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



TINY DEVICE CAN SAVE LIVES

PAGE 3



GOT A TRAFFIC TICKET?

PAGE 6



NAVY LAB HELPS WOUND RESEARCH

PAGES 14-15

Humanitarian exercise in El Salvador provides real-world training opportunities



Staff Sgt. Shea Ahern, a medic with the New Hampshire Army National Guard, takes vitals from a local woman at a medical operation in support of Beyond the Horizon 2015 in San Salvador May 12.

By Sgt. 1st Class Brent Hunt
Army South Public Affairs

Soldiers, Sailors, Airmen and Marines, along with their partner nation counterparts, are providing engineering and medical assistance to the citizens of El Salvador while participating in the U.S. Army South-led Beyond the Horizon in San Salvador.

Running through June, Beyond the Horizon is a humanitarian and civic assistance mission to show the U.S. gov-

ernment's commitment to El Salvador and the region, while providing real-world training to U.S. participants. More than 1,800 U.S. service members are participating in this year's event, with most on two-week rotations. Chile, Colombia, Canada and Brazil also have representatives contributing to the exercise.

There are six projects taking place, including the construction of schools and



Photos by Sgt. 1st Class Brent Hunt

U.S. Army Reservists supporting Beyond the Horizon 2015 put the roof on a new medical facility in San Salvador May 12. More than 1,800 U.S. service members are taking part in Beyond the Horizon, a joint humanitarian and civic assistance mission to provide medical and engineering support in response to the government of El Salvador's requests and requirements.

See EL SALVADOR, P8

Editorial Staff

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

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

502nd ABW Command
 Information Chief
Karla L. Gonzalez

Writer/Editor
Steve Elliott

Writer/Editor
L. A. Shively

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
 210-250-2440

News Leader email:

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

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Commentary: Help Us, Help You!

By **Brig. Gen. Bob LaBrutta**
 Commander, 502nd Air Base Wing
 and Joint Base San Antonio



Brig. Gen. Bob LaBrutta

I can't believe how fast the past two years have flown by and what an amazing ride it's been. As was the case when I took command on May 29, 2013, I am incredibly honored to serve on such a great team and to call myself a member of the 502nd Air Base Wing and Joint Base San Antonio – the premiere installation in the Department of Defense!

As I begin my third year in command, please know that the 502nd Air Base Wing is committed to excellence and is driven by our mission to, “provide unrivaled installation support and service to enable Mission Partner success.”

However, realizing this is a team sport, we absolutely need the entire JBSA team – every Soldier, Sailor, Marine, Air-

man, Coast Guardsman, civil servant, contractor and family member – to help us keep the momentum moving forward. As Tom Cruise's character said in the movie “Jerry Maguire,” with a twist, “Help us, help you!”

As your installation support providers, the 502nd ABW is going to employ the Jerry Maguire strategy in a few areas where I'm certain that all of us, the entire JBSA team, can make a differ-

ence working together over the next year.

Specifically, we will seek your assistance in improving safety, energy efficiency and installation stewardship. Regardless of where we work, or how we contribute to the mission, these three focus areas apply to all of us.

Safety

The safety of every single team member who works, lives, and plays on JBSA is of paramount importance. The motto “Safety First!” should be at the forefront of everyone's mind and in everything we do as a shared responsibility.

For example, don't put yourself in precarious situations on the road, and be attentive while driving, both on and off the installation. Keep your head on a swivel especially in bad weather or in heavy traffic. It only takes a split second of distracted driving to have

your life and the lives of your family changed forever.

Even though we all are aware of the hands-free cell phone use policy, it continues to amaze me how some members still violate this law. Please, I can't stress enough, just hold off on receiving or placing that phone call or text until you're no longer behind the wheel ... because your life and those around you matter.

With the warmer weather, we'll see more motorcycles on the road. Be alert for those riders and make sure you give them the room you and they need to maneuver. Bikers, you play a bigger role in preserving your own safety.

So, drive offensively and defensively and make sure you're wearing appropriate protective equipment (helmet, eye protection, sturdy footwear, long sleeved shirt or jacket, long pants and

full-fingered gloves).

Also, although no longer a mandatory requirement, wearing reflective gear at all times is the smart thing to do. The feel and freedom of a good ride is always best when you return to your loved ones safe and sound ... because your life and those around you matter.

For all my fellow runners and walkers out there, take extra precautions when you are doing PT in the early morning hours and after dark. Make sure that you can be seen clearly by wearing reflective belts, gear or clothing.

Moreover, always be alert of your surroundings by staying off the road and runways and remaining on sidewalks and running tracks. In addition, don't run or walk with headphones or ear buds on if you cross a road as it's not only a breach of

See COMMENTARY, P17

502nd Air Base Wing stresses summer safety practices

By **Jose T. Garza III**
 JBSA-Lackland Public Affairs

The 502nd Air Base Wing Safety Office is emphasizing summer safety by implementing the 101 Critical Days of Summer campaign, an annual Air Force initiative aimed at reducing fatalities during the busy summer months.

The 101 Critical Days of Summer began Memorial Day weekend and ends on Labor Day.

Travis Kilpack, 502nd ABW ground safety manager, noted that vehicle and motorcycle fatalities are more likely during this period, which is regarded as the busiest vacation time of the year.

