



FORT SAM HOUSTON OKTOBERFEST

PAGE 10



ROBOTS ON BATTLEFIELDS?

PAGE 11



LOCAL DOC SAVING LIVES IN AFGHANISTAN

PAGE 14

Army spouses get benefit of AUSA professional development from video teleconference

By Sgt. 1st Class Wynn Hoke
 U.S. Army North Public Affairs

The Army, Department of Defense, Congressional delegates and foreign dignitaries participated in the AUSA Annual Meeting and Exposition Professional Development forums held every year in Washington D.C., to see presentations and participate in panel discussions on military, national security, health and other subjects.

What most are not aware of is that when the Army professional is away attending the AUSA conference, the spouses back home are attending the conference in a different way.

Annette Wiggins, spouse of Lt. Gen. Perry L. Wiggins, U.S. Army North (Fifth Army) commanding general and senior Army commander of Fort Sam Houston and Camp Bullis, hosted spouses from around Fort Sam Houston and San Antonio at the Quad-rangle Oct. 13-14 to take part in a live video teleconference of forums presented at the AUSA professional development.

"I have had the opportunity to attend the forums in person, but I think that hosting this teleconference for our spouses really lets them feel engaged in the military family," Wiggins said. "The forums are so informational and really gives all of us an opportunity to learn new things and stay current on family issues."

Some of the forums that the spouses were able to watch were on health and wellness and resilient families and provided a venue for military and civilian leadership to address family issues, as well as present new organizations, initiatives and platforms for military family readiness.

"The forum on the healthy base initiative was really informative," Wiggins said. "It showed us other tools to use to improve health. It is nice to learn about these tools and especially the applications that you can use on your cell phone."

Besides health, another forum focused on resilient families and

the effective initiatives aimed at building resilience in the military home.

"It has been my greatest duty to work with Soldiers and families said Lt. Gen. David Halverson, commander, U.S. Army Installation Management Command and host of the "Soldier and Family Readiness: A System of Support" forum at the AUSA Conference.

"Our ability to build resiliency in ourselves and to be self-reliant and have the skill set to ask for help when we need it allows me to work with the greatest Soldiers

See VTC, P4



Photo by Sgt. 1st Class Wynn Hoke

Annette Wiggins, spouse of Lt. Gen. Perry L. Wiggins, (left) discusses the upcoming forum minutes before it starts with other participants from around Fort Sam Houston. The live video teleconference of the AUSA family forums allowed those not able to attend a chance to watch and gather information to help with family health, resiliency and support.

Editorial Staff

502nd Air Base Wing/JBSA
Commander
Brig. Gen. Bob LaBrutta

502nd ABW/JBSA
Public Affairs Director
Todd G. White

502nd ABW Command
Public Affairs Chief
Karla L. Gonzalez

Writer/Editor
Steve Elliott

Layout Artist
Joe Funtanilla

News Leader office:

2080 Wilson Way
Building 247, Suite 211
JBSA-Fort Sam Houston
TX 78234-5004
210-221-1031
DSN 471-1031

News Leader Advertisements:

EN Communities
P.O. Box 2171
San Antonio, TX 78297
210-250-2052

News Leader email:

usaf.jbsa.502-abw.mbx.
fsh-news-leader@mail.mil

This Air Force newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of Defense. It is published weekly by the 502nd Air Base Wing and Joint Base San Antonio-Fort Sam Houston Public Affairs Office, 2080 Wilson Way, building 247, Suite 211, Fort Sam Houston, Texas 78234-5004; 210-221-2030, DSN 471-2030. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the 502nd ABW/JBSA Public Affairs Chief. The News Leader is published by EN Communities, 301 Ave. E, San Antonio, TX 78205, 210-250-2052, a private firm in no way connected with the U.S. government, under exclusive written contract with the 502nd Air Base Wing and JBSA-Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Air Force. Stories and photos for publication consideration may be e-mailed to usaf.jbsa.502-abw.mbx.fsh-news-leader@mail.mil by close of business Thursday.

Special Victims Counsel: the voice of the victims

By Airman 1st Class Kyle Johnson
Joint Base Elmendorf-Richardson
Public Affairs

Power: the strength to make a decision. Control: the means to carry it out. These things are the currency of freedom, and what are robbed from sexual assault victims.

"A lot of people think sexual assault is about sex," said Capt. Jonathan Henley, a member of the Special Victims' Counsel at Joint Base Elmendorf-Richardson. "But it's not; it's about power and control."

So what can a victim do when power and control of their body has been taken away, when their voice has been silenced?

There's a plethora of resources, each with their own unique role and the SVC is one of them.



U.S. Air Force courtesy graphic

The Special Victims Counsel provides sexual assault victims legal assistance. SVCs are active-duty judge advocates whose role is to represent victims in a confidential, attorney-client relationship through the investigation and prosecution process.

In January 2013, the Air Force became the first U.S. military service to institute an SVC program. The driving force behind the program was Lt. Gen. Richard Harding, then-judge advocate general of the Air Force.

"Before the SVC program was created, two of

the main players in the court process had an attorney representing them – the accused had an attorney or two representing them and the government had an attorney or two representing the government's interests," said Capt. Jennifer Lake, a member of the Area

Defense Counsel at Eglin Air Force Base, Fla., and first SVC at JBER. "But, then you had this other person who was going through this process, who had no idea what's going on in the legal world and has rights, but had not been provided with an attorney to defend those rights or to advocate for them and what they want."

While support for the victim was there, many felt that support could be fortified.

"So Lt. Gen. Harding came up with the idea of appointing an attorney to represent the victim and what the victim wants," Lake said. "This way, the victim's voice can be heard throughout the process."

So what does an SVC actually do?

As it turns out, the

answer is not nearly as simple as the question. The SVC does a lot of things, and their role largely depends on the unique needs of the particular client.

"I have an attorney-client relationship with the victim," Henley said. "If they're telling me what they would like to see out of it; then my marching orders are to advocate for those desires and their rights."

Sometimes that even means not seeking a conviction.

When reporting sexual assault, there are two paths one can take. They can choose to file a restricted report or an unrestricted report. The SVC can help with either case; however, the capacity they serve in depends

See COUNSEL, P9

Cyberbullying: what can parents do?

By Senior Airman
Sarah Hall-Kirchner
375th Air Mobility Wing
Public Affairs
Scott Air Force Base, Ill.

According to the Pew Research Center, in 2000, about half of adults in the U.S. were online and only 3 percent of American households were using broadband for internet access at home. That number increased and in 2014, Pew reported that 87 percent of American adults use the Internet.

Today, the Internet is readily available and can be easily accessed on smartphones. Even teen-

agers and children have access to the Internet. This ease of access to information has changed the world for the better, but it has also brought with it many new threats – one of which is cyberbullying.

"Children have been bullying each other throughout the ages," said William White, 375th Medical Group Family Advocacy Program outreach manager at Scott Air Force Base, Ill. "However, today's generation has been able to use technology and social media to expand their reach and the extent of their

harm. It is important for parents and children to understand that cyberbullying is willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices, and can cause serious harm."

Family advocacy along with the youth center and the Healthy Military Children initiative want to give parents the tools they need to prevent cyberbullying and to stop it if it does occur.

"Cyberbullying is a form of teen violence that

See BULLY, P9



U.S. Army photo

The Centers for Disease Control and Prevention recommends telling children to never give out their personal information and that parents assure their children that they can come to them with any situation, even if the child was doing something they knew they shouldn't have been doing, such as going on a forbidden website or using their phone after curfew.



