Center (Provisional)

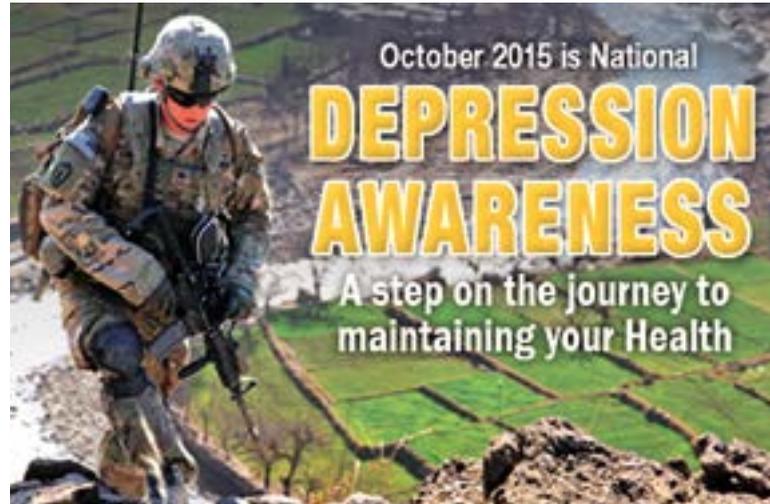
Sam woke to gentle sunlight streaming through the blinds and turned to see his wife sleeping peacefully beside him. He heard their children playing nearby.

A few months ago, he would have been eager to jump out of bed and get the day started. However, in the past weeks, his interest in daily routines and family life has diminished.

A year ago, Sam returned home from a second deployment to Iraq. During his 18-month tour, his children accomplished great things. His son made the Little League team, and his daughter took her first steps. Sam's family was eager for his return.

At first, Sam seemed fine; he showed affection toward his family, excelled at work, and played basketball with his buddies in his spare time.

However, as the days progressed, a dark feeling began to creep into Sam's mind, dulling other sensations. He found himself spending more time at work and less time on the basketball



court and with his family.

At a routine Troop Medical Clinic visit, Sam revealed he had been feeling "out of the norm" and having bouts of digestive problems. His doctor asked about feelings of irritability, isolation and withdrawal. Sam admitted to feeling those things and spending more time at work. The doctor suggested he may be suffering from depression. Sam's story is fictional, but depression is quite real.

Individuals cope with depression in different ways. Some may

feel overwhelmed by sadness, guilt and helplessness.

Some, like Sam, may try to find relief from symptoms by isolating themselves from family and friends, or overworking. One does not have to cope with depression alone. Depression is a treatable and manageable medical condition.

Sam demonstrated resilience by seeking care and having an open conversation about his feelings with his physician.

Soldiers' careers carry expectations, responsibilities and

stressful situations. Soldiers who demonstrate resilience during times of hardship find the tools to resolve challenging situations.

Habits that build resilience are the same habits that may reduce the symptoms of depression: participating in physical activity, adopting a healthy diet, practicing healthy sleep habits, seeking care from behavioral health professionals and joining support groups.

Resilience can be learned, preparing Soldiers for lifelong success in finding solutions to difficult situations.

One program for building resilience in Soldiers and their families is the Comprehensive Soldier and Family Fitness, or CSF2 Program. CSF2 uses a systematic process to build mental strength, professional acumen and the Warrior Ethos.

For those experiencing depression, help is available from a variety of sources. Contact a local military treatment facility, TRICARE or a civilian community counseling facility. Military OneSource at 800-342-9647 can direct people to appropriate resources.

## Brain trauma experts talk impact, emerging care options

By **Ramin A. Khalili**  
 SAMRMC Combat Casualty Care  
 Research Program Knowledge Manager

The health and longevity of the human brain took center stage at the 2015 Military Health System Research Symposium during a recent media roundtable event in Fort Lauderdale, Fla., featuring several of the country's premier experts on traumatic brain injury, or TBI.

The roundtable, entitled "TBI Research Across the Spectrum of Severity: From the Battlefield to the Athletic Field," focused chiefly

on emerging techniques in both diagnosis and care of TBI in both military and athletic settings.

"The mechanisms are similar," said Dr. Thomas McAllister, co-chair of the joint National Collegiate Athletic Association-Department of Defense Concussion Assessment Research Education Consortium, referring to a landmark \$30 million initiative to study head injuries in both student-athletes and military service members. "In both cases, we're dealing with young, healthy, highly-trained people engaging in high-risk behaviors."

"These problems are so complex that they require large studies and that's exactly what the military needs," said Col. Dallas Hack, senior medical advisor to the principal assistant for research and technology for the U.S. Army Medical Research and Materiel Command. Hack addressed the DOD's stated intent to continue funding TBI research efforts despite the conclusion of combat operations in the Middle East.

"Historically, the major advances that have been made to improve the health and welfare

of our society have often taken decades," said Col. Todd Rasmussen, director of the Combat Casualty Care Research Program. "They haven't just been short-term scientific projects."

With regard to emerging care options for people suffering from TBI, the assembled experts agreed with the DOD's current multi-pronged approach, which uses both pharmacological and materiel solutions to combat the effects of TBI.

Products such as the Defense

See **BRAIN, P16**



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<http://www.samhouston.army.mil/pao>

## News Briefs

### FSHISD State Accountability Rating Public Meeting

The Fort Sam Houston Independent School District holds a public meeting at 11 a.m. at the Professional Development Center, 1908 Winans Road, Oct. 27. The purpose of the meeting is to discuss the district's rating on the state's financial accountability system.

### Community College Of The Air Force Graduation

The fall 2015 graduation and diploma recognition ceremony for the Community College of the Air Force takes place at 2 p.m. Tuesday at the Forbes Hall auditorium, 950 Voyager Drive at the Joint Base San Antonio-Lackland Medina Annex.

### Federal Employees Health Benefits Fair

The 2015 Federal Employees Health Benefits Fair takes place from 9 a.m. to 4 p.m. Nov. 4 at the Arnold Hall Community Center, 1560 Stewart St., building 5506 on Joint Base San Antonio-Lackland. It is open to current and retired federal employees and representatives will be available to discuss various insurance options. Open season starts Nov. 9 and runs through Dec. 14.

### Budge Dental Clinic Welcomes Army North, Army South Soldiers

The Budge Dental Clinic at 3145 Garden Ave. provides dental treatment for all U.S. Army North and U.S. Army South Soldiers. Hours of operation are 6 a.m. to 3:30 p.m. Monday through Thursday and 6 a.m. to 3 p.m. Friday. Call 808-3735 or 808-3736 for more information.

### 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.

# Texas National Guard Soldiers receive Purple Hearts

By Lori Newman  
BAMC Public Affairs

Four Texas Army National Guard Soldiers recovering at Brooke Army Medical Center received both state and federal Purple Heart medals during ceremonies at the Warrior and Family Support Center's Purple Heart Garden on Fort Sam Houston.

During the first ceremony Sept. 24, Texas Gov. Greg Abbott presented the Texas Purple Heart to Staff Sgt. Guadalupe Chapa, combat engineer; Sgt. Michael Cantu, infantryman; Spc. James Burkett, wheeled vehicle mechanic; and Spc. Jose Romo, indirect fire infantryman.

All are with Troop A, 1st Squadron, 112th Cavalry Regiment, Texas Army National Guard. The Soldiers suffered various injuries after the vehicle they were riding in struck an improvised explosive device in the Sinai Peninsula Sept. 3.

The Texas governor praised the Soldiers for their dedication and courage.

"The truth is not all Americans have the level of courage that you have. You have the guts, the

heart and the courage to go to foreign lands to ensure freedom there, so we can ensure freedom back home," Abbott said.