“Riding motorcycles and cars account for the highest fatality rates during the summer,” Kilpack said. “I hope that the 101 Critical Days of Summer messages continue getting out to people. As we continue to spread the message and

repeat the information, it helps to foster a new culture of safety among our younger Airmen and civilians.”

Kilpack added that he would like to see a decrease in accidents related to high-risk activities such as motorcycle riding.

“We are not telling people to stop what they are doing, but rather to plan well and accordingly,” Kilpack said. “They should plan for risks, for instance in skydiving;

they should train on how to pack their chute, and have their buddy check it and vice versa. We want people to apply that same risk management mentality into all things they do.”

He stressed that safety starts with the chain of command.

“We want leaders to show Airmen that it is very important to not only get their work done at all costs, but rather safely, efficiently and economically,” Kilpack said.

He also added that safety pays dividends in efficiency because the work was completed without injury, translating into no one having to work double to complete an unfinished assignment left by an injured co-worker.

Between 2012 and 2014 there were four fatalities in the Air Education and Training Command, one in 2013 and 2014 in vehicle accidents and two in motorcycle accidents in 2012.



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News Briefs

502nd ABW Wingman Resilience Day

The 502nd Air Base Wing conducts a Wingman Resilience Day at all Joint Base San Antonio locations from 8-11 a.m. Friday. The simultaneous events take place at the Army Medical Department Center & School's Blesse Auditorium at JBSA-Fort Sam Houston, Fleenor Auditorium on JBSA-Randolph and Bob Hope Theater on JBSA-Lackland. Topics covered in the briefings include safety, physical and spiritual resilience and personal stories of Airmen overcoming adversity. Maximum participation by all 502nd ABW units is required. Vehicle operations will provide transportation to and from the events from various pick-up points at each of the three locations. Once released, units will assemble in their respective areas for breakout sessions or small group discussions. Wingman Resilience Day culminates with the 3 p.m. wing promotion ceremony at JBSA-Randolph. For more information, call 671-3832.

FSHISD Non-Resident Student Transfer Program

Are you active duty military or retired military and work on Joint Base San Antonio-Fort Sam Houston? Do you live off JBSA-Fort Sam Houston with children attending schools in pre-kindergarten through grade 12? If so, your children may be eligible to attend a Fort Sam Houston Independent School District school as non-resident transfer students. The FSHISD is dedicated to serving the unique needs of the military child. While maintaining high academic standards in a caring and safe environment, students excel both in the classroom and in extra-curricular competitions. Students leave high school prepared for college or the work force. The NRT checklist, application and agreement are posted to the District website at <http://www.fshisd.net>. Parents meeting eligibility categories may complete an application and be considered for approval in the order received based on the availability of space and resources. The completed application and supporting documents can be submitted via email to NRT1516@fshisd.net or in person at the District Administration Office, 4005 Winans Road. For additional information, call 368-8725 or send email to NRT1516@fshisd.net.

See NEWS BRIEFS, P6

Tiny device could save lives on battlefield

By David Vergun
Army News Service

Getting rapid treatment for wounds or injuries suffered on the battlefield can mean the difference between life and death.

Army medical researchers recently developed "a device that will revolutionize triage," said Lt. Col. Robert Carter. In other words, it could lower casualties in the first few minutes dramatically.

Carter, task area manager for Tactical Combat Casualty Care Research at the U.S. Army Institute of Surgical Research, Joint Base San Antonio-Fort Sam Houston, spoke May 14 during Lab Day at the Pentagon.

He demonstrated the Compensatory Reserve Index, or CRI, device. It's about the size of a small matchbox with a computer display. A wire connects it to a plastic clip that's placed on an injured Soldier's finger.

Once it's attached to the Soldier's finger, it displays his vital signs: body temperature, heart rate, breathing rate and blood pressure.

"One of the challenges now with triage is that with multiple casualties on the battlefield, the medic may have a difficult time determining which patients need to be treated first," Carter said.

He explained that while someone who is bleeding profusely might obviously need to receive care first, someone else may be suffering from internal injuries caused by a blast that resulted in injuries even more severe. But the extent of those injuries would likely go unnoticed until the vital signs were taken.

With the CRI, the medic can quickly snap the device on to everyone who is down and the vital signs are almost immediately displayed, Carter said.

In addition to the CRI, the medic has a smart tablet that displays multiple vital signs of

multiple casualties, all on one screen, he said. So once the medic snaps the CRI on a finger, he doesn't need to monitor each one. He can see the data from all patients on one screen and that makes it easier to keep track of things and do the prioritization.

Each CRI transmits its data signal wirelessly to the smart tablet. For purposes of the Lab Day display, a Bluetooth was used for the transmission, but Carter said in real-world operations, a more secure method of transmission would be needed. That determination has not yet been made.

The most important aspect of CRI is the "machine-learning algorithm" embedded in its chip that drives its intelligence, Carter said.

That algorithm extracts the patient's vital signs using "a material waveform-based photoplethysmography," which is the medical way of saying that it uses a non-invasive, optical method of detecting blood volume changes in the microvascular tissue, he said.

So, for example, each time the heart contracts, blood enters the finger at a maximum rate and as the heart muscle relaxes, the amount of blood decreases. The algorithm analyzes the wave form it produces over time, meaning a matter of seconds, he said.

If a patient is losing blood, the waveform changes and the algorithm analyzes the rate and type of change taking place. It predicts how long the patient has before he "decompensates" due to loss of blood and reaches a dangerous threshold where death is at risk.