Joint Base San Antonio
<http://www.facebook.com/JointBaseSanAntonio>
Joint Base San Antonio-Fort Sam Houston
<http://www.facebook.com/JBSAFortSamHouston>



Joint Base San Antonio
http://www.twitter.com/JBSA_Official
Joint Base San Antonio-Fort Sam Houston
<http://www.twitter.com/JBSAFSH>



<http://www.JBSA.mil>
<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. Wednesday at the Professional Development Center, 1908 Winans Road. The purpose of the meeting is to discuss the district's rating on the state's financial accountability system.

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. now 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.

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.

Brooke Army Medical Center welcomes new command sergeant major

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center held a change of responsibility ceremony Oct. 6 to bid farewell to Command Sgt. Maj. Tabitha Gavia and welcome Command Sgt. Maj. Albert Crews.

After the colors were passed, BAMC commander Col. Evan Renz spoke about Gavia's achievements during her tenure as the BAMC command sergeant major.

"Chief of Staff of the Army Gen. Mark Milley recently published his priorities and paramount among them was taking care of Soldiers. To quote him, 'Our collective strength depends on our people; their mental

and physical resilience is at our core, we must treat each and every person with respect, and lead with integrity,'" Renz said.

"That is precisely what Command Sgt. Maj. Gavia has done every day in an unparalleled fashion. She treats everyone with respect and leads with integrity. We have been greatly blessed by her knowledge and strength as a leader," the commander said.

"No one here owes her a deeper debt of gratitude than I," Renz said, thanking Gavia for her dedication and commitment to the BAMC organization and its people.

Renz then turned his attention to Crews,

welcoming him and his family to San Antonio.

"You bring an enormous wealth of experience, knowledge and proven leadership to this organization," Renz said. "I greatly look forward to working with you on a daily basis."

Gavia then said her farewells to the commander and the BAMC team.

"It has been my honor and privilege to serve at BAMC. I will miss the esprit de corps as well as the unselfish and tireless support of our staff that sets BAMC apart from other organizations," Gavia said.

"It has been a profound honor and a deeply humbled experience serving this community. I've learned so



Photo by Robert Shields

Col. Evan Renz, Brooke Army Medical Center commander, passes the colors to incoming Command Sgt. Maj. Albert Crews (left) during a change of responsibility ceremony Oct. 6 at the Warrior and Family Support Center's amphitheater as outgoing Command Sgt. Maj. Tabitha Gavia (right) looks on.

much and I will treasure my time here forever," she said. "Thank you all for what you do every day for our patients and each other."

Gavia also welcomed

Crews and his family.

"I am truly at ease entrusting our BAMC family to your care. I know they will continue

See BAMC, P11

LOCAL SOLDIERS TAKE PART IN ARMY TEN-MILER



Photo by Maj. Jamelle Garner

Maj. Gen. K.K. Chinn, U.S. Army South commanding general, visits with members of the Army South team outside the Pentagon after they participated in the 31st annual Army Ten-Miler in Washington, D.C., Oct. 10.



Courtesy photo

The Brooke Army Medical Center women's Army Ten-Miler team placed fifth out of 13 teams this year, an improvement of three places from last year. The team included Maj. Trisha Stavinocha, Capt. Christina Deehl, 2nd Lt. Kristen Conley, 1st Lt. Joanna Amstelveen and 1st Lt. Mallory Clark. The BAMC Ten-Miler men's team placed 10th out of 23 teams and improved by three places from last year. The men's team included Maj. James Neiner, Maj. Michael Ruffin, Capt. Jose Capellan, Capt. Bradley Glosser and Staff Sgt. John Evans.

Flu shots available throughout Joint Base San Antonio

Flu shots are now 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)



Photo by Joel Martinez

(From left) Maj. Gen. Leonard Patrick, Air Education and Training Command vice commander, and Lt. Gen. Darryl Roberson, AETC commander, receive their annual influenza vaccine from Senior Airman Lorrieann Ramos, 359th Medical Operations Squadron, while AETC Command Chief Gerardo Tapia receives his immunization from Airman 1st Class Bianca Osborn, also from the 359 MDOS.

VTC from P1

and families in our military," Halverson added.

The two-day VTC focusing on health, resiliency, support systems and building a stronger military family is the key to readiness for strong Army force. Being able to bring this conference back to Army North for others to learn from highlights the Army's support system at Fort Sam Houston.

"We understand that the forums presented at the AUSA professional development are insightful for our military spouses," Wiggins said. "This year, we opened this video teleconference to our Army civilians, our active duty members and the other installations commands because it is really important to encompass everyone to have the opportunity to learn and take in the tools presented. We had a great turnout and everyone was engaged."

Security, emergency management team keep air show visitors safe

By Robert Goetz
JBSA-Randolph Public Affairs

Presenting a two-day air show to several hundred thousand people is a huge undertaking that requires months of preparation.

One of the most important tasks in preparing for an air show belongs to the active-duty members and civilians who are responsible for ensuring the safety and security of all those visitors.

“Our goal is to have a safe, enjoyable event for all our visitors,” said Bob Vickers, 902nd Security Forces Squadron Plans and Programs Branch chief. “Joint Base San Antonio security forces squadrons will be handling security, the bulk of it from the 902nd SFS.”

Other agencies and organizations involved in

security and emergency management include the 502nd Civil Engineer Squadron, the Air Force Office of Special Investigations joint terrorism task force, the San Antonio Police Department and the Southwest Texas Fusion Center, he said.

Preparations for the air show began in December, Vickers said. The security and emergency management team look at a variety of issues: threat possibilities, manpower requirements, military resources on the ground, transportation, communication, contingency response options, distinguished visitor protection, and escort and protection requirements for the Air Force Thunderbirds, the headline attraction at the event.

“Though those threats may not be out there, we



factor all those things in during our preparations,” he said.

Other concerns include petty thefts, medical emergencies and traffic management issues,

including accidents and motorists driving under the influence of alcohol.

Vickers said JBSA-Randolph will lean on civilian support from Universal City, Schertz

and Converse law enforcement officers and other first responders.

“The outside agencies assist with off-base traffic flow,” he said. “We want to keep that flow going as best as we can.”

Vickers said exercises also figure prominently in air show preparations.

“We plan for what we think is the worst-case scenario,” he said. “Just think of what’s happened in the media – those kinds of threats.”

Vickers said visitors to the air show can ensure their own safety and enjoyment by entering JBSA-Randolph through the right gates and by heeding a list of prohibited items.

“The general public will have road signs directing them to the air show,” he said. “Department of Defense card

holders should use the main and west gates on FM 78, while the general public will use the east gate on FM 78, the south gate on Lower Seguin Road and the stable gate on FM 1518.”

Prohibited items are bicycles, coolers, backpacks, skateboards, firearms, knives, pets and alcoholic beverages, while permitted items, authorized after a search by security forces, include camera bags, diaper bags, purses, stroller and lawn chairs with or without canvas carrying cases.

Vickers offered other advice to air show visitors.

“Keep an eye on your children, and make sure you use sunscreen and drink plenty of water,” he said. “Heat off the runway is magnified.”

AETC leaders see Air Force heritage at Fort Sam Houston

By Tony Hearst
JBSA-Randolph Public Affairs

Air Force history came alive Oct. 14 when the Airman Heritage Museum and Enlisted Character Development Center hosted a living history heritage ride tour at Fort Sam Houston, known as the birthplace of U.S. military aviation.

The event, supporting Air Education and Training Command commander Lt. Gen. Darryl Roberson's first AETC Senior Leaders' Conference, included volunteer re-enactors portraying Air Force legends during a tour of historic Fort Sam Houston.

"I have a family member who was in the Army Air Corps, so this event was a great opportunity to wear a similar uniform," said Airman 1st Class Lucas Hurt, 502nd Security Forces Squadron entry controller. "It's im-

portant to remember our history. Not knowing how far you've come makes it easier to lose your way in the future."