"As governor, I have a lot of different tasks to do, but no task is as important or as rewarding as being able to recognize and honor the men and women who serve in our uniform," he said. "I wanted to be here today to let you know how grateful the people of this state are for you, for your service and for our ability to recognize you today with the Texas Purple Heart award."

The Texas Purple Heart is the third highest military decoration that can be awarded to a member of the Texas military forces after the Texas Legislative Medal of Honor and the Texas Medal of Valor. It is awarded to any member of the Texas military forces who was inducted into federal service after Sept. 11, 2001, and meets the criteria for the award of the federal Purple Heart.

The Soldiers were awarded the federal Purple Heart from Maj. Gen. William L. Smith, Army assistant adjutant general and commander of the Texas Army National Guard Sept. 30.



Photo by Robert Shields

(Standing, from left) Maj. Gen. William L. Smith, Sgt. Michael Cantu, Spc. James Burkett, Staff Sgt. Guadalupe Chapa and Col. Mark Swofford, join Texas Gov. Greg Abbott and Spc. Jose Romo (seated) pose for a photo after the Texas Purple Heart ceremony Sept. 24 at the Warrior and Family Support Center's Purple Heart Garden on Fort Sam Houston. Smith is the Army assistant adjutant general and commander of the Texas Army National Guard and Swofford is the Brooke Army Medical Center deputy commander for administration.

Smith said he was very proud to present the Purple Heart to the four Texas Soldiers.

During the ceremony, the narrator read the history of the Purple Heart medal, saying it was the "first American award made available to the common Soldier."

The general said it struck him that the words "common Soldier" were used.

"I don't think there is such a thing as a com-

mon Soldier," Smith said. "I think all of our Soldiers are very uncommon in the fact that they volunteered for service, and most of them volunteered for service as we are in a time of war, which is a real testament to what our people are and it makes me proud to be here in front of them."

Because the Soldiers served together in the same unit and were wounded together, they all feel a strong bond

with one another. "We were close this whole deployment and this just made us a whole lot closer," Cantu said. "We're not blood related, but we're all brothers and this just makes us even closer."

"It's hard to explain," Chapa said. "It's like playing sports; when your team is together, your team is tight, it's inseparable. It's a strong bond that can't be broken, no matter what."

## Flu shots available throughout Fort Sam Houston

Flu shots are available at a variety of locations throughout Fort Sam Houston, according to Brooke Army Medical Center officials.

Through Nov. 13, the Army Public Health Nursing Satellite Clinic will be held at the Military & Family Readiness Center, building 2797, 3060 Stanley Road, from 7:30 a.m. to 4 p.m. Monday, Tuesday and Thursday; 7 a.m. to 6 p.m. Wednesday and 7 a.m. to noon Friday. This clinic is for those 3 years of age and older.

Through Dec. 30, the BAMC

Satellite Influenza Station operates in the San Antonio Military Medical Center Consolidated Tower, near Entrance C, from 6 a.m. to 3:30 p.m. Monday through Friday. This clinic is for those 3 years of age and older.

The SAMMC Pediatric Clinic on the first floor of the SAMMC Consolidated Tower provides shots from 8-11 a.m. and 1-2 p.m. Monday through Thursday and from 9-11 a.m. and 1-2 p.m. Friday. Patients with appointments and enrolled in SAMMC pediatrics have priority. This clinic is for those 6 months to 12 years of age during the clinic's hours of operation.

The Capt. Jennifer M. Moreno Primary Care Clinic's adolescent clinic at building 1179, 3100 Schofield Road, has shots available from 7:30 a.m. to 4 p.m. Monday through Friday. This flu shot clinic is for those from 12 to 24 years old.

Flu shots will not be given Nov. 11 (Veterans Day), Nov. 24-25 (Thanksgiving), Dec. 24-25 (Christmas Eve and Christmas) or after noon Dec. 31 (New Year's Eve).

(Source: Brooke Army Medical Center Public Affairs)

# New San Antonio Military Medical Center entry control point, visitor center opens for business Nov. 1

By Curtis Hoosier  
Installation Security  
Section Manager  
502nd Security Forces Squadron

With the Nov. 1 opening of the new visitor's center at the Interstate 35 entrance to Joint Base San Antonio-Fort Sam Houston by the San Antonio Military Medical Center, 100 percent of access control operations for the installation will have been implemented.

Visitors accessing SAMMC and other Brooke Army Medical Center functions in the area have been allowed to enter through the entry control points by

showing a valid form of state or federal identification, such as a driver's license, passport and BAMC badges.

Starting Nov. 1, all visitors with non-Department of Defense credentials will be required to stop at the visitor center, be proofed and vetted and issued a credential prior to entering the ECP.

Additionally, once visitor center operations begin, the SAMMC Beach ECP will only accept persons possessing DOD-issued credentials.

These changes are part of Phase IV of the JBSA-Fort Sam Houston Access Control

Plan. This final stage included implementing all facets of DOD access control requirements and visitor center operations.

In January 2014, JBSA-Fort Sam Houston implemented 100 percent access control operations for the main portion of the installation as required by DoD directives.

Phase IV of the plan will bring the BAMC Campus (I-35 and Beach entry control points ECPs) into compliance. The target date for full operations at the new visitor center is Nov. 9.

BAMC is one of the nation's largest military medical facilities,



Photo by Curtis Hoosier

When the San Antonio Military Medical Center I-35 Visitor Center operations begin Nov. 1, all visitors with non-Department of Defense credentials will be required to stop at the visitor center, be proofed and vetted and issued a credential prior to entering the entry control point.

offering medical care for service members, family members, veterans and non-DOD civilians and also serves as the premier medical readiness training platform for the Army and Air Force. It is also the only DOD Level

I trauma center and receives more than 80,000 emergency room visits annually.

As a result of their unique mission, specific procedures will ensure quality and accessibility of patient care, as well

as, maintaining compliance with DOD installation access guidelines.

For more information on visitor access procedures, call 221-2570 or visit <http://www.jbsa.mil/Home/VisitorInformation.aspx>.

## Mission and Installation Contracting Command achieves historic small business goals

By Daniel P. Elkins  
MICC Public Affairs Office

For the first time the Mission and Installation Contracting Command at Fort Sam Houston has met all five of its small business socioeconomic goals since the command was established in 2009.

In fiscal 2015, the MICC executed more than 36,000 contract actions valued at \$5.2 billion in support of Soldiers and their families with approximately \$2.25 billion of that being awarded to American small business in one of five socioeconomic categories.

MICC Small Business Programs associate director Mark Massie said the accomplishment is a significant one for the command and attributes the achievement to "the work and dedication of our small business specialists, contract specialists,

contracting officers and supported activities."

Defense acquisition regulations provide contracting officers the discretionary authority to identify and set aside opportunities to meet annual government-wide goals required by the Small Business Act.

The MICC achieved 49.3 percent of total small business eligible dollars against an overall small-business goal of 45 percent for fiscal 2015. That included contracts executed in the four remaining small-business socioeconomic categories:

- Small disadvantaged business, \$1.2 billion in awards for 27.3 percent toward a goal of 24 percent;

- Service-disabled veteran-owned small business, \$521 million in awards for 11.4 percent toward a goal of 9 percent;

- Woman-owned small business, \$479 million in awards for 10.5 percent toward a goal of 9 percent; and

- Historically underutilized business zone small business, \$322 million in awards for 7.1 percent toward a goal of 6 percent.

"Achieving the HUB-Zone small business goal has been a significant challenge over the last several years as a result of a major re-mapping of HUBZone areas," Massie said. "In fiscal 2015, full use of contract management systems helped us match capabilities with requirements early on, and we had buy-in from commanders and directors across the MICC to provide focused attention on HUBZone awards."