If the CRI indicates very poor vital signs, the medic would then know to provide blood or resuscitative fluids to the patient immediately, Carter said, before it's too late to resuscitate him.

Another appealing factor of the CRI is that it's inexpensive and rugged, Carter said. Dur-

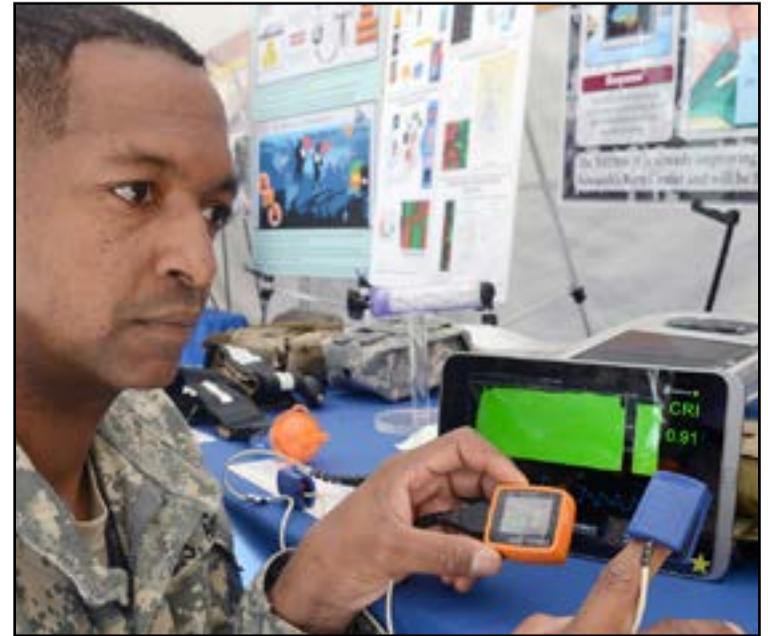


Photo by David Vergun

Lt. Col. Robert Carter shows the Compensatory Reserve Index, or CRI, that could lower casualties on the battlefield. Carter is the task area manager for Tactical Combat Casualty Care Research at the U.S. Army Institute of Surgical Research on Joint Base San Antonio.

ing the interview, he inadvertently dropped the CRI and it continued to work.

Currently, CRI is being tested by the U.S. Food and Drug Administration for certification. Then the Army will determine whether or not to field it, Carter said. Meanwhile, multiple civilian trauma care centers and clinics around the country are testing and using the device, as the Army has decided to share its technology.

"Right now, the Israeli Defense Force is using it and saving lives," he added, predicting that in the future, CRI "will save a lot of time and a lot of lives" when it gets in the hands of U.S. Army medics.

Lab Day featured many other Army medical displays showcasing combat casualty care advances, including hemorrhage control and blood products, the Army's Ebola response and research efforts, as well as regenerative medicine, including burn care, wound healing and skin substitutes.

Sgt. Aniyisa Barnes, lab technician, U.S. Army Medical Research Institute of Infectious Disease, at Fort Detrick, Md., and her co-worker, Spc. Elizabeth Meza Hernandez displayed a disposable Tyvek suit used to protect Army medical personnel from infectious diseases like Ebola.

Barnes explained that the suit is very comfortable to wear, especially in the tropics. Both Soldiers work at the lab where they take real samples of blood flown in from the field. She said they break down the DNA into RNA and then measure the amount and type of disease present.

While some of their co-workers have traveled to Africa to work at Ebola treatment units, Barnes said she and Meza Hernandez remained at Fort Detrick. She said they wear non-disposable rubber suits that are not quite as comfortable.

"It's exciting to know you're part of the big picture and making a difference," Barnes said.

AMEDDC&S tests Performance Triad pilot courses

By Phillip Reidinger
AMEDDC&S, HRCoE
Communications Director

The Army Medical Department Center and School, Health Readiness Center of Excellence at Joint Base San Antonio-Fort Sam Houston is the first participant in the fiscal year 2015 Performance Triad pilots program. All leadership courses are participating to validate the Performance Triad curriculum and training delivery model.

The leadership courses plan to spark different competitive activities and warrior challenges which facilitate discussion, using learning modules based on the most current sleep, activity and nutrition science.

The competition is not



Army Capt. Casie Saxion, a physical therapist at Joint Base San Antonio-Fort Sam Houston, briefs her small group class about the Performance Triad.

just limited to physical activity and includes sleep and nutrition challenges. Some include increasing fruit and vegetable intake to meet the Performance Triad goal of eight fruits and vegetables a day, while

others are looking to re-fuel 30-60 minutes after physical activity, another target goal.

The biggest challenge participants face is having enough discipline to reach the sleep goals. Some students are

already attempting to increase the number of hours of sleep each night and reduce their caffeine intake, particularly during the afternoon.

The leaders, who are students across the senior leaders' course, advanced leaders' course, basic officer leaders' course, and career captains' course, are the right people to employ and lead Performance Triad training in their next assignment and throughout their careers.

The Performance Triad is the Army Surgeon General's initiative to move from a health care system to the system for health. The Performance Triad is designed to strengthen individual and unit readiness through a comprehensive approach that promotes leadership and behavior change strategies to improve personal and unit readiness and resilience, as well as physical, emotional and cognitive dominance through optimized sleep, physical activity and nutrition.