Military aviation began at Fort Sam Houston with Lt. Benjamin Foulois' flight in March 1910. Foulois, who would later become Chief of the Army Air Corps, had been trained by the Wright Brothers and was ordered to Fort Sam Houston to learn how to fly the Wright B Flyer. Foulois made the first military operational flight in U.S. history in Aero-plane No. 1 and was, for a time, the U.S. military's only pilot and their entire Air Force.

"Fort Sam Houston was the birth place of military aviation," said Rudy Purificato, Airmen Heritage Museum and Enlisted Character Development Center command curator. "The main focus of JBSA's two mu-

seums is to transform the mindset of the training environment by educating new military members on enlisted heritage and the enlisted contributions to aviation history."

The highlight of the day was a visit to the actual location where Foulois made his historic flight, the Foulois monument at the main flagpole at MacArthur Parade Field. A dramatic skit also took place at the site with a re-enactor portraying Vernon Burge, the first enlisted pilot who helped Foulois as an aviation mechanic and came up with the idea for adding landing gear to the lieutenant's aeroplane.

The tour also included visits to the 19th Century staff post homes of Col. Billy Mitchell, champion of airpower and strategic bombing, Foulois' home and Gen. John Pershing's home, where he lived



Photo by Tony Hearst

Maj. Martin Vidal (right), Defense Language Institute operations officer, speaks to Air Education and Training Command senior leaders at the Fort Sam Houston Museum Oct. 14. The event, supporting AETC commander Lt. Gen. Darryl Roberson's first AETC Senior Leaders' Conference, included volunteer re-enactors portraying Air Force legends during a tour of Fort Sam Houston.

shortly after employing airpower operationally for the first time in U.S. history during the 1916 Punitive Expedition against Mexican revolutionary Pancho Villa.

The tour concluded with a visit to the Fort

Sam Houston Museum at the Quadrangle to view a special military aviation exhibit, featuring a live performance by a re-enactor portraying Foulois.

Though heritage rides are designed to educate

junior and senior leaders on the history of local units and are usually held in conjunction with a conference or exercise, the rides also contribute to the bigger picture of educating younger military generations.

U.S. ARMY NORTH AT AUSA CONFERENCE



Lt. Gen. Perry Wiggins (center), U.S. Army North (Fifth Army) commanding general and senior Army commander of Fort Sam Houston and Camp Bullis, discusses homeland defense issues with civilian security experts prior to a panel discussion on homeland defense at the AUSA Conference in Washington, D.C., Oct. 13. Homeland defense and disaster response were areas of emphasis for this year's conference.



Sgt. Maj. of the Army Dan Dailey visits the U.S. Army North display at the Association of the U.S. Army annual conference in Washington, D.C., Oct. 14. Leaders from Army North traveled to the conference to discuss the Army's roles in defending the homeland and supporting U.S. civil authorities for disaster response.

Photos by Karen Lloyd

Keep Halloween fun by keeping safe

By Air Force Staff Sgt.

Katie L. Bowling

502nd Air Base Wing Safety Office

Halloween is a fun fall celebration with plenty of tricks and treats. Through planning ahead and teaching your children how to make smart decisions, Halloween can be fun and safe for everyone. Here are some tips you can use to cut back on the tricks and make the night full of treats.

Preventive measures can be taken weeks or even months prior to Halloween night.

Before the big night, teach your children how to call 9-1-1 in case of an emergency. Additionally, while costume shopping it is advised to read the labels of all costumes and accessories to ensure that your purchases are flame resistant.

This is also an ideal time to increase your child's vis-



File photo

ibility by purchasing and adding reflective tape to shoes, bags or accessories.

Prior to heading out for trick-or-treating, talk to your children about safety and rules for the night, as well as make a plan in case you are separated.

The University of Michigan Transportation Research Institute states that the number of pedestrian fatalities involving children increases

4.5 times on Halloween. This increase occurs during the hours of darkness and primarily impacts children under 15 years old.

Emphasize the importance of remaining visible to motorists at all times. Also, make sure all escorts and children have working flash lights.

A few other things to talk to your children about are the dangers of using yards

and alleys as shortcuts, entering a stranger's home and eating candy that has not been inspected.

Staying in well-lit areas can deter potential offenders from engaging your child. Your children should be aware of the tactics that strangers use to lure children such as wearing a costume that is popular among children, distracting the child with candy and even using a pet as an enticement.

Once the trick-or-treating has finished and everyone is home safely, talk about the events of the night to make sure that nothing unusual occurred without you noticing. This is also a good time to inspect the candy and throw away any that is opened, spoiled or tampered with.

For additional Halloween health and safety tips, visit <http://www.cdc.gov/family/halloween>.

Halloween trick-or-treating hours across Joint Base San Antonio

Halloween ghosts and ghouls will soon roam base neighborhoods for sweet treats. For the safety of the trick-or-treaters and their families, participants are asked to conduct their candy conquests during specific hours.

Trick-or-treating hours at Joint Base San Antonio-Fort Sam Houston are 5-8 p.m. Oct. 31; at JBSA-Lackland and JBSA-Randolph, the hours are 5-8 p.m. Thursday.

Keep an eye on your witches and goblins and have a safe Halloween night.

Better Opportunities for Single Soldiers training focuses on life skills

By Jessica Ryan
U.S. Army Installation
Management Command
Public Affairs

Two weeks of mission essential fitness training in Orlando, Fla., empowering briefs from Army leaders, and life skills activities have prepared the attendees of the 2015 Better Opportunities for Single Soldiers Future Leader Training, to revitalize their BOSS programs at their duty stations.

Sgt. Maj. Michael Hatfield, from the G9 Family and Morale, Welfare and Recreation of U.S. Army Installation Management Command at Fort Sam Houston, focused the forum sessions on life skills, a layer in the BOSS program's quality of life pillar.

"If you look at the new Chief of Staff of the Army Gen. Mark A. Milley's message, it is all about readiness," he said.

"At the forum, we focused on 'life skills' training," Hatfield said. "Building life skills and resiliency into all aspects of our Soldiers' lives gives us a stronger, more versatile Army."

Garrison command sergeants major and Family and Morale, Welfare and Recreation BOSS program advisors joined the Soldiers at the training forums to cement their peer-to-peer and mentorship relationships.

"This training is about having command sergeants major, BOSS presidents and the MWR advisors all working together, pushing each other and

building camaraderie," said Hatfield.

Command sergeants major and MWR advisors worked alongside the enlisted soldiers and junior NCOs in everything from team building activities and classroom lectures to early morning physical training sessions conducted by Command Sgt. Maj. John W. Troxell of U.S. Forces Korea.

"My fitness program is physically, mentally and emotionally hard. It's all about advanced functional fitness," Troxell said. "We saturated the BOSS representatives with as much total force fitness as we could."

"These Soldiers are coming back to your installations trained and prepared to be an asset to your command, so utilize them," he said.

Sgt. Jimmy Chavez, BOSS president for the IMCOM Pacific Region, already noticed remarkable changes in the program as he transitioned from a representative to the president.

"When I first joined the program in 2011, it was not what it is today. The program was centrally revolved around the traveling, recreation and leisure," he said.

Now that the program encompasses all the pillars such as quality of life and community service, Chavez has noticed a positive effect on the quality of life and morale of the Soldiers in his unit.

In addition to life skills activities, the forum attendees had the unique opportunity to engage

See IMCOM, P11



Photo by Jessica Ryan

Command Sgt. Maj. Scott C. Schroeder from the U.S. Army Forces Command speaks to the crowd of garrison command sergeant majors, Better Opportunities for Single Soldiers presidents and Family and Morale, Welfare and Recreation advisors during the BOSS Future Leader Training Forum Sept. 29 at the Shades of Green in Orlando, Fla.