Implementation of the Contracting Tactical Operations Center, or CTOC, application across the MICC was completed in



Photo by Daniel P. Elkins

Brig. Gen. Jeffrey Gabbert speaks with Mission and Installation Contracting Command small business specialists from throughout the country during a June roundtable workshop at Fort Sam Houston. Gabbert is the MICC commanding general.

2014, allowing officials to capture data for all of fiscal 2015. CTOC provides online, real-time procurement insight for members of the command.

Massie also credited the networking and communication between the command's small business

specialists throughout the country who maintain a HUB-zone database and identify successes. Those successes directly benefit higher headquarters' goals.

"The MICC meeting its small business goals in all socioeconomic categories

was a key component to Headquarters Army Contracting Command meeting all of its small business goals for the third year in a row," said Chris Evans, the acting assistant director for the



# Community Emergency Response Team trains volunteer emergency responders

By Esther Garcia  
AMEDDC&S, HRCoE Public Affairs

The Community Emergency Response Team, or CERT, is a program to train volunteer emergency responders that prepares people to help themselves, their families, their neighbors and their co-workers in the event of a disaster.

"We have seen Americans get together and say 'not again.' It is the efforts that we see from the CERT program that will ensure that we are ready and stay ready, not only here on Fort Sam Houston, but at Joint Base San Antonio-Randolph, JBSA-Lackland and at Camp Bullis, as we continue to partner as we have for many years with Bexar County and the surrounding commu-

nities to make sure that we keep our communities safe," said Maj. Gen. Jimmie Keenan, deputy commanding general (operations), U.S. Army Medical Command, and chief of the U.S. Army Nurse Corps, who was a speaker for the CERT kick-off at the MacArthur Parade Field Sept. 11.

"Whether it is a natural or man-made disaster, we are prepared to respond and everyone in the community understands what our roles and responsibilities are," Keenan added. "Being able to organize and be prepared is the answer."

According to Lt. Col. Darrell Small, CERT program manager for the U.S. Army Medical Command and JBSA, the venture is a joint partnership initiative



Photo by Esther Garcia

Chief Warrant Officer 3 Val Gonzalez (left), Community Emergency Response Team trainer, talks about the command tent that would be available to all CERT volunteers in the event of a disaster to Maj. Gen. Jimmie Keenan (center), deputy commanding general (operations), U.S. Army Medical Command and chief of the Army Nurse Corps, and Fil Jimenez (right), technical director for installation support, 502nd Air Base Wing and Joint Base San Antonio and other military leaders who attended the CERT kick-off ceremony at MacArthur Parade Field Sept. 11.

between the 502nd Air Base Wing, the U.S. Army Medical Com-

mand and Bexar County Office of Emergency Management.

"The intent is to encourage each command on JBSA installations at

Fort Sam Houston, Camp Bullis, JBSA-Randolph and JBSA-Lackland establish CERTs within their commands that can help provide an immediate emergency response while waiting for first responders to arrive in the event of a disaster," Small said.

MEDCOM has stood up the first CERT cadre and trainers within its command.

CERT training takes about 20 hours to complete and teaches individuals how to identify and anticipate hazards, reduce fire hazards in the home and workplace, use a fire extinguisher to put out small fires, provide critical support by giving immediate assistance to victims, provide damage

See CERT, P15

## 264th Medical Battalion improves Soldier readiness through the Performance Triad

By 1st Lt. Michael Wong  
264th Medical Battalion

The Performance Triad Action Counsel of the 264th Medical Battalion, U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence, has been developing programs to enhance Soldier and cadre readiness for the last year on Fort Sam Houston to help facilitate the U.S. Army Surgeon General's vision.

The counsel set out to discover what other aspects of the Performance Triad the 264th Medical Battalion could use to make trainees and cadre more successful.

The Performance Triad is a comprehensive plan to improve readiness and increase resilience through public health initiatives and leadership engagement.

The key messages of the Performance Triad is getting enough sleep, engaging in activity and improving nutrition – key actions that support the Army Surgeon General's vision to make better choices in our "lifespace," which is time that isn't spent with a healthcare provider.

Each company developed programs within their formations to further explore the potential of the Performance Triad and have found positive

results noting increases in performance during the Army physical fitness test and reduced sick-call numbers.

The programs are tailored around the performance triad – activity, nutrition, and sleep, and involve functional fitness classes, yoga, lectures, group activities, individual projects, and many other ways to develop healthy living.

These programs laid the groundwork for a battalion policy change and have resulted in the 264th Medical Battalion creating weekly and monthly events which Soldiers are invited to attend.



Courtesy photo

Soldiers assigned to the 264th Medical Battalion, U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence at Fort Sam Houston, look to improve Soldier and Cadre readiness through the use of the Performance Triad, developing programs that focus on sleep, activity and nutrition.

The battalion's efforts were recognized by the Office of the Surgeon General and the battalion has since started bringing in guest

lecturers to the events. The next major event will have professional trainers from the U.S. Tennis Association will give group instruction to

students who participate.

For information about the Performance Triad, visit <http://armymedicine.mil/Pages/performance-triad.aspx>.

# JBSA-FORT SAM HOUSTON TAKES PART IN NATIONAL NIGHT OUT



The 323rd Army Band "Fort Sam's Own" entertained the National Night Out crowd with Latin dance music at the Joint Base San Antonio-Fort Sam Houston National Night Out event Oct. 6 at the Fort Sam Houston Resident Center.



**Photos by Olivia Mendoza**

Bryan Gillespie (left center), 502nd Security Forces Squadron director; U.S. Marshal Robert Almonte (center); and Brig. Gen. Bob LaBrutta (right center), 502nd Air Base Wing and Joint Base San Antonio commander, are joined by Lt. Steven B. Dews (far right), 502nd Security Forces Squadron crime prevention manager, along with U.S. Army Criminal Investigation Command Agents and U.S. Deputy Marshals to celebrate the National Night Out at Lincoln Military Housing Oct 6.



Marines from the 4th Reconnaissance Battalion were on hand to educate and assist at the JBSA-Fort Sam Houston National Night Out event Oct. 6 at the JBSA-Fort Sam Houston Resident Center with static displays of a Humvee, weapons, jump gear, a ghillie suit and dive gear with an underwater propulsion device.

## ARMY BIDS FAREWELL TO 19 SOLDIERS



**Photo by Ed Dixon**

The September consolidated Army retirement ceremony was held at the Quadrangle Sept. 24, where 19 Soldiers retired from military service. Guest speaker for the ceremony was Brig. Gen. Jeffrey A. Gabbert, commanding general of the Mission and Installation Contracting Command. The retiring Soldiers included (not in order) Col. Vickie L. Tuten, 264th Medical Battalion; Col. William C. Frey, Brooke Army Medical Center; Lt. Col. David M. Guarriello, U.S. Army South; Lt. Col. H. W. Schlortt, ARSOUTH; Lt. Col. Muriel L. Brown, U.S. Army Medical Department Center and School; Lt. Col. Sylvia Farmer, 412th Contracting Support Brigade; Maj. Ali H. Johnson, ARSOUTH; Maj. Kacenia S. Fitzgerald, AMEDDC&S; Capt. William J. Roberts, 412th CSB; Chief Warrant Officer 4 Orlando Villegas, 10th Special Forces Group (Airborne), Fort Carson, Colo.; Command Sgt. Maj. Jesse T. Hammond Jr., 412th CSB; Sgt. Maj. Victor E. Jackson, ARSOUTH; Sgt. 1st Class Deborah A. Wilson, U.S. Army North; Sgt. 1st Class Carlos R. Flores Cotto, Warrior Transition Battalion; Sgt. 1st Class Jose A. Garcia, 94th Field Artillery, Joint Base Lewis-McChord, Wash., Sgt. 1st Class Miguel A. Rodriguez-Lopez, BAMC; Staff Sgt. Tarvin D. Smith, BAMC; Sgt. Matthew Krumwiede, WTB; and Spc Magda V. Kussel, WTB.