These pilot programs are intended to work synergistically to optimize Soldier performance and maximize unit personnel readiness. There are more than 42,000



Photos by Phillip Reidinger

Army dentist Capt. Charles Grife from Joint Base San Antonio-Fort Sam Houston performs in the Performance Triad pull-up challenge.

Soldiers across the Army Active Component not medically ready to serve in a deployed environment. As the Army continues to face fiscal

and personnel resource constraints, it is critical that Soldiers and leaders are equipped with tools to maximize performance and combat power.

Promoting readiness through the Performance Triad

By Phil Reidinger
AMEDDC&S, HRCoE
Communications Director

The Army Medical Department Center and School, Health Readiness Center of Excellence, Graduate School staff and faculty at Joint Base San Antonio-Fort Sam Houston welcomed former faculty member Col. Deydre Teyhen, who returned to the school May 18 to present the latest information regarding promoting readiness through the Performance Triad.

Teyhen serves as the director, Health and Performance Triad in the office of the Army Surgeon General.

The Army relies on people more than any other service and the Performance Triad is an

investment in the Soldier System, Teyhen said.

She also noted that Soldiers are challenged by what is termed the three-block war: combat operations, peace enforcement and humanitarian operations. The success of the Soldier requires building resiliency and maintaining health and the Performance Triad focus on sleep, nutrition and activity drives good health, injury prevention and performance optimization.

Exercise has been shown to improve cognitive ability and decrease depression and anxiety by 75 percent.

Regarding nutrition, Teyhen said that research indicates 17- to 24-year old Soldiers are more likely to concentrate on

performance, not on health, so the concept of the application of the triad promotes a healthy life style that improves performance.

Teyhen noted during World War II, it took a pool of 2 million Americans to qualify 1 million Americans for service. Today, to qualify an equal number for service, the pool would need to be 4 million. Obesity is the big problem.

On average, 34 percent of caloric intake in American diets is sugar, which leads to problems with overweight and improper nourishment. No state has an obesity rate lower than 20 percent.

Reinforcing her point,

See TRIAD, P15



Photo by Phil Reidinger

German Joint Medical Service Surgeon General Lt. Gen. Ingo Patschke discusses Performance Triad objectives with Col. Deydre Teyhen following her presentation to graduate school faculty and students at the Army Medical Department Center and School, Health Readiness Center of Excellence, at Joint Base San Antonio-Fort Sam Houston.

News Briefs

Continued from P3

FSHISD Seeks Board Of Trustees Members

The Fort Sam Houston

Independent School District is soliciting for nominees to be considered for openings on the board of trustees. The positions must be filled by either military members or civilians living on or employed by Joint Base San Antonio-Fort Sam Houston. A volunteer must be 18 years of age or older, a U.S. citizen, a qualified voter and must not be a convicted felon. Trustees take an official oath and receive no compensation. Submit resumes no later than 5:30 p.m. Thursday to the school liaison office in building 2797 on Stanley Road. For more information, call 221-2214/2418

Volunteers needed to test gender-neutral physical standards

Joint Base San Antonio area

Airmen are needed to volunteer for physical standards studies required to potentially open the last six Battlefield Airmen career fields to women and to ensure gender-neutral standards across all Air Force specialties. The Physical Tests and Standards Study runs through July 18 and will consist of familiar physical tests like running, pull ups, push ups, as well as combat-related simulations like swimming, carrying life-size dummies, rock climbing, and climbing walls. Interested Airmen should get permission from their supervisors and then email T2@us.af.mil or call 652-2043. The Re-Validation of Strength Qualification Standards Study runs through Aug. 1 and will consist of familiar entry physical tests, to include those that measure strength. Airmen volunteers should contact Katie Linnenkohl at kastville@humanperfsys.com. Volunteers can come from a variety of backgrounds – active duty, guard or reserve, female and male. All participants must be between the ages of 18 years and 45 years old, must have a current passing physical fitness test (all four components), current preventive health assessment/medical clearance, willing to attempt physical tasks and must complete a safety and medical screening questionnaire.

'OK, I got a traffic ticket. Now what?'

By Lt. Steven B. Dews
Crime Prevention Manager
Joint Base San Antonio-
Fort Sam Houston

Despite what people might think, traffic tickets can often have a positive effect. This counts not only for the driver who was pulled over, but also for the drivers that pass by the stopped vehicle.

Traffic tickets are issued for a multitude of violations. Tickets are issued for violations of the Texas Transportation Code, Air Force Instructions, JBSA regulations, Command Policy Letters and Department of Defense Directives.

For instance, Texas State Bill 193 requires drivers to slow down or change lanes while passing a police (or any emergency) vehicle with its emergency lights activated.

As the person that was pulled over, you need to know what the next step is after receiving a traffic ticket.

The answer depends upon what type of ticket you received.

There are two types of traffic tickets issued by the Department of the Air Force police officers throughout Joint Base San Antonio: the Department of Defense Form 1408 (Armed Force Traffic Ticket) and the United States District Court Violation Notice.

It is up to the officer's discretion and the seriousness of the violation whether you receive one of the aforementioned tickets or get a verbal or written warning.

The DD Form 1408

is a multi-use ticket that may be used for anything from parking violations to uncontrolled pet complaints.