COUNSEL from P2

on the type of case the victim has filed.

The main difference between the two is that an unrestricted report may spark a legal investigation process, whereas a restricted report does not.

In both cases, privacy and confidentiality are given a high priority.

“The victims have a right to privacy,” Henley said. “That is paramount to any discussion regardless of the type of report being used.”

If one wanted to file a restricted report with the Sexual Assault Preven-

tion and Response office, they have the option to request legal advice from an SVC, even before filing the report.

“If a victim comes to me and says, ‘I want to make a restricted report,’” Henley said. “I will go with them to the SAPR office to make that report and be by their side the entire time.”

By doing so, the SVC is giving the reporter the power to make a well-informed decision when deciding whether or not to go unrestricted with their report.

“My role as an SVC (in a restricted report) was to answer questions for

that person, clarify any concerns they may have, and help them understand what the legal process is, should they choose to go unrestricted,” Lake said. “When someone goes restricted and they want an SVC, it’s typically because they want to know what happens if they go unrestricted.”

In an unrestricted report, the SVC serves as the victim’s attorney throughout the military justice process. This relationship is completely voluntary; a reporter of sexual assault can choose not to be represented by an SVC or decide they

want an SVC at any time during the reporting process, Lake said.

“At any point in time throughout the process, even two days before trial, someone could say, ‘I’m getting a little nervous; I think I actually do want a lawyer, get me an SVC,’” Lake said. “Then they’ll go through that process to get an SVC.”

Throughout the entire reporting process, the victim should be informed of the benefits an SVC can provide them and advised on how to procure an SVC’s assistance. However, SVCs cannot solicit cases, so they will not come to the victim,

the victim must reach out to them.

“One big concern for victims is a loss of control,” Henley said. “Coming forward is the first step to taking that control back – I can’t help but be proud of them.”

The SVC is one way the Air Force continues to refine itself so every Airman, civilian employee and family member is equipped by their inalienable rights for a fair justice system.

“I think it’s important for everyone to understand the SVC program; and giving victims a voice doesn’t mean the victim’s voice is what should

control everything that goes on,” Lake said. “It just means they get their say too.”

“It’s important that everybody’s rights are protected and everybody is represented. Everyone should get to be heard, and then we make a decision.”

Talking to an SVC may be a victim’s first step toward taking back their power.

“They do have a voice, they have the power to make decisions and take back the control that was taken from them,” Henley said. “My goal is, that through me, their voice can be heard.”

BULLY from P2

can and does do serious damage,” White said. “Our kids are being hurt by this. With this class, we’re going to give parents the terminology and statistics to understand what is happening, so they can recognize it and stop it.

“Due to the complexities associated with social behavior and online cyberbullying, it is important that parents talk with their children and address the topic of cyberbullying with them, even if your child does not mention any problems,” White said.

First, talk with children

about making themselves safe online. According to <http://www.stopbullying.gov>, a website managed by the Department of Health and Human Services website, online accounts should be made private. Each different type of account like Facebook, Instagram and Twitter, have ways to make them private. Go over those privacy settings with them to keep their posts and photos safe.

Some basic rules can also keep children safe online. Decide what rules children need to follow, and then go over them. The Centers for Disease Control and

Prevention recommends telling children to never give out their personal information. If a friend or loved one needs their information, they recommend calling the person directly and not putting it online, even in a message.

The CDC also recommends children never add people to their friend’s list they don’t know. There are many fake social media accounts and children should be taught to beware of them. It is also recommended that children do not initiate contact with people they do not know.

Next, parents should

tell their children what to do if they are being cyberbullied, stalked or harassed. The CDC recommends that parents assure their children that they can come to them with any situation, even if the child was doing something they knew they shouldn’t have been doing, such as going on a forbidden website or using their phone after curfew.

PACER’s National Bullying Prevention Center reported that students surveyed in a 2010 reported that the most helpful things that teachers can do are: listen to the student, check in with them afterward to see if

the bullying stopped, and give the student advice. Parents can also follow these same guidelines: listen to children, check in with them often, and tell them what they could or should do.

“The best tack parents can take when their child is cyberbullied is to make sure their child feels safe and secure, convey unconditional love and support,” White said.

Students also reported in the same study that telling the person to stop or that it hurts their feelings, walking away, or pretending it doesn’t bother them, had the most negative impact

on getting help while or after being targeted by bullying.

Finally, if a child tells their parent that they are being bullied, the parent needs to act, White said. The parent should contact the school and possibly the authorities. Parents need to believe their children and do what is necessary to help their children when they are being bullied.

“Document and report cyberbullying,” White said. “Do not delete or erase messages that pertain to cyberbullying. The authorities can use it to possibly prosecute the person who is doing the bullying.”

FORT SAM HOUSTON CELEBRATES OKTOBERFEST



Capt. Tim Souza from U.S. Army North gets into the spirit of Oktoberfest, complete with lederhosen, bratwurst and an adult beverage during the annual Joint Base San Antonio-Fort Sam Houston Oktoberfest celebration Friday. Attendees had the chance to sample a variety of food options, listen to live music and have the kids enjoy rides and crafts.



Photos by Steve Elliott

Members of the Beethoven Dance Band open up the festivities at the annual Joint Base San Antonio-Fort Sam Houston Oktoberfest celebration with some authentic German dance music Friday.



Air Force Brig. Gen. Bob LaBrutta (right) gets ready for the ceremonial tapping of the keg while Army Lt. Gen. Perry Wiggins (left) awaits the first stein of beer Friday at the start of the annual Joint Base San Antonio-Fort Sam Houston Oktoberfest celebration, which ran Friday and Saturday. LaBrutta is commander of the 502nd Air Base Wing and Joint Base San Antonio and Wiggins is commanding general of U.S. Army North (Fifth Army) and senior Army commander of Fort Sam Houston and Camp Bullis.



Annette Harris (left) from the San Antonio USO helps give out balloons and other free goodies during the annual Joint Base San Antonio-Fort Sam Houston Oktoberfest celebration Friday.

Herbert Kriese with Beethoven Mannerchor offers up the best of the wurst during the annual Joint Base San Antonio-Fort Sam Houston Oktoberfest celebration Friday.



Maj. Kane McAndrew (left), from the Brooke Army Medical Center physical therapy department, and his son, Sigi, challenge each other in a game of plinko during the annual Joint Base San Antonio-Fort Sam Houston Oktoberfest celebration Friday.



Cameron Zwoll, 8 years old, catches some air on the trampoline bungee attraction at the annual Joint Base San Antonio-Fort Sam Houston Oktoberfest celebration Friday.



Army looks to enlist robots to pull wounded Soldiers off battlefield

By C. Todd Lopez
Army News Service

Most Americans have seen at least one war movie, where at some point a fresh-faced young private is hit with some shrapnel. From the ground, he calls out for the unit medic – another young guy, from another small town, whose quick reaction and skill just may save his life.

In the near future, however, it may no longer be another Soldier, who comes running to his side.

Instead, it might be an Army-operated unmanned aerial or ground vehicle, said Maj. Gen. Steve Jones, commander of the Army Medical Department Center and School at Fort Sam Houston and chief of the Medical Corps.

“We have lost medics throughout the years because they have the courage to go forward and rescue their comrades under fire,” Jones said. “With the newer technology, with the robotic vehicles we are using even today to examine and to detonate improvised explosive devices, those same vehicles can go forward and retrieve casualties.”

Jones spoke at an Association of the U.S. Army-sponsored medical conference near the Pentagon Sept. 22.