## BAMC HOSTS ANNUAL RETIREE APPRECIATION DAY



**Photo by Robert Shields**

Brooke Army Medical Center sleep lab administrator Ed McKenna (right) helps retiree Daniel Salazar (left) adjust a new sleep apnea face mask during the annual Retiree Appreciation Day at the Army Medical Department Center and School on Fort Sam Houston Oct. 3. Military retirees and their families were provided free health screens, flu shots and health information during the annual event.

# U.S Army Medical Information Technology Center reorganizes under Defense Health Agency

By **Andy Valencia**  
Defense Health Agency  
Health Information Technology  
Chief of Staff (South) Office

A recognition ceremony was held for the U.S. Army Medical Information Technology Center at the Fort Sam Houston Theater Oct. 1, as the agency ends its previous mission and reorganizes under the Defense Health Agency.

For 42 years, the center provided information management and information technology mission support requirements to the U.S. Army Medical Command, as well as Department of Defense and other government and non-government entities. The center's mission has been to utilize rapidly evolving technology to modernize and improve Army Medicine.

The USAMITC has also

maintained a detailed surgery scheduling technology system that ensures efficiency in the operating room. Along with maintaining the surgery schedules, USAMITC also managed all of the Army Medical Department files.

Out of the 70,000 users of the U.S. Army Medical Command, more than 50,000 received support through the Enterprise Service Desk or other systems created by the USAMITC. The center's organizational matrix was structured so as to allow rapid assembly of expert teams of technicians for better customer support.

Established in 1973 as the U.S. Army Healthcare Systems Support Element under the Health Services Command, it became the Health Care Systems Support Activity in 1975.

In 1997, the HCSSA became the U.S. Army

Medical Information Systems and Services Agency and was assigned to the U.S. Army Medical Research and Materiel Command that same year. The command moved to building 2372 on Fort Sam Houston in 2003 and was renamed as USAMITC and reorganized with a new mission under the U.S. Army Medical Command.

In 2005, USAMITC divided the information management and information technology mission requirements into three areas: enterprise, customer solutions and operations support.

As of Oct. 1, 2013, all USAMITC assets were transferred under the Defense Health Agency Health Information Technology Directorate to support information management and information technology, one of 10 shared services moved



Photo by Andy Valencia

Lt. Gen. (Dr.) Douglas Robb, Defense Health Agency director congratulates Col. Andrew Smith, U.S. Army Medical Information Technology commander, during the USAMITC recognition ceremony at the Fort Sam Houston Theater Oct. 1.

under DHA as authorized by the Secretary of Defense. The Defense Health Agency Health Information Technology Directorate's full operat-

ing capability Oct. 1 ends the era of USAMITC as it has been known.

The new era of the DHA HIT Directorate combines not only Army,

but also Navy and Air Force information management and information technology with the mission to implement, manage, and sustain an integrated and protected medical information enterprise in order to ensure the right information is accessible to the right customers at the right time and in the right way.

Col. Andrew Smith, USAMITC commander since 2013, said the transition was challenging for a variety of reasons, but was also an opportunity and the right thing to do to bring the three services medical information technology arms together.

"There was a decision that health information technology was all in and USAMITC – as the former Army Medicine Enterprise Information Technology arm – went all in to the DHA as well."

## MICC from P4

ACC Office of Small Business Programs at Redstone Arsenal, Ala.

Evans cited the leadership of Brig. Gen. Jeffrey Gabbert, MICC command-

ing general, and Massie as they continued to champion small business opportunities.

"In particular, their emphasis on meeting the HUBZone goal is greatly appreciated as this has

proven to be the most difficult small business goal to achieve not only in the Army, but throughout the DOD," Evans added.

Fiscal 2015 marks the third consecutive year that the MICC Small

Business Programs office exceeded its overall small business goal. Massie said the continued use of contract management systems will build upon that success to reach goals in the new fiscal year.

"The establishment of realistic small business goals for fiscal 2016 will be critical. We will again measure the small business program at our 32 locations on a quarterly basis," Massie said.

"We expect to continue to leverage technology and analytics to help us get involved early in supporting the small business program and ultimately the American economy."

# U.S. Army Medical Department Center and School assists in training Armenian medics

By Adriane Elliot and  
Richard Bumgardner  
U.S. Army Security Assistance  
Command Public Affairs

U.S. Army Soldiers made history this summer by bringing the Army's Health Care Specialist School and Army Basic Instructor Course to the Armenian armed forces.

Mobile training teams from U.S. Army Medical Department Center and School at Fort Sam Houston and the U.S. Army Security Assistance Training Management Organization at Fort

Bragg, N.C., deployed to Armenia's capital of Yerevan June 2 through Sept. 2.

"The goal was to establish a combat medic school within the Armenian military," said Capt. Chris Hudson, the mobile training team officer in charge. "We taught the entire 68 Whiskey (Health Care Specialist) Advanced Individual Training course from day one through graduation to the Armenian medics."

Hudson said AMEDDC&S instructors provided Armenian

soldiers the same level of training U.S. troops receive in becoming qualified health care specialists.

The Armenian students, who are expected to stand up their military's first combat medic school in January, learned to administer emergency medical treatment to battlefield casualties; prepare patients for evacuation to next level of care, manage equipment and supplies for patient care and many other skills that has made the U.S. military a leader in saving lives on

the battlefield.

"This enables the 12 Armenian instructors to develop their own program of instruction for medic training that will best suit their needs in the future and will be a great force multiplier for generations to come," said Master Sgt. Efreim Dicochea, an AMEDDC&S advanced training branch chief instructor who served as the mobile training team NCO in charge.

Helping a partner nation build a program as complex as a combat medic school from the ground up meant teaching in phases. After AMEDDC successfully completed Phase One of the training, a four-man SATMO mobile training team arrived to teach Phase Two, the modified Army Basic Instructor Course. Upon completion of ABIC, students become qualified Army instructors.

According to Hudson, being an expert combat medic is one thing; being an instructor and teaching others how to be a medic is a different story.

"It was the train-the-trainer methodology," Hudson said. "The Armenians will now be trainers and subject matter experts, able to establish their school and have the capacity to train 50-60 medics at a time."

ABIC instructor Sgt. 1st Class Romeo Santos said he benefitted greatly from the experience, learning as much from the stu-

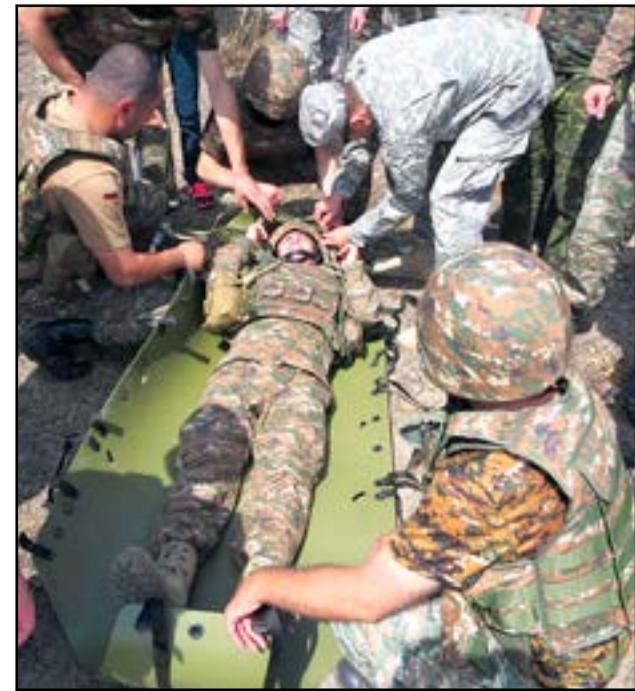


Photo by Army Master Sgt. Efreim Dicochea

Capt. Chris Hudson (left), Mobile Training Team leader from the U.S. Army Security Assistance Training Management Organization, along with U.S. Ambassador Richard M. Mills Jr. and the Armenian Minister of Defense Seyran Ohanyan observe Armenian medics as they demonstrate combat lifesaving techniques before the official graduation ceremony for 12 Armenian army medics.

dents as he instructed.