Depending upon your status on JBSA, this ticket could be forwarded to your unit commander if you are active duty, your sponsor's commander if you are a family member, or your section manager if you are a civilian or contractor employed by the DOD.

If you are a civilian with no affiliation to the DOD or JBSA, it will be handled by the 502nd Security Forces Squadron.

There is no monetary fine for the DD Form 1408. However, there may be points assessed against your driving privileges on all JBSA locations, including JBSA-Fort Sam Houston, JBSA-Randolph, JBSA-Camp Bullis and JBSA-Lackland.

These points will follow your career for 24 months. The points assessed are directed by Air Force Instruction 31-218(i), chapter 5 and range from one point for a minor parking violation to six points for a major violation.

Any driver acquiring six points but less than 12 points in a six-month period could have their on-post driving privileges suspended or revoked for a period of time, as directed by the 502nd Security Force and Logistics Support Group commander.

Any revocation or suspension of driving privileges based on traffic points will be at



Courtesy photo

Getting a ticket on Joint Base San Antonio locations can affect you in different ways, depending on your status at JBSA locations.

least 6 months. At 12 points, driving privileges will be suspended for up to one year.

The United States District Court Violation Notice is issued for state and federal traffic violations.

This ticket not only assesses points against your on-base driving privileges, but also comes with a mandatory monetary fine established by the Chief Justice of the Western District of Texas (Federal Magistrate).

The words "United States District Court" and "Federal Magistrate" should be key identifiers that you should not ignore this ticket. The fine assessments range from \$60 to \$425, which include a mandatory \$25 processing fee for each violation.

The Chief Justice of the Western District of Texas has set the minimum fine of \$225 for Failure To Maintain Financial Responsibility or, in other words, driving without insurance. The federal ceiling for this violation is \$5,000 if the presiding judge deems

it necessary.

At JBSA-Fort Sam Houston, the 502nd SFS extends a courtesy to drivers that declare they actually had valid insurance coverage on the date and time the ticket was written but could not present it during the traffic stop.

They have three days, excluding weekends and holidays, to hand-carry proof of insurance and the copies of their ticket to Security Forces Administration at building 2250 to the Magistrate Court Liaison office.

At the Magistrate Court Liaison office, the ticket will be evaluated for possible dismissal. Insurance purchased after the ticket was written, even on the same day, will not help the case.

If, after the three-day courtesy period has passed, a driver feels their ticket merits dismissal, only the assistant U.S. attorney, during your court appearance, may dismiss your ticket.

Lastly, depending upon the seriousness of the violation and the mandatory back-

ground check conducted during your traffic stop, you may be arrested, be directed to a mandatory court appearance, or both.

Failure to appear in court as directed by a federal court order or failure to forfeit (pay) the total collateral due (fine) will result in a federal arrest warrant issued in your name.

The U.S. Marshals Service is tasked with carrying out these warrants for arrest. There are no automatic re-sets just because you missed your day in court.

With the increase of traffic congestion and four-way stops in areas of heavy pedestrian traffic, drivers are reminded public safety is everyone's business.

Both drivers and pedestrians alike are held responsible for their actions.

In addition, the traffic flow plan in the parking lot of the Main Post Exchange is for one-way traffic only.

The maximum speed limit in all JBSA parking lots and the in and out lanes at all base entry control points is 10 miles per hour.

JBSA police officers and 502nd SFS employees wish all JBSA members a safe, healthy and event-free driving experience on all JBSA locations and remind people to "Click It Or Ticket."

(Kevin Rice, the Joint Base San Antonio-Fort Sam Houston Federal Magistrate Court Liaison Coordinator also contributed to this article.)

PHYSICIAN ASSISTANT RECEIVES RESEARCH AWARD



Photo by Esther Garcia

Retired Army Lt. Gen. Frank Ledford Jr. (left) presents the 2014 Lt. Gen. Frank Ledford Jr. Physician Assistant Post-Graduate Research Award to Capt. Joseph T. Costello (center) at a May 11 ceremony at Blesse Auditorium, Willis Hall, U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence. Costello is the fifth recipient of the award. Costello also received a certificate of recognition from Lt. Col. Jeffrey Oliver (right), chief, physician assistant section, with the Office of the Chief, Army Medical Specialist Corps. The annual award is presented to the most outstanding active duty physician assistant who has completed a doctorate of science residency in orthopaedics, emergency medicine or general surgery-intensivist or a doctorate of philosophy program. Costello is the deputy residency director, U.S. Army-Baylor University Physician Assistant Postgraduate Doctoral Program in Emergency Medicine at Fort Bliss, Texas.

AMEDDC&S, HRCOE PLAZA REPAIRS

The 502nd Civil Engineer Squadron at Joint Base San Antonio-Fort Sam Houston has begun repairs to the plaza by building 2840 and 2841 at the Army Medical Department Center and School, Health Readiness Center of Excellence.

Phase I of the project runs through June 10, while Phase II is from June 11 to July 9. During this time, alternating sides of the plaza between the buildings will be closed. Temporary directional signs will be in place to guide building occupants in the right direction.



Photo by Phil Reidinger



Maj. Gen. Joseph P. DiSalvo (center), commanding general, U.S. Army South, and Brig. Gen. Armando Meija (far right), Salvadoran army chief of staff, talk with members of the Colombian army May 13 in San Salvador about the progress of multiple engineering projects as part of Beyond the Horizon 2015.