“We already use robots on the battlefield today to examine IEDs, to detonate them,” he said. “With some minor adaptation, we could take that same technology and use it to extract casualties that are under fire. How many medics have we lost, or



Photo by Stephen Baack

One day, unmanned vehicles, similar to but larger than this small unmanned ground vehicle, may roll onto battlefields to rescue downed Soldiers, said Maj. Gen. Steve Jones, commander of the Army Medical Department Center and School at Fort Sam Houston and chief of the Medical Corps.

other Soldiers, because they have gone in under fire to retrieve a casualty? We can use a robotics device for that.”

Jones said unmanned vehicles used to recover injured Soldiers could be armored to protect those Soldiers on their way home. But the vehicles could do more than just recover Soldiers, he said. With units operating forward, sometimes behind enemy lines, the medical community could use unmanned aerial vehicle systems, or UAVs, to provide support to them

“What happens when a member of the team comes down with cellulitis or pneumonia? We have got to use telemedicine to tele-mentor them on the diagnosis and treatment,” he said, adding that UAVs could be used for delivering antibiotics or blood to those units to keep them in the fight. “So you don’t have to evacuate the casualties, so the team can continue its mission.”

Other technology that Jones said already exists, sensors that could moni-

tor a Soldier’s vital signs, for instance, might also one day make their way to the battlefield, being worn by Soldiers full time.

“Army Medical Research and Materiel Command is actually developing physiological sensors that Soldiers can wear,” Jones said. “And in a few years, they will be able to field this. They can be wearing the sensors and we can just monitor them. And we can do that remotely.”

The general likened the sensors to something like a “Fit Bit,” which Soldiers might wear now to monitor their heart rate and steps taken.

“This is just a step forward that will monitor other physiological parameters,” he said. “Do they need to push more water? How many calories have they consumed? There is a lot of information we can provide commanders that they can use to manage their Soldiers.”

The same sensors could be used to triage casualties automati-

cally, so that those injured Soldiers whose vital signs are the worst are the ones who get rescued first.

“If you see a casualty whose heart rate is way up, whose respiratory rate is way up, that may be an indication they lost a lot of blood, and need treatment now, as opposed to a casualty whose vital signs are stable and you wouldn’t have to treat as quickly,” he said.

The same sensors can also be installed on unmanned aerial vehicles that might one day rescue Soldiers when they go down.

Jones also discussed the use of “GoPro” cameras on Soldiers to document wounds and treatment that is administered. Such video, he said, can be transmitted real-time to follow-on treatment facilities where it can be used by physicians there to better understand exactly what treatment a Soldier has already received.

Additionally, such footage could be used to provide feedback to the medics who performed the initial care to help them improve their skills. The Army is doing something similar now, he said, through the use of medical simulators.

“We train combat medics in simulators and record treatment they provide and play it back for them,” he said. “We show them how they entered the scene, how they surveyed their casualties, how they decided which casualty to treat or not treat. And then we talk to them about the treatment they actually provided.”



Photo by Robert Shields

Col. Evan Renz, Brooke Army Medical Center commander, pins the Legion of Merit medal on Command Sgt. Maj. Tabitha Gavia Oct. 6 for exceptionally meritorious service while serving as the command sergeant major at Brooke Army Medical Center.

BAMC from P3

to thrive and excel under your leadership,” she told him.

Crews then took the podium, thanking God for blessing him with “another fantastic team” and his wife Erin for her love and support. He also outlined what he thought were a few of his key responsibilities as the new command sergeant major; among them were team building, leadership development and resiliency.

IMCOM from P8

with Army senior leaders including Command Sgt. Maj. Rodney D. Harris of U.S. Army Cyber Command, Command Sgt. Maj. Scott C. Schroeder of U.S. Army Forces Command, retired Sgt. Maj. of the Army Jack L. Tilley and current Sgt. Maj. of the Army Daniel A. Dailey.

For the Soldiers, it was a rare experience to talk one-on-one with the leaders and ask them ques-

“Sir, I am looking forward to serving with you. Rest assured I will be relentless to ensure the NCO support channels are unparalleled and we carry your message to every corner of this organization,” Crews told Renz.

“I want to build strong relationships and I want to make sure that this fine organization continues to be involved in the community. It is an honor to be joining this fantastic team.”

tions. For the leaders, it was a personal opportunity to express their support for the BOSS program.

“We cannot do our mission without recognizing the service and sacrifices of our young Soldiers,” Dailey said during the forum’s closing day.

For more information about the Better Opportunities for Single Soldiers program, visit <http://www.armymwr.com/recreation/single/boss.aspx>.

Open season coming for federal dental and vision health benefits

The U.S. Office of Personnel Management has announced that premiums for the 2016 Federal Employees Health Benefits Program will rise by an average of 6.4 percent.

In addition, OPM is offering a new Self Plus One enrollment type in the Federal Employees Health Benefits Program that will provide coverage for an enrollee and one designated eligible family member. All FEHB plans will offer a Self Only, Self Plus One, and Self and Family enrollment type beginning in 2016.

A Self Only enrollment covers only the enrollee. A Self and Family enrollment covers the enrollee and all eligible family members. The new Self Plus One enrollment type covers the enrollee and one eligible family member you designate to be covered.

"I am pleased that OPM has implemented the new Self Plus One choice for the 2016 plan year. This will give enrollees an opportunity to select coverage just for themselves and their spouse or child," said OPM Acting Director Beth Cobert. "I urge FEHB participants to use the open season opportunity to carefully review their health care needs and to choose wisely among the plans and new enrollment options available to them."

On average, enrollees with Self Only coverage will pay \$5.50 more each pay period; enrollees with Self and Family coverage will pay \$19.61 more per pay period. Those who opt for "Self Plus One"

coverage will pay \$8.92 more per pay period than they previously paid for Self and Family coverage. The Government contributes approximately 70 percent of the total cost of a plan's premium.

Open season, which begins Nov. 9 and runs through Dec. 14, will give federal employees and retirees the opportunity to review the 2016 rates and benefits of their current plans and those of competing plans. During the open season, FEHB enrollees can change their healthcare coverage; employees who are not enrolled, but eligible to participate, may elect coverage.

The upcoming open season will be the first opportunity for enrollees to select a Self Plus One enrollment in the FEHB Program.

For more than 95 percent of enrollees, the enrollee share for Self Plus One will be lower than the enrollee share for Self and Family in their current plan.

However, it is possible that some plans will have higher enrollee shares for Self Plus One enrollments than for Self and Family enrollments. Therefore, enrollees are encouraged to carefully review their choices before making a change; switching to Self Plus One is voluntary.

The upcoming open season will also give employees and retirees the chance to select supplemental dental and/or vision coverage. In addition, federal employees can elect to participate

Army Contracting Command lauds efforts by Mission and Installation Contracting Command

By Daniel P. Elkins
MICC Public Affairs

The command's mission, vision and priorities were among the topics discussed by the commanding general for the Army Contracting Command during an operational command assessment at Fort Sam Houston Oct. 1-2.

This was the first visit to the Mission and Installation Contracting Command by Maj. Gen. James Simpson since taking command of ACC in an August ceremony at Redstone Arsenal, Ala. Joining the commanding general was ACC Command Sgt. Maj. David Puig.

Upon arriving at Fort Sam Houston, the ACC command team met with leaders from the 410th and 412th Contracting Support Brigades for operational briefings before conducting a town hall for

members of both brigades and the MICC to discuss various topics as well as recognize efforts by the contracting organizations during the fiscal year that ended Sept. 30.

At the town hall, Simpson thanked the workforce for all their hard work into the final hours of the fiscal year to make the yearend a successful one and attributed the command's success to a team effort.