"We've definitely made lasting friendships with the students," Santos said. "They gave us their time and patience, and the cultural gap really didn't exist after the first day."

Fellow ABIC instructor Sgt. 1st Class Johnny Gonzales agreed and said everyone benefits on the battlefield from shared knowledge.

"It's the continuity of care," Gonzales said. "Whoever gets injured, or whatever medic comes upon them—either Armenian or U.S. Soldier—that person would receive quality care right on point of injury."

Hudson, SATMO engagement branch team leader, accompanied both training teams to Armenia. Having conducted five previous mobile training team deployments, Hudson provided the transitional expertise

and continuity.

Phase three of the training, which is slated for 2016, will deploy U.S. observer/controllers to evaluate the first class of Armenian medics at their new school.

"These troops will probably be a part of NATO peacekeeping forces and in order to deploy units for NATO missions, they must train to NATO standards, so they'll have a corps of medics that are NATO qualified," said Hudson.

The benefit to the U.S. Army is an increased interoperability that is the trademark of security assistance operations. For SATMO, deploying MITTs like this showcase their motto: "Training the World, one Soldier at a Time."

SATMO is a subordinate organization to the U.S. Army Security Assistance Command, headquartered at Redstone Arsenal, Ala.



Photo by Army Capt. Chris Hudson

Sgt. 1st Class Victor Miranda, from the 232nd Medical Battalion at Fort Sam Houston, trains Armenian students on the Sked Basic Rescue System. Miranda and four other medic instructors traveled to Armenia to provide U.S. Army's 68W, Health Care Specialist, training to 12 Armenian medics. After medic training, these newly qualified Armenian medics completed a modified Army Basic Instructor Course which certified them as the initial instructors for the newly formed Armenian Combat Medic School in Yerevan, a first of its kind for the Armenian Armed Forces.

# U.S. Army South's Colombian staff talks offer opportunities to build lasting relationships

By Maj. Jamelle A. Garner  
U.S. Army South Public Affairs

A delegation of U.S. Army South colonels and lieutenant colonels representing 10 directorates within the organization traveled to Bogota, Colombia, Sept. 21 to engage in the seventh-annual staff talks steering committee.

The U.S. Army Staff Talks Program serves as a bilateral forum for strategic-level discussions between respective armies. U.S. Army South, on behalf of the Chief of Staff of the Army, engages in annual bilateral staff talks with these countries to promote peace, security and stability in Central and South America and the Caribbean through mutual understanding, partnership and cooperation.

Essential to establishing lasting military-to-military relationships, staff talks capture mutually agreed upon plans and objectives derived from days-long conversations and engagement, between direct counterpart action officers and decision makers from both armies' Personnel (G-1), Intelligence (G-2), Operations (G-3), Logistics (G-4), Plans (G-5), Civil Affairs (G-9), Engineer and Medical Command sections.

This year, U.S. Army South also received support from the Western Hemisphere Institute for Security Cooperation, or WHINSEC, a Department of Defense institute located at Fort Benning, Ga., responsible for providing training to government personnel in US-allied Latin American nations.



Maj. Gen. Alberto Jose Mejia Ferrero, commander of the Colombian Army takes the opportunity to address the U.S. Army South and Colombian delegates prior to the start of the 2015 Staff talks with a concentrated focus on his vision of the future for the Colombian army.

Also in attendance this year was Alex Sonski, Colombian desk officer for the Army's operational International Affairs Division, who provided valuable input along with Lt. Col. David King, South Carolina National Guard State Partnership Program Director, strategic plans and policy for international affairs.

This year's staff talks kicked off with motivationally directed guidance from Maj. Gen. Alberto Jose Mejia Ferrero, Colombian army commander.

"We don't want the U.S. to teach us how to crawl, but rather develop plans to attack strategic issues," Mejia said.

Mejia provided an inside look of his vision, on the future of the Colombian army, mentioning during the opening ceremony, a forthcoming complete revision of doctrine for the Colombian army.

The Colombian general stressed that with the support of the international community the army will

be able to sell its message, which he said is to "protect the people of Colombia and win our nation's wars."

Mejia emphasized the strategic importance of the U.S. supporting Colombia.

"We need knowledge in order to produce change amidst the tsunami of threats," he said.

Each directorate focused their attempts in echo of these sentiments and guidance from Mejia as well as the guidance from U.S. Army South Commander Maj. Gen. K.K. Chinn.

"Moving the ball down the field and not reinventing the wheel," was the mantra as each directorate overcame communication boundaries and devoted energy to developing strategic bilateral objectives and supporting "agreed-to" actions.

The Colombian lead for this year's staff talks was Col. Carlos Augusto Barbosa Fontecha, director of Organization Plans and International Relations.

A few of the objectives on the Colombian agenda

included: the Colombian army becoming operationally and tactically interoperable with North Atlantic Treaty Organization and United Nations forces; the ability for the Colombian army to improve its logistical sustainment capabilities and operations in transition and post conflict; the Colombian army's ability to implement changes to the doctrine of support and health services; and during the process of transformation of their army, the ability to strengthen the capabilities of action integral to the mission of engineers.

Establishing strategic tasks for eight objectives was the initial goal going in to the talks, though flexibility and creativity were essential in achieving a shared vision.

After eight consecutive hours of engaging his Colombian army counterpart on the second day of talks, G-3 director Col. Lance Moore concluded, "The Colombian army is a tremendously ca-

pable partner. It will take continuous, focused efforts to help them achieve their transformational goals as an army."

Col. John Hale, G-5 director, echoed Moore's assessment and said he believes that in the past seven years the U.S. and Colombian armies have built a solid relationship,

"We get better together, learning from each other and our experiences," Hale said.

Col. Angela Mysliwiec, command surgeon, had the opportunity to engage in partner talks with Lt. Col. Ximena Sofia Caycedo, a member of the Colombian army serving in the medical operations field. The top two objectives discussed on day one for the medical professionals were force health protection and operational medicine.

Caycedo hopes that by the end of the week's talks, she and Mysliwiec will be able to create new implementations for the doctrine and instruction being created in their field.

"We have a strong purpose for increasing levels of support for combat operations. The reason and purpose behind what I do is to help the soldier and provide a better quality of life for them, Caycedo explained.

This year's director-level participation breaks new ground for U.S. Army South personnel and provides both organizations, director to director face time with one another, ensuring higher levels of theater security cooperation.

The end result from this year's staff talks will occur in early 2016, when Mejia and Chinn are expected to sign a memorandum of understanding to outline specific engagements expected to occur between the U.S. and Colombian armies in 2016.

In addition to Colombia, U.S. Army South currently conducts staff talks with four other partner nation countries to include Peru, El Salvador, Brazil and Chile.



Photos by Maj. Jamelle A. Garner

Maj. Bradley Velotta (center), regional affairs directorate translates for Col. Joseph Smith (left), Headquarters Department of the Army Intelligence (G-2), questions from Col. Carlos Augusto Barbosa (right), Colombian Army Director of Organization Plans and International Relations.

# MICC caps fiscal 2015 with \$5.2 billion in contract awards

By Daniel P. Elkins  
MICC Public Affairs

More than 36,000 contract actions valued at \$5.2 billion were executed by Mission and Installation Contracting Command acquisition members from throughout the country in support of Soldiers and their families during fiscal 2015.