EL SALVADOR from P1

medical clinics. In addition, medical and veterinary teams are providing care in four locations throughout the region. U.S. service members and partner nation representatives are gaining valuable experience by working side-by-side building together, treating patients and teaching each other best practices.

At the medical treatment sites, doctors, nurses and medics, along with assistance from local medical pro-

fessionals, are providing a host of care to include dental, optometry, preventative medicine and pharmaceutical support.

"We are here to provide medical care to the Salvadoran people," said Maj. Bryan Gray, commander, Headquarters and Headquarters Detachment, New Hampshire Army National Guard. "It's wonderful to provide the relief. We are seeing about 100 patients an hour over the course of a nine-hour day. We will be at this location for a week and then move to another

location for a week."

Beyond the Horizon seeks to build on the partnership between the U.S. and El Salvador through cooperation and training. Officials from the U.S. Department of State and U.S. Southern Command select the countries that request support for Beyond the Horizon based on a number of factors, including the needs of the population, the training benefit of proposed projects and the cost.

El Salvador and Panama are the recipient nations for this year's

Beyond the Horizon.

"This is the first time I've come here for a humanitarian relief mission," said Staff Sgt. Shea Ahern, a medic with the New Hampshire National Guard. "This is really great. The amount we are able to do for these people is incredible. The most rewarding part of this is to see the smiles of both the young and old."

As one patient explained, medical treatment can sometimes be difficult to access in the Central American country.

"I was seen for blood sugar, because I have diabetes," said Moises Armando Regalado, a 52-year-old local man. "This is really good. It's important for the community, because sometimes the clinic can cost too much and they often can't provide the care I need."

Along with providing medical assistance, construction is also a big part of the exercise. U.S. military engineers are building schools and treatment facilities throughout the region in cooperation with Salvadoran military engineers to learn from one another and create a better learning environ-



Photos by Sgt. 1st Class Brent Hunt

Spc. Lindsay Merrill, a dental assistant with the New Hampshire Army National Guard, hands out toothbrushes and toothpaste to local children during Beyond the Horizon 2015 in San Salvador May 12. At the medical operation, Soldiers provided immunizations, dental care, pharmaceutical support and optometry care.

ment in areas of need.

"We are doing construction projects here and right now we are working on this school," said Sgt. Brian Jackson, a carpenter with the 994th Engineer Company of the Colorado Army National Guard. "The heat is probably the biggest challenge, but building schools for the locals here is very rewarding. This is a great experience that we can come here and do this for these people."

Like their U.S. coun-

terparts, Salvadoran soldiers find the experience gratifying.

"I'm very proud to work with the Soldiers from the United States," said Pvt. Oswaldo Rivera Ramirez, a construction worker in the Salvadoran army. "I've learned a lot from the U.S. Soldiers. They have a method to building this school construction and it was new for me. I'm very appreciative of what U.S. service members are doing here in El Salvador."



Salvadoran army soldiers construct a wall while building a new school as part of Beyond the Horizon 2015 in San Salvador May 12.



Col. Robert Tyszko, an optometrist with the New Hampshire Army National Guard, examines a local woman during Beyond the Horizon 2015 in San Salvador May 12.



Maj. Claire Cundiff, physician with the New Hampshire Army National Guard, examines a local woman during Beyond the Horizon 2015 in San Salvador May 12.



Joint Base San Antonio

FORCE SUPPORT SQUADRON

Monthly Events

June

Bowling

Bowling centers make improvements

The JBSA-Fort Sam Houston Bowling Center is closed for installation of a fire suppression system. The JBSA-Randolph Bowling Center is also undergoing renovations and has limited lanes open. Bowlers are welcome to visit the JBSA-Lackland Skylark Bowling Center. For more information, call 671-1234.

Bowlers sign up for summer leagues

Sign up at the JBSA-Randolph Bowling Center to participate in one of the summer leagues.

The United States Bowling Congress-sanctioned Storm Pro-Am League takes place June 1 to Aug. 19. Each member to join the program receives a Storm bowling ball and entry into the Pro-Am tournament Aug. 28 at the JBSA-Lackland Bowling Center. The Professional Bowlers Association Experience League is from June 1 to Aug. 19. Participants bowl on the same types of PBA patterns and challenging lane conditions as professional bowlers during this 12-week USBC sectioned sports league. Both of these leagues are open to USBC youth and adults.

The Coushatta Casino League runs from June 1 to Aug. 6. Members of this USBC league enjoy a trip to the Coushatta Casino in Coushatta, La. Aug. 9-10 with round-trip bus transportation and hotel accommodations included. This league is open to USBC adult bowlers 21 years and older.

For more information concerning any of these leagues, call 652-6271.

Fathers are treated to bowling specials

Fathers bowling at the JBSA-Lackland Skylark Bowling center June 21, 11 a.m. to 4 p.m., receive free shoe rental. For more information, call 671-1234.

The JBSA-Randolph Bowling Center offers three free games of bowling for dads June 21, 1-4 p.m. Shoe rental is not included. Family members can bowl for the special Father's Day rate of \$2.50 per game. For more information, call 652-6271.