He spoke on the former Army chief of staff's "3 Cs" that consisted of character, competence and commitment and how they relate to finding the right people for the job. He also discussed a number of subjects making up his command philosophy that includes resource, proactive leadership, good stewardship, professional development, communication and a commitment to integ-

ity, ethical behavior and standards of conduct.

"For our customers and stakeholders, we must make sure that what we do is value-added," Simpson said during the town hall referring to the fiscal environment faced by the Army over the next few years. "It's not so much the dollars and number of actions but how what we do is value-added" downrange.

While in San Antonio, Simpson also took the opportunity to meet with leaders at the command's supported activities, including the Installation Management Command, Army South and Army North. Puig conducted an NCO call with Soldiers from the MICC and two brigades, discussing readiness and NCO initiatives on the landscape.

The visit by Simpson served to assess the command's morale, workforce skill, structure, mission



Photo by Daniel P. Elkins

Maj. Gen. James Simpson (center) meets with contracting brigade leaders during a working lunch at Fort Sam Houston Oct. 1. The Army Contracting Command commanding general met with contracting Soldiers and civilians during a two-day operational command visit to Fort Sam Houston. He also met with leaders from supported activities and received contracting operational briefings from the Mission and Installation Contracting Command.

command and execution, and strategic outcomes during his first months of command at ACC.

Simpson took command of ACC following an assignment as the director of contracting and the deputy to the Deputy As-

sistant Secretary of the Army for procurement. His previous assignments also include serving as the chief of staff for ACC.

ACC, a major subordinate command of Army Materiel Command, serves as the contract-

ing arm for the Army by executing acquisitions in support of warfighters engaged in military operations, weapon system acquisition, life cycle management and sustainment and acquisition of goods and services.

BRAC 10-year anniversary remembered by those who lived it

By Lori Newman
BAMC Public Affairs

More than 10 years ago on Sept. 15, 2005, President George W. Bush signed a letter approving the Base Realignment and Closure Commission's recommendations.

In the beginning, the 2005 BRAC initiative received mixed reviews from military and civilians in San Antonio, but Army Medicine and Brooke Army Medical Center grew significantly with the directed changes.

The BRAC initiative called for the consolida-

tion of all inpatient military healthcare services in San Antonio to one location. To accomplish this, the San Antonio Medical BRAC Integration Office or SAMBIO was created to oversee construction and renovations.

Brooke Army Medical Center staff members Christine Halder, Lean Six Sigma deployment director in the Business Operations Division, and Lu Ann Peralta, program manager in the Department of Nursing, were original members of the SAMBIO.

"When we started the

planning for all the BRAC changes, the SAMBIO was only three people. At our peak, there were more than 100 of us," Halder said.

Construction projects included a new 760,000-square-foot consolidated tower, renovations to nearly half the original hospital structure, a 5,000-space parking garage, a central energy plant and the Fort Sam Houston Primary Care Clinic at a total cost of about \$802.3 million.

The overarching goal during this whole process was not to have any im-

pact on our patient care, Halder explained. "Probably one of the biggest challenges we had was developing the plans and implementing the resources to keep patient care going during that whole process," she said.

"We literally coordinated hundreds of moves because some folks moved more than once," Peralta added.

"We used the metaphor 'building the plane while we were flying it,' because we were moving people into spaces and transitioning while construction was going

on," Halder said. "The mission was to do all of this without decrement to any of the services."

Initially the plan was to add two towers, an administrative tower and a clinical tower.

"Eventually they decided it would be better to have it in one footprint opposed to two," Peralta said. "There was going to be two parking garages, but they were also consolidated into one."

Through the BRAC process, the hospital known as Brooke Army Medical Center was renamed San Antonio Military Medical

Center. However, BAMC remains the command component over SAMMC, the Center for the Intrepid, Capt. Jennifer M. Moreno Primary Care Clinic, McWethy Troop Medical Clinic, Schertz Medical Home, Taylor Burk Clinic and now the Westover Medical Home.

Because of the BRAC initiative, SAMMC is now the largest inpatient health care facility in the Department of Defense and the only Level 1 trauma center serving 22 counties in South Texas

Trauma team delivers critical care, saves lives in Afghanistan

By Maj. Tony Wickman
455th Air Expeditionary Wing
Public Affairs
Bagram Airfield, Afghanistan

On the combat frontier, the ability to deliver advanced medical care usually means the difference between life and death for wounded service members.

In Afghanistan, that lifesaving capability is delivered by a highly specialized team of medical professionals at the Craig Joint Theater Hospital.

According to Maj. Stephen Varga, 455th Expeditionary Medical Group trauma czar, the hospital provides surgical capabilities in trauma, general surgery, orthopedics, neurosurgery, urology, vascular surgery and otolaryngology, all of which are critical to helping 98 percent of patients who come to the hospital survive.

“CJTH provides surgical care for all troops, coalition forces, contractors, civilians, and local nationals here in Afghanistan,” said Varga, who is on his first deployment and whose home station is the San Antonio Military Medical Center at Fort Sam Houston.

“As trauma czar, my role is organizing care for complex surgical patients, many of whom have wounds requiring not only immediate lifesaving surgery, but additional surgeries by specialty teams such as orthopedics and neurosurgery.”

Varga said he takes care of a patient from the moment he or she is wheeled into the trauma bay, throughout surgery, while they recover in the intensive care unit, and until the patient is transferred out of theater as safely and ef-



Maj. Stephen Varga, 455th Expeditionary Medical Group trauma czar, poses for a photo in the Craig Joint Theater Hospital emergency room at Bagram Airfield, Afghanistan, Sept. 26. The CJTH provides surgical capabilities in trauma, general surgery, orthopedics, neurosurgery, urology, vascular surgery, and otolaryngology, all of which are critical to helping 98 percent of patients who come to the hospital survive. Varga is on his first deployment and is from the San Antonio Military Medical Center at Fort Sam Houston.

ficiently as possible.

“Penetrating trauma like gunshot wounds, shrapnel injuries and the like are a surgical disease. The only way to fix hemorrhagic shock from penetrating trauma is to get patients into an operating room as quickly as possible,” Varga said. “Most combat-related injuries are from gunshot wounds or improvised explosive devices.”

According to Col. Jacqueline Mudd, the 455thTH EMDG chief nurse and surgical services flight commander, it’s important to have surgical and operation room capabilities here because it dramatically increases patients’ survival rate while minimizing morbidity and mortality.

“If we weren’t here, patients would be subject to risky travel out of the AOR (area of responsibility) before receiving medical care, which can increase morbidity and mortality,” said Mudd, who is on her sixth deployment and whose home station is the David Grant Medical Center at

Travis Air Force Base, Calif. “We deliver world-class quality surgical care and capability here at Bagram.”

The hospital’s surgical services flight is made up of three elements: operating room, including the sterile processing depart-

ment; anesthesia element; and surgeon element. Since April, more than 20 surgeons, nurses and technicians have supported 264 cases, executing 474 procedures over 1,500 hours of surgery, including three mass casualty events and 70 trauma cases.

According to Varga, maintaining a Role 3 hospital in Afghanistan and the surgical capability it brings is vital to ensuring service members have the best chance of making it back home.

“The fatality rates of military members involved in this conflict are the lowest in history, and we aim to reduce those numbers even further,” Varga said. “Complex, traumatically injured patients require a multidisciplinary approach to provide the best outcome and it’s essential someone is here to organize that approach.”

As the team wraps up their deployment, Mudd shared her highlights of the team saving lives in the operating room.

“Memorable cases including saving the life of a service member who had shrapnel pierce his heart, and another who had a gunshot wound to the brain that is now walking and talking with minimal residual deficit,” Mudd said. “There was also the young 8-year-old girl who was caught in crossfire, and the patient who required multiple days of surgery to restore his face to normal.”