Contracts executed through the final hours of the fiscal year – which came to a close Sept. 30 – support Army commands, installations and activities across the Army. The command also managed more than 600,000 Government Purchase Card Program transactions in fiscal 2015 valued at an additional \$712 million.

“The dedicated men and women in our command made the most of every minute to make this a successful end of fiscal year for our customers,” said Brig. Gen. Jeffrey Gabbert, MICC commanding general. “We were committed throughout the year to ensuring our great workforce had the right resources to support the mission needs of our Army.”

Fiscal 2015 marked a first for the command and its small business socioeconomic goals. Contracts to small businesses across America accounted for approximately \$2.25 billion of MICC awards.

“Achieving all five small business goals is significant because this marks the first time in

the command’s history that we have accomplished this task,” said Mark Massie, MICC Small Business Programs associate director at Fort Sam Houston. “This is a testament to the hard work and dedication of our small business specialists, contract specialists, contracting officers and supported activities.”

The number of contract actions executed in fiscal 2015 and their value trended slightly lower than fiscal 2014’s 37,000 actions valued at \$5.6 billion.

Pat Hogston, MICC Contracting Operations Directorate director, said the numbers reflect that spending is leveling off and anticipates about the same for the new fiscal year, given similar budget considerations.

Hogston said a game changer in executing operations this year was the introduction of contract management systems that drove behaviors and provided greater insight through the use of metrics and analytics.

“For the first time we were able to track actions at the individual purchase request level because all of our purchase requests were in CTOC,” Hogston said. “It was very efficient and effective.”

The Contracting Tactical Operations Center, or CTOC, application was launched at the end of 2013 at Fort Belvoir, Va., and expanded across the MICC throughout 2014 to

# JBSA-FORT SAM HOUSTON CLEANS UP FOR PROUD WEEK



**Photo by Steve Elliott**

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander works on trimming shrubs in front of the 502nd ABW headquarters building Oct. 8 as part of JBSA Proud Week cleanup activities.



**Photo by Ed Dixon**

Petty Officer 2nd Class Ryan Talmich (left) and Petty Officer 1st Class Lloyd Belcher from the Navy Recruiting District, San Antonio, take part in the Joint Base San Antonio-Fort Sam Houston Proud Day Oct 8. Service members and civilians take pride in their surroundings by cleaning up inside and out of their office buildings.

Officers, enlisted and civilian headquarters staff of the Medical Education and Training Campus came out Oct. 7 to support Joint Base San Antonio-Fort Sam Houston Proud Week Clean Up efforts by pulling weeds, raking leaves and cleaning the plant beds in front of the METC headquarters building.

**Photo by Lisa Braun**



(From left) Medical students Pvt. Martin Louis Nery, Pfc. Brandon Goodman and Pvt. James Johnson work together to clean up during the Joint Base San Antonio-Fort Sam Houston Proud Day Oct 8.

**Photo by Ed Dixon**

# Save a life through early detection of breast cancer

By Richard J. Curley  
Army Public Health Center  
(Provisional)

In recent years, medical advances in both early detection and treatment have helped millions of women survive breast cancer.

This year, 230,000 women will be diagnosed with breast cancer and currently more than 2.8 million breast cancer survivors are living in the United States.

However, breast cancer continues to be the most commonly diagnosed cancer among women worldwide and the second leading cause of death among women in the United States.

## What is breast cancer?

Breast cancer is a disease that causes normal cells in the breast to change and grow out of control. Abnormal cells group together, also known as malignant tumors, destroy body tissue that may spread throughout the body.

According to the American Cancer Society, about 1 in 8 women in the United States will develop invasive breast cancer during their lifetime. A woman's risk increases with age; thus it is important to detect breast cancer early through screening.

## Why is early detection important?

The chances of survival are much higher if the cancer is detected in the early stages. According to the National Breast Cancer Foundation, when breast cancer is found



U.S. Army photo

The U.S. Centers for Disease Control and Prevention recommends breast cancer screening tests for early detection. This means checking a woman's breasts for cancer before there are signs or symptoms of the disease.

early before spreading through the body, the five-year survival rate is 98 percent.

The U.S. Centers for Disease Control and Prevention recommends breast cancer screening tests for early detection. This means checking a woman's breasts for cancer before there are signs or symptoms of the disease. Talk with your doctor about which tests are right for you, and when you should have them.

## Mammograms

To increase the chances of early detection, the CDC recommends that women 50-74 years of age get a screening mammogram every 2 years. Women 40-49 years should discuss with their medical providers as to when they should start getting mammograms.

A mammogram is an X-ray of the breast. Mammograms are the best way to find breast cancer early, when it is easier to

treat and before it is big enough to feel or cause symptoms.

## Clinical breast exam

All women should receive a clinical breast exam during their annual physical. A clinical breast exam is an examination by a doctor or nurse, who uses his or her hands to feel for lumps or other changes.

## Breast self-exams

Women can also aid in early detection by examining their own breasts. Breast self-exams involve looking at and feeling both breasts with your fingers to check for lumps. Adult women of all ages are encouraged to perform a breast self-exam at least once a month. It is important that women know what is normal for the shape, look, and feel of their breasts, so that they are able to recognize any changes in the appearance of the nipple or breast that are different

from normal. If there are any signs or symptoms, a health care provider should check them out immediately.

## Symptoms to look for include:

- Lumps in the breast
- Thickening of the breast skin
- Rash or redness of the breast
- Breast swelling
- New onset of breast pain
- Dimpling around the nipple or on the breast skin
- Nipple pain or the nipple turning inward
- Nipple discharge
- Lumps in the underarm area

Changes in your breast do not always mean that you have breast cancer. In fact, 80 percent of breast lumps are found to be non-cancerous. Only an experienced health care provider can tell you what other tests should be performed to determine if you have breast cancer.

Remember to be proactive about your health. Having healthy behaviors coupled with appropriate medical screening is a primary method of preventing breast cancer. To reduce your risk, keep a healthy weight, exercise regularly, get enough sleep and don't drink alcohol or limit alcoholic drinks to one a day.

The Performance Triad, <http://phc.amedd.army.mil/topics/campaigns/perftriad/Pages/default.aspx> provides tips about getting adequate sleep, proper nutrition and exercise.

# Women's health: Take time to get checked

Each October during Breast Cancer Awareness Month, women are reminded to put themselves first and make time for their health. Making health a priority helps people stay in optimum shape and keeps illnesses and disease at bay.

Women often put their families' needs ahead of their own, ignoring minor symptoms year after year until they affect their health. Using preventive care is one of the best ways for someone to stay healthy.

Each year, women should get a well-woman exam. Typically during the exam, blood pressure is checked and women should talk to their health care provider about what other screenings, immunizations or family planning they might need based on their age, health habits, and family and medical history.

The American Cancer Society recommends all women should begin cervical cancer screening at age 21. Women from ages 21 to 29, should have a Pap test every three years.

Thanks to the Patient Protection and Affordable Care Act, most private health plans must cover this and other preventive care services at no cost. TRICARE also covers annual preventive women's health services that may include a Pap test, pelvic

and breast exam, and mammogram at no cost.

There are other actions you can take to live a healthy life:

- Maintain a healthy weight
- Exercise for at least 30 minutes at least five days a week
- Limit alcohol use
- Quit smoking
- Practice safe sex
- Get seven to eight hours of sleep per night
- See your health care provider every year
- Get appropriate screenings as recommended by your health care provider

It's important to get screenings, especially if someone is at a higher risk for certain diseases like breast cancer or diabetes.

Talk to a health care provider about family, emotions, stress and nonphysical concerns as well. Life events can bring higher stress with symptoms of anxiety, depression and sleep difficulties. These concerns are just as important to discuss as physical health in order to stay or become healthier.