Community Programs

Force Support Squadron appreciates customers

This year's Customer Appreciation event takes place at the JBSA-Randolph Parr Club June 5, 5-9 p.m. Activities include free summertime food with a buffet for adults and kids, swimming, music, games, face painting and inflatables. Vendor-provided games include a four-sided 24-foot rock climbing wall, a large inflatable slide and mechanical bull. Admission to the center pool is free after 5 p.m. A bar is available for the purchase of alcoholic beverages and sodas.

As a special thanks, FSS customers are being offered \$2 off San Antonio Zoo tickets (limit of four per Department of Defense ID card) at the Community Services Mall (building 895) June 5. This event is sponsored by THE GUNN AUTOMOTIVE GROUP, Randolph-Brooks Federal Union, First Command and Budweiser. No federal endorsement of sponsors intended.

Theater presents "Red, White and Tuna"

Red, White and Tuna takes place at the JBSA-Fort Sam Houston Harlequin Dinner Theater until June 6. This show takes the audience through a satirical ride into the hearts and minds of the polyester-clad citizens of Tuna, Texas, where men are men, gossip reigns supreme and everyone knows your business. Along with Tuna's perennial favorites, some new Tuna denizens burst into the Forth of July Tuna High School Class Reunion, which sets the stage for a show full of fireworks and fun. This show is sponsored by The GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 222-9694.

Expectant parents prepare for baby

Bundles for Babies is held June 5, 8:30 a.m. to 12:15 p.m., at the JBSA-Randolph Military & Family Readiness Center and June 17, 1-4 p.m., at the JBSA-Lackland Military & Family Readiness Center. Newly expecting parents learn about finances, car seat safety, new parent support programs, dental hygiene, Women Infants and Children and other support programs. These events are open to all active-duty service members and their spouses. Registration is required. Call 671-3722 for the JBSA-Lackland workshop and 652-5321 for the JBSA-Randolph workshop.

Buyers find bargains

Find bargains at the JBSA-Lackland Skylark Community Center quarterly flea market in the Warhawk Fitness Center parking lot June 6, 8 a.m. to noon. Enjoy shopping, food and music. Sellers can rent spaces for \$10 and tables for an extra \$5 each, cash only. For more information, call 671-3191.

Summer camp starts with the arts

The JBSA Exceptional Family Member Program hosts "Starts with the Arts" summer camp for JBSA EFMP special needs children ages 5-18 and their siblings. The camp provides an opportunity to engage and inspire through the arts with fun activities in music, dance, drama and visual arts. Registration is ongoing until full. The JBSA-Fort Sam Houston camp is June 23-26, 9 a.m. to noon, at the Dodd Field Chapel; the JBSA-Lackland camp is June 8-12, 9 a.m. to noon at the Freedom Chapel and the JBSA-Randolph camp is July 20-24, 9 a.m. to noon, at the Religious Activities Center. To sign up, call 221-2705 for the JBSA-Fort Sam Houston camp,

671-3722 for the JBSA-Lackland camp and 652-5321 for the JBSA-Randolph camp.

Key spouses attend training

Military spouses who have volunteered or have been appointed by a unit commander as a Key Spouse must attend this training June 10, 8:30 a.m. to 1 p.m., at the JBSA-Lackland Military & Family Readiness Center. The training covers Key Spouse roles, resiliency, suicide awareness and sexual assault prevention and response. For more information, call 671-3722.

New spouses learn about JBSA

Military spouses are welcome to attend the Spouse Information Fair, June 11, 9 a.m. to noon, at the JBSA-Fort Sam Houston Military & Family Readiness Center. Spouses meet and connect with over 20 different military agencies to learn about services offered in JBSA. For more information, call 221-2705.

Workshops support resiliency

Leaders, managers, team members, parents and spouses learn to identify the innate strengths, talents and motivations of a team or family. Sign up for the Four Lenses™ Discover Workshop, June 12, 9 a.m. to noon, at the JBSA-Fort Sam Houston Military & Family Readiness Center. Learn to map out the strengths of an entire team, work more effectively with natural talents and embrace diversity by appreciating and tolerating the differences in others. For more information, call 221-2380.

JBSA patrons separating or retiring from the military are welcome to attend the Transition Information Program workshop June 18, 8 a.m. to 4 p.m., at the JBSA-Lackland Gateway Club. The workshop focuses on networking, veteran education benefits, civilian health care, career transitioning, housing and property markets and more. For more information, call 671-3722.

Single parents are connected

This monthly forum is scheduled to meet June 18, noon to 1 p.m., at the JBSA-Randolph Military & Family Readiness Center. Single parents discuss issues related to being a single parent. This month the Family Advocacy team is on-site to present "Dating-It's a Jungle Out There." For more information, call 652-5321.

Amateur brewers show their craft

Beer lovers are invited to the JBSA Master Brewer Contest June 19, 5-7:30 p.m., at JBSA-Lackland Arnold Hall. Amateur brewers feature their best home brew in the following categories: brown ale, blonde ale, India Pale Ale, stout and pilsner American. Judges taste and score the entries in each category and select a winner. Competitors must sign up by June 1. This event is free and

JBSA FSS

open to all eligible Department of Defense ID cardholders. For more information, call 671-2619.

A movie day makes play okay

The JBSA-Randolph Exceptional Family Member Program hosts EFMP families to a special showing of the movie "Inside Out" at the IMAX theater, June 20, 10:30 a.m. This opportunity provides EFMP families with a safe and accepting environment to enjoy the movie. The auditorium is dedicated to the program and has the lights up, sound turned down and audience members are invited to get up and dance, walk, shout or sing. Registration is due June 12. For more information, call 652-5321.