Varga said the skill and capabilities of the team resulted in some truly incredible saves in the past six months.

“One soldier suffered a gunshot wound to his chest and abdomen and his excessive blood loss caused his heart to stop while he was transported

to CJTH. The moment he arrived, we rushed him immediately to the OR, restarted his heart and proceeded to repair multiple complex injuries to his liver and kidney along with major vascular repairs,” Varga said. “He survived and will soon be going home to his family.”

Varga said the entire CJTH team wants nothing more than to provide the best care possible and save the lives of fellow service members who are on the front lines serving his or her nation.

“We’re delivering health care equal to the care found in the best trauma centers in the U.S., a feat that can only be managed because of the extensive medical, security, administrative, supply and airlift support of the joint U.S. military services,” Varga said.

“Our mission is to continue improving the historically high survival rates currently seen in combat medicine despite severe and complex injuries suffered by our military and NATO members and our Afghan partners,” Varga said. “Our goal is make sure every service member we see in this hospital recovers and makes it home to the family he or she loves and the country he or she protects.”

For Col. Gianna Zeh, the 455th EMDG commander, she enjoys working with the joint medical team at CJTH and watching their efforts to save life, limb and eyesight of all the patients who come through the hospital.

“I’m humbled to lead this incredibly talented group of medics,” Zeh said. “They’ve answered their nation’s call and served with compassion.”



Photos by Tech. Sgt. Joseph Swafford

Maj. Stephen Varga, 455th Expeditionary Medical Group trauma czar, performs surgery on an Afghan National Defense and Security Forces soldier suffering from a gunshot wound at the Craig Joint Theater Hospital, Bagram Airfield, Afghanistan, Sept. 26. The CJTH provides surgical capabilities in trauma, general surgery, orthopedics, neurosurgery, urology, vascular surgery and otolaryngology, all of which are critical to helping 98 percent of patients who come to the hospital survive. Varga is on his first deployment and is from the San Antonio Military Medical Center at Fort Sam Houston.

USAISR, BAMC equal opportunity teams celebrate Hispanic Heritage Month

By Steven Galvan
USAISR Public Affairs

The U.S. Army Institute of Surgical Research and the Brooke Army Medical Center Equal Opportunity teams at Fort Sam Houston combined efforts to host the 2015 National Hispanic Heritage Month observance at the San Antonio Military Medical Center medical mall Oct. 14.

The annual national observance is held from

Sept. 15 through Oct. 15, with this year's theme being "Hispanic Americans: Energizing Our Nation's Diversity."

To kick off the ceremony, Capt. Jose Juarez, USAISR company commander, read the city proclamation presented by San Antonio Mayor Ivy Taylor in recognition of Hispanic Heritage Month. After the reading of the proclamation, Col. (Dr.) Michael D. Wirt,

USAISR commander, welcomed guests to the observance.

"This year's theme truly reflects the long and important role that Hispanic Americans have contributed to our country's rich culture and proud heritage," Wirt said. "One of our country's greatest strengths has always been our diversity. As we take time today to observe National Hispanic Heritage Month, I ask that you take time to reflect on the contributions that Hispanic Americans have made into making the United States a great nation."

During the ceremony, attendees were treated to mariachi music performed by Mariachi International Monarca, a traditional Panamanian dance by Alcira Etienne and a performance by Noche Kandela who sang salsa and merengue songs.

The audience also heard remarks from guest speaker Alexander "Alex" Briseño, a former Army captain and chief executive officer of San Antonio from 1990 to



Photo by Steven Galvan

Alcira Etienne (right) dances a traditional Panamanian dance during the 2015 National Hispanic Heritage Month observance at the San Antonio Military Medical Center medical mall Oct. 14, sponsored by the U.S. Army Institute of Surgical Research and the Brooke Army Medical Center Equal Opportunity teams at Fort Sam Houston.

NAVY MEDICINE TRAINING SUPPORT CENTER CELEBRATES NAVY BALL



Photo by Petty Officer 1st Class Jacquelyn D. Childs

Capt. Denise Smith (right) commanding officer of Navy Medicine Training Support Center assists a NMTSC student cut the cake while Manpower, Personnel, Training, and Education Fleet Master Chief April D. Beldo (left) watches at the 2015 San Antonio Navy Ball at the Omni Hotel at the Colonnade in San Antonio Oct. 10. The San Antonio-area Navy commands take turns planning and hosting the annual celebration and NMTSC was in charge of this year's event, where Beldo spoke to those in attendance about the Navy's history.

2001. Briseño spoke of the many contributions that Hispanic Americans have made in shaping the military, economy and the United States.

"Hispanic Americans have come a long way," Briseño said. "We're a growing part of the

population and we still have some challenges to address for all of us to succeed in the future."

The ceremony concluded with a sampling of some popular Hispanic food from around the world.

"This was a great ob-

servance," said Sgt. Maj. James Devine, USAISR senior enlisted leader. "The equal opportunity teams did a remarkable job in coordinating it and highlighting the contributions that Hispanic Americans have made to our diverse nation."

Spouse support challenging in a changing world

By James Pritchett
Army News Service

Not so many years ago, military spouses talked over coffee, at family readiness group meetings, wives clubs and had many other face-to-face options for communicating with each other. Today, even with ever-growing technology options, new and veteran spouses alike may struggle to find the communication channel they need at a new assignment.

Corie Weathers, a military family blogger, podcaster and licensed professional counselor – and also the 2015 Military Spouse of the Year for Armed Forces Insurance and Military Spouse Magazine – attended the Association of the United States Army Annual Meeting and Exposition recently to share what she has learned about military spouse communication and support.

“The military spouse community has always been known for its support and mentoring of each other. However, as times have changed, spouses choose social media as the main source of connection and information,” said Weathers. “Coffee, Officer Spouse Clubs, and face-to-face mentoring is slowly disappearing. Spouses will need a new approach that brings generations together if the community is to retain its reputation of support.”

Weathers speculates that the culture shifted at the same time that technology expanded and also at the same time family funding for the military decreased. All these unanticipated factors came together at

the same time to cause more dependence on online communication, the result of which was less face-to-face sharing and mentoring.

“We need to swing the pendulum back to the middle and mix in more face-to-face mentoring and communicating; you can’t get everything online. We certainly do not want to discount technology and the ways our younger spouses choose to communicate. Social media has been very helpful, but in many cases spouses are not developing local connections because they expect to be able to get their support online,” said Weathers.

Younger generations have been raised online and continue to use social media as a means of getting information. Sixty-three percent of active-duty spouses report using Facebook to search for information rather than official Department of Defense resources, according to the 2014 comprehensive report based on the Military Family Lifestyle Survey.

There are notable benefits to online communication from a military spouse and family perspective. Aside from being a good way to learn about upcoming local events and as a resource for asking questions and getting quick answers, social media in particular has allowed many spouses and Soldiers to maintain better long-distance relationships and family communication during deployments as well as with neighbors and friends made at previous assignments.

Weathers referred to three military spouse demographics and shared



Source: 2014 Comprehensive Military Family Lifestyle Survey | Blue Star Families in collaboration with Syracuse University Institute for Veterans and Military Families
To read more of the survey see the Blue Star Families website at <http://www.bluestarfam.org/resources/2014-military-family-lifestyle-survey>

Not so many years ago, military spouses talked over coffee, at Family readiness group meetings, wives clubs and had many other face-to-face options for communicating with each other. Today, even with ever-growing technology options, new and veteran spouses alike may struggle to find the communication channel they need at a new assignment.

Illustration by James Pritchett

some insights about each.

Senior spouses are expressing weariness from years of rapid deployments and mentoring younger generations. While this demographic has opportunities for advocacy and making a difference in younger military families, it can come with a cost in regard to privacy, isolation and expectations. There are high levels of depression, anxiety and isolation in this group.