For more information on best health practices pertaining to age, visit the Office of Women's Health website. For more information about TRICARE, visit "Is It Covered?" on the TRICARE website at <http://www.tricare.mil/CoveredServices/IsItCovered.aspx>.

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

# Army secretary signs directive regarding breastfeeding, lactation support

Army Secretary John M. McHugh has approved Army Directive 2015-37 (Breastfeeding and Lactation Support Policy).

Soldiers who wish to continue breastfeeding upon return to duty will notify their chain of command as soon as possible to allow the command to determine how best to support them, McHugh said.

The Army recently conducted a comprehensive review of its policies governing breastfeeding and lactation support to female Soldiers. Army offices responsible for policy implementation consulted with military

medical experts, commanders and Soldiers and reviewed the policies of the other services in drafting the directive.

The support that commanders should provide, McHugh states in the directive, is a designated "private space with locking capabilities, an electrical outlet and access to a safe water source for Soldiers to express milk."

If that private space is within a restroom, "it will be fully enclosed, and a separate area designated for breastfeeding and not just a bathroom stall," he said.

This policy, which took effect Sept. 29, "codifies

pre-existing practices and provides a basis that Soldiers and their leadership can work from," he added.

Since each Soldier's case may be unique, the Army chose an approach that is not too prescriptive but affords commanders flexibility to accommodate varying situations for individual requests.

Army senior leaders expect commanders and Soldiers to collectively balance lactation support and readiness, McHugh said. Soldiers who are breastfeeding or expressing milk remain eligible for field training and



Courtesy photo

Army Secretary John M. McHugh has approved Army Directive 2015-37 (Breastfeeding and Lactation Support Policy).

mobility exercises. During field and mobility exercises, commanders will provide private space for

Soldiers to express milk.

Additionally, the directive stipulates that Soldiers must supply their

own equipment to pump and store their breast milk.

Lactation consultants are available to assist both Soldiers and commanders at their local military treatment facilities as a component to the Army's commitment to sustaining the readiness of Soldiers and the Families, he said.

Army Regulation 600-20 (Army Command Policy) is scheduled for release later this year and will incorporate the policy outlined in the directive.

(Source: U.S. Army Public Affairs)

## AMEDDC&S, HRCoE hosts SHARP training

By Brenda Clark  
AMEDDC&S, HRCoE Sexual  
Assault Awareness Coordinator

The U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of

Excellence at Fort Sam Houston recently hosted a two-week Sexual Harassment/Assault Response and Prevention team course for Joint Base San Antonio to certify additional victim advocates

and SHARP advisors for AMEDDC&S, HRCoE.

The training ensures AMEDDC&S HRCoE maintains a sufficient number of victim advocates and SHARP advisors to assist command teams with prevention and awareness, training and responding to reports of sexual harassment and sexual assault.

AMEDDC&S, HRCoE Command Sgt. Maj. Andrew Rhoades spoke to the class Sept. 25 in Willis Hall.

"As new graduates of the SHARP course, you have a huge responsibility," Rhoades said. "The biggest issue is prevention. I look to you to educate your formations on everyone's responsibilities when it comes to taking care of each other in the prevention of sexual assault. You will need to keep an eye out for predatory behaviors and potentially stop an incident before it occurs.

Sexual assault is devastating to a unit and degrades readiness and the morale."

The training focused on how to manage the Army's SHARP Program. Training objectives focus on sexual assault response coordinator, victim advocate and SHARP advisor roles and responsibilities, and the fundamental elements of sexual harassment and sexual assault oversight and case management.

### CERT from P6

assistance information and organize other volunteers at a disaster site.

"Once you become CERT certified, you have skills to help first responders save lives and protect property," Small added.

"This is about training the entire community. It takes all of us to do this," Keenan said. "It is about creating the capacity and the ability to respond rapidly so that everyone understands what their role

is in this partnership. It is a partnership between Bexar County, the 502nd ABW and to all the commands on the installation. It takes all of us to do this."

"Is it very important what you are doing and the 502nd ABW is committed to what you are doing," said Fil Jimenez, technical director for installation support, 502nd ABW and Joint Base San Antonio.

The second round of CERT training takes place later this month. For more information, call 221-7242.



Photo by Brenda Clark

U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence, Command Sgt. Maj. Andrew Rhoades speaks to a class attending the Sexual Harassment/Assault Response and Prevention course Sept. 25 in Willis Hall, AMEDDC&S, HRCoE. The training ensures AMEDDC&S HRCoE maintains a sufficient number of victim advocates and SHARP advisors to assist command teams with prevention and awareness, training and responding to reports of sexual harassment and sexual assault.

# Army team sweeps male individual, team categories at Ten-Miler

By David Vergun and Shannon Collins  
Army News Service

Pfc. Paul Chelimo led his fellow Soldiers to take the top five male individual spots during the 31st anniversary of the Army Ten-Miler in Washington, D.C., Sunday.

"We were working together and running together the whole time," said Chelimo, a Kenyan native stationed at Fort Carson, Colo., as a water treatment specialist.

This year's Army Ten-Miler, which began and ended at the Pentagon, included more than 30,000 runners. The race course crossed the Potomac River into Washington, D.C., traversing the National Mall area. Near the end of the race, as the team headed toward the finish line, they broke out on their own and Chelimo was able to place first with a time of 48:19. He beat his own time of 51 minutes from last year's race, when he finished in 30th place.

Chelimo, a member of the Army's World Class Athlete Program, said he wouldn't have won without the help of his teammates.

"They're the reason I made it from 30th to first this year," he said. Chelimo said he's happy he finished his race season on a win and will be concentrating now on the Olympic trials in June.

"I love the United States, and I want to represent the Army in the Olympics," he said.

Just prior to the start of the race, Chief of Staff of the Army Gen. Mark A. Milley explained that over the last 31 years, the Army Ten-Miler has attracted 344,000 runners. While this year's run has more than 30,000 competitors, the first race, back in 1985, had only 1,615.

The general also noted that some 100 wounded warriors, on various types of bicycles, "are leading the race."

Eric Fanning, acting under secretary of the

Army, told racers that as they prepared to run in the nation's capital, elsewhere there are "Army Ten-Miler shadow races all over the world, including Afghanistan, Kosovo, Egypt, Pakistan, Korea, all racing with you today."

Fanning also noted that the millions of dollars raised by the race will go toward Soldier and family programs.

After the Army Ten-Miler concluded, and prior to the awards presentation, Command Sgt. Maj. Tim Guden, who serves as the command sergeant major for Joint Force Headquarters-National Capital Region as well as for the U.S. Army Military District of Washington, explained how the Army Ten-Miler goes hand-in-hand with one of the most critical components of soldiering: fitness.

"As an Army, we've always put ourselves on the forefront of physical fitness. It's one of those things that we cannot afford not to have," Guden said.

command's restructuring efforts over the past year as part of the MICC 2025 transformation, LaPorte said.

Those plans realigned workforce members and workload to better manage simplified and complex acquisition requirements while mitigating the loss of experienced professionals through attrition. Tier 1 offices executed simplified acquisitions valued at \$150,000 or less while all actions valued at \$10 million or more were accomplished at one of the command's six centers that are staffed to sup-



Photo by Shannon Collins

Army Soldiers and teammates Paul Chelimo (left) and Nicholas Kipruto finish the Army Ten-Miler at 48:19, with Chelimo winning by seconds. Their teammate and fellow Soldier, Shadrack Kipchirchir took third near the Pentagon in Arlington, Va., Sunday.

Guden noted that being physically fit is part of every Soldier's job, not just those participating in the Army Ten-Miler. "We cannot do the job the American people ask us to do if we're not physically fit enough to go out to do it."

The race also represents "camaraderie, toughness, honoring our wounded warriors, and us coming together as an Army in this nation's

capital," Guden said. "It means so much in many ways."

Maj. Gen. Bradley A. Becker, who serves as the commander of Joint Force Headquarters-National Capital Region and the U.S. Army Military District of Washington, said he was impressed with service members in the race who entered, and competed, despite being wounded.

"The wounded warriors

are truly inspirational," he said. "They get out there and lead the way."

Becker also said the race serves as a great opportunity for civilians to interact with service members, because so many of the competitors are civilians.

"It's a chance to showcase the Army and to connect with the local community and show what we're all about," he said.

## FISCAL from P12

online, real-time procurement insight. Fiscal 2015 was the first full year that all data was captured in the contract management system.

"The analytics this year allowed us to develop better forecasting," said Cyp LaPorte, MICC contract plans and programs division chief. "We had a better picture of the environment than we have had in years past, and we didn't have to take time away from the contracting officers in the field to get it."

Massie agreed, adding

that CTOC allowed the small business program to get out in front of planning requirements to help identify small business concerns earlier.

"The MICC metrics program was also a contributing factor because it put focused attention, through analytics, on the small business program at each contracting support brigade, field directorate office and contracting office," Massie said.

Also contributing to the success was the better management of workload following the

port more complex buys.

"We consolidated contract execution to leverage our experience in the field," LaPorte said.

Headquartered at Joint Base San Antonio-Fort Sam Houston, the MICC is a major subordinate command of the U.S. Army Contracting Command. MICC Soldiers, civilians and contractors support Soldiers and their families in the continental United States and Puerto Rico by providing Army commands, installations and activities with disciplined and responsive contracting solutions and oversight.

## BRAIN from P2

Automated Neuro-behavioral Assessment tool, which essentially acts as a brain thermometer, are developed alongside more clinically-based efforts such as light therapy, in which TBI patients are exposed to low levels of near-infrared light for a set period of time in an effort to restore damaged tissue or cells. A clinical trial phase for the first-ever blood test for TBI is set for completion in March 2016, Hack said.

"It's kind of like managing your 401(k) port-

folio," said Dr. Terry Rauch, director of medical research for the Office of Health Affairs, regarding the multi-pronged strategy. "You want to be somewhat diversified in your approach."

According to the assembled experts, increased focus and attention on TBI will be just as important in the coming years as the systematic approach used to combat the problem.

"It's the brain that makes us who we are, even more so than the heart," said Katherine Helmick, deputy director of the Defense and Veterans Brain Injury Center.

# INSIDE THE GATE

## Meet Employment Readiness Team

Mondays, 9-10 a.m., Military & Family Readiness Center, building 2797. This is an opportunity to assess how the Employment Readiness Team can assist with employment needs and desires. Call 221-2380.

## Helping Us Grow Securely (HUGS) Playgroup

Tuesdays, 10 a.m. to noon, Middle School Teen Center, building 2515. An interactive playgroup for infants and toddlers; open to parents and their children, ages 5 and under. Registration not required. Call 221-2418.

## Army Pre-Separation

Tuesdays-Fridays, 8:30-11:30 a.m., Soldier for Life Program, building 2263. Soldiers planning to separate from the federal service must attend a mandatory counseling. Begin the process 18

months prior to separation date. Call 221-1213.

## Post-Deployment

Wednesday, Oct. 28, 1-3 p.m., Military & Family Readiness Center, building 2797. Patrons returning from deployment are required to attend this briefing. Review ways to deal with the stressors associated with reintegration back into the home life. Call 221-2418.

## Interviews & Dress For Success

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

## Sponsorship Application, Training Session

Wednesday, 2-3 p.m., Military & Family Readiness Center, building 2797. Mandatory for military sponsors. Sponsors serve as the link between a newcomer and their unit, installation and new community. Learn about roles and responsibilities.

The Electronic Sponsorship Application & Training (eSAT) is available at <http://apps.militaryonesource.mil/ESAT> and provides registration, training certificates, sponsorship duty checklist, newcomer needs assessment, welcome packet and links to important Department of Defense and service relocation websites. Call 221-2705.

## Talk Is Cheap

Wednesday, 11 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. This class is designed to focus on communication skills, listening and speaking skills and understanding the fundamentals of rhythm, tone and emotional factors of communication. Call 221-2705.

## Connecting Through Communication

Friday, 11:30 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. Learn communication and relationship building skills to help foster connection in relationships at home and in the workplace. Call 221-2705.

## Trails & Tales Tour

Oct. 23, 8 a.m. to 1 p.m., start at Military & Family Readiness Center, building 2797. Take a tour of Fort Sam Houston and learn about its rich history. Transportation is provided, limited seating available. Call 221-2705.

## Super Heroes Howl Down

Oct. 23, 5:30-8 p.m., Military & Family Readiness Center, building 2797. Exceptional Family Members and the Joint Base San Antonio community are invited to eat, drink, and be scary. This Halloween party will include a costume parade, haunted houses, sensory gross out stations, face painting, arts and crafts, a photo booth, scavenger hunt and trick-or-treating. Call 221-2705.

## Family Readiness Group Treasurer Training

Oct. 27, 9-11 a.m., Military & Family Readiness Center, building 2797. Provides information and guidance to leaders on how to help service members, families and units understand and respond when traumatic events occur. Call 221-2418.

# OUTSIDE THE GATE

## Band Of The West Chamber Winds Performances

The U.S. Air Force Band of the West's Chamber Winds ensemble performs at 2 p.m. Saturday at the New Braunfels Civic Center, 375 S. Castell Ave., and at 7 p.m. Monday at the Schertz Civic Center, 1400 Schertz Parkway, building 5. The performances are free and open to the public and will feature music by Mozart, Strauss and Stravinsky.

## Free Admission To San Antonio Golf Championship

The San Antonio Championship is providing complimentary admission for all active duty military, veterans and first responders. Military IDs will grant free access to the 31st annual Champions Tour event on days of championship play Friday through Sunday at the TPC San Antonio AT&T Canyons Course.

Members of the military and first responders will also have access to the Forestar Military Appreciation Tent on the 18th hole. The tent is an open-air skybox with covered, stadium-style seating on the 18th hole. Complimentary lunch and non-alcoholic beverages will be provided daily. Tickets for the general public are currently being sold through the Champions FORE Charity ticket program for \$10 and will be sold at the gates on the days of Championship Play for \$20. For information on the 2015 San Antonio Championship, visit <http://www.sachampionship.com> or call 698-3582.

## Military, Veterans, First Responders Appreciation Luncheon

Saturday, 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.



Photo by Sgt. Maj. Matt Howard

Sixteen veterans of World War II and Korea return home to San Antonio Oct. 3 following a two-day trip to Washington, D.C., as part of the Honor Flight program. More than 100 service members and civilians gathered at the airport prior to their arrival to cheer them on.

## WELCOME from P1

Department Center and School. Allen, his wife Ph'chesta, and their son, Elijah, all planned their Saturday night to take part in the ceremony. For Allen, it was a chance to expose his son to some living history.

"A lot of these people have quite a bit of age under them, so it's nice that they're still around to share their stories and for us to thank them," he said.

Van Sickler said the Honor Flight program is always looking for help as the San Antonio chapter starts to plan its next flight.

There is also a third way to help, by volunteering to be a "guardian" to assist those veterans without family members during their journey.

"Personally, I truly

enjoy the smiles on the veterans' faces when they realize that, after all these years, they are being recognized for the sacrifices they made," Van Sickler said. "I also get a smile on my face and a great feeling of joy in my heart."

Before the veterans left to go home for much-needed rest, the smiling veterans were treated to a short ceremony and presented tokens of appreciation such as photo books and quilts. The outpouring of support was a little overwhelming for some, and the smiles were soon mixed with tears of gratitude.

"Considering what they've done and the occupation that I have, I figure it's the least we can do to show our appreciation for the service they provided for their country," Allen said.

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