Mid-senior spouses usually have been through one or more deployments. They may have young children in the home and are heavily involved outside the military. This demographic is also weary from service members’ longer work hours and multiple deployments.

Rising numbers of spouses are becoming caregivers to their service member suffering from traumatic brain injuries, post-traumatic stress disorders, mental health issues, chronic pain and chronic sleep problems.

The new generation spouse may be defined partly by age and having access to social media and current communications technology for a majority of their lives. Of the three groups, they most use the social space and technology as their main form of connection. This demographic is most likely to see information, perceived support and training as easily researched online, failing to seek out knowledge and support in their local area.

New generation spouses

and even mid-senior spouses are likely to have children under 12 in their homes. That equates to a lot of time spent at activities such as playdates, sports, clubs, classes and other events or functions during the week.

Weathers points out that the Army offers many programs for spouses and families but the advantages, in many cases, are not fully realized due to lack of participation. A culture shift may be one reason, she explained, most military spouses today either work or are looking to enter or re-enter the workforce.

Among active-duty spouses 42 percent are employed and an additional 33 percent would like to be employed outside the home, according to the Military Family

Lifestyle Survey.

“Parents may just be too busy to have time for another meeting,” Weathers said. “What we have to do is to find ways to make it easier for working parents to take advantage of the services and support the Army offers. We have a lot of spouses who are professionals. Maybe at a particular post it would be as simple as scheduling more events after 5 p.m.”

Weathers suggests a return to the small things. Maybe it would be helpful, she said, to have someone bring the new family in the neighborhood a welcome packet with up-to-date information. Today many spouses look to social media to find the best dentist or

See SPOUSE, P17



Trails & Tales Tour

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

Super Heroes Howl Down

Friday, 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.

Meet Employment Readiness Team

Mondays, 9-10 a.m., Military & Family Readiness Center, building 2797. This is an opportunity to assess how we 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

Tuesday-Friday, 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.

Family Readiness Group Treasurer Training

Tuesday, 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.

Microsoft Office 2013 Excel

Tuesday, 8 a.m. to noon, Level I and Oct. 29, 8 a.m. to noon, Level II, Military & Family Readiness Center, building 2797. Microsoft Office 2013 Excel foundational classes provide novice users with the skills and knowledge needed to advance. Call 221-2380 or 221-2705. Trainings are held in the computer lab, seating is limited.

Post-Deployment

Wednesday, 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.

Salary Negotiation, Social Media

Wednesday, 9-11 a.m., Military & Family Readiness Center, building 2797. Learn the skill of salary negotiation and tap into the power of social media to find jobs and market yourself. Call 221-2380.

Volunteer Orientation

Wednesday, 9-10 a.m., Military & Family Readiness Center, building 2797. Newly assigned Military & Family Readiness Center volunteers will in-process and receive training on their responsibilities. Volunteers with other organizations will receive orientation from their host organizations. Call 221-2380.

Volunteer Management Information System

Wednesday, 10-11 a.m., Military & Family Readiness Center, building 2797. Volunteers will receive hands-on training with the Volunteer Management Information System. Open to all registered volunteers. Call 221-2380.

BRAC from P13

and providing emergency services to 80,000 people annually. The hospital also serves as a medical readiness training platform for Army, Navy and Air Force personnel.

There are currently 425 inpatient beds; 32 operating rooms; medical, pediatric and surgical subspecialty clinics; adult, neonatal and pediatric intensive care units; and a bone marrow transplant unit. BRAC also brought the prenatal care and labor and delivery mission to SAMMC.

There were many challenges along the way, including delays in construction sometimes due to unusual circumstances.

"Many times construction was halted because of unexploded ordnance. But the best was when

they found the mammoth bones," she added with a laugh.

While digging the foundation of the seven story tower construction workers discovered large bones, later determined to be from a very young mastodon or mammoth.

Both Halder and Peralta agree that despite the amount of work the SAMBIO faced, the experience and knowledge they gained from the project was rewarding.

"The opportunities I had at SAMBIO were the most fun I have ever had, in spite of the stress and the pace. It was a very complex project, but it truly was a once in a lifetime opportunity," Peralta said.

"When I walk around the building I think, gosh, we were here before the walls started going up. It's really cool."

SPOUSE from P16

the best local gym, but hand delivering that welcome packet gives senior and mid-senior spouses an opportunity to meet the new spouse, and offer an invitation to participate in local events.

"It's a chance to explain the local way of doing things as well," she said.

If spouse support doesn't shift, the military will see a splitting off from other support channels, according to Weathers. This is not necessarily a bad thing. Spouses see each other a lot during deployment, then when the Soldiers come home, maybe not for a few months. Not bad, just a shift in how things are done at different times. Newer spouses need to know that; or they could think they are being ignored or left out, Weathers said.

Mentoring is highly desired and many spouses are willing to be mentors. Most senior spouses, veterans of the Officers and Enlisted Wives Clubs era, want to mentor and are doing it. "Mid-senior spouses need to be aware that it is their turn to step up and begin taking the reins," Weathers said.

There are many great military spouse organizations that started grassroots online -- or organizations that provide support, information and are using new methods to reach out. Some family wellness seminars today are held entirely online with recordings posted for those who can't watch live and for searchers to find at their convenience.

Email is still a big player in the delivery of information and social media is now filling in the general information space with live tweets, podcasts and interactive webinars.

Facebook is quickly becoming more of a newspaper or billboard, or for the veteran generation, a Rolodex, for announcements and other tidbits of information. It is not seen as a good forum for personal discussions or to ask delicate questions, yet many in the new generation of spouses rely on it almost exclusively to stay informed.

Some of the Army's youngest families were brought up in a time where everything was online, or expected to be at their fingertips. However, many are finding that the online community may not be as informative, accepting or supportive as they had hoped, Weathers explained.

Many young spouses turn to the online community for information and find that if they do not ask a question the right way or express their negative feelings about an aspect of

military life, they face immediate and often harsh responses. This could lead to increasing feelings of isolation and many become afraid to ask questions or get involved. Bullying can be a factor in all online communications platforms and military sites and forums are not exempt.

According to the Military Family Lifestyle Survey, 39 percent of spouses reported feeling "stressed" either most or all of the time. Top stressors include deployment and separation, financial stress and employment-related stress.

Additionally, the survey found that 51 percent struggle with isolation and lack of social support. This is notable, according to Weathers, because lack of social support is a risk factor for a number of mental health issues including

depression, suicide and substance abuse.

There are steps to help remedy the situation.

"We have to see what the rest of the world is doing and be innovative to solve the problem" Weathers said, who believes that when spouses feel a part of something, they are more likely to want to be involved. "They want to be a part of something bigger than themselves, they want to help other military spouses. We have to find ways to market these ideas to them in that way."

"The Army absolutely cares about families," she said, but explained that it takes all the different communication circles from the Army and DOD channels to spouses' groups both at large and at the local level to reach out and support the spouse community.

FEHB from P12

in a tax-deferred flexible spending account for health care and/or dependent care.

Established in 1960, the FEHB Program is the largest employer-sponsored health benefits program in the United States. The government provides a weighted average contribution of 72 percent of premiums with a cap of no more than 75 percent of total premium cost. Approximately 85 percent of all federal employees participate in the Program.

The OPM website provides a detailed breakdown of the FEHB Program premium rates at <https://www.opm.gov/healthcare/insurance/healthcare/plan-information/premiums/#url=Premiums>.

(Source: U.S. Office of Personnel Management)

**CLASS
6X9.75 1**

**CLASS
6X9.75 1**

6 x 4.75 AD