Community hosts information fair

The JBSA-Fort Sam Houston Golf Club hosts a Community Extravaganza Fair June 28, 9-11 a.m. All Department of Defense ID cardholders are welcome to visit with representatives from various agencies and local businesses to learn more about JBSA and the surrounding area. For more information, call 221-2606.

Clubs

Kendrick Club hosts bingo fun

The JBSA-Randolph Kendrick Club hosts bingo extravaganzas June 1 and 15 with \$15,000 in total jackpots, a complimentary buffet at 5:30 p.m. and early bird bingo at 6 p.m. JBSA-Randolph bingo players with June birthdays get a complimentary bingo machine, cake and champagne June 9 and are entered to win \$30 in Randolph Club Bucks. This is for Randolph club members only; ID and club card are required. For more information, call 652-3056.

The month starts with a party

Start the month at the JBSA-Lackland Gateway Club Maverick Lounge featuring Doggin' Dave Productions June 5, 5-8 p.m. Enjoy bar food, cold drinks, good friends and music. For more information, call 645-7034.

Chef creates tasty dinner specials

The JBSA-Lackland Gateway Club's chef creates a special evening dining experience in the Mesquite Dining Room, 5-8 p.m., with great menus for everyone to enjoy. The price for these meals is \$16.95 for members and \$18.95 for nonmembers. The chef prepares tilapia stuffed with crab meat and topped with white wine sauce, rice pilaf, broccoli spears, clam chowder and a salad June 5. The menu for June 12 features a bacon-wrapped filet mignon with Béarnaise sauce, sautéed jumbo shrimp, potatoes, roasted asparagus and a house salad. On June 19, the chef serves a 16-ounce T-bone steak with sautéed mushrooms and onions, twice-baked potato, mixed vegetables and a house salad. Finally, the chef's special for June 26 includes beef tenderloin with wine sauce, rosemary roasted red potatoes, asparagus spears and a house salad. For more information, call 645-7034.

Karaoke singers put on a show

Sing karaoke or enjoy the entertainment and a frosty beverage at the JBSA-Lackland Gateway Club June 6 and 20, 8 p.m. to midnight, in the Lone Star Lounge with DJ Dee Dee. For more information, call 645-7034.

DOMINO KING TOURNAMENT

JUNE 6 • 11 A.M. CHECK IN

Sign up for the first JBSA Domino King Tournament. If a partner is needed, one can be assigned. This is a 200-point game and if there is a tie--play over (no 5 point spinner game). Upon sign up, participants receive the rules of play. Dominos are provided and players can bring personal domino holders. Trophies are awarded to the top three finishers. To sign up, call 652-3056 by June 1.



WWW.MYJBSA-FSS-MWR.COM



The DJ plays all the right tunes

Enjoy great music provided by DJ LJU at Variety Night June 12, 19 and 26, 5 p.m. to 1 a.m., in the JBSA-Lackland Lone Star Lounge. Hit the dance floor, relax on the patio or shoot some pool. For more information, call 654-7034.

Classic sounds bring back old school

The JBSA-Lackland Gateway Club takes it back to the good ol' days June 13, 6-11 p.m., in the JBSA-Lackland Lone Star Lounge. DJ Doggin' Dave Productions provides the music while patrons relax in the lounge or on the patio with pool tables and big screen televisions. For more information, call 654-7034.

Members are valued

The JBSA-Lackland Gateway Club honors club members with a special buffet in the Fiesta Ballroom June 16, 5-8 p.m. Entertainment is provided by Doggin' Dave Productions. The cost for this dinner is \$10.50 for members and \$12.50 for nonmembers. The menu includes a salad bar, chicken Marsala, roasted pork loin, almond crusted tilapia with lemon dill, red potatoes, wild rice, baby peas, California blend vegetables, rolls, fruit cups and Boston crème pie. For more information, call 645-7034.

Fathers dance with daughters

Attend the JBSA-Parr Club for the annual Father-Daughter Dinner and Dance June 20, 5-8 p.m., for daughters ages 2-15. The evening includes a buffet dinner, entertainment provided by DJ Stevie Mac and arts and crafts. The cost is \$20 per father/daughter couple for members and \$5 for each additional daughter. Cost for nonmembers is \$40 per father/daughter couple and \$10 for

each additional daughter. Reservations are accepted starting June 2 and prepayments are required. For more information, call 652-4864.

All dads are appreciated

Bring fathers and grandfathers to the JBSA-Randolph Parr Club June 21 for a Father's Day feast. Seating times are between 10 a.m. to 1:30 p.m. and the brunch is open to all Department of Defense ID cardholders. Dads and granddads are eligible to enter a drawing for club gift certificates. Cost to attend is \$22.95 for members and 12.95 for members' children, ages 6-12. Cost for nonmembers is \$27.95 and \$14.95 for nonmember's children, ages 6-12. Children 5 and younger eat for free. Reservations are required for groups with 10 or more. For more information, call 652-4864.

The end of the month is cause for celebration

Close out the month at the JBSA-Lackland Gateway Club Maverick Lounge June 26, 5-8 p.m., with DJ LJU Sounds. Relax on the patio or enjoy some pool. For more information, call 645-7034.

Equestrian Center

Riders join camp

The JBSA-Fort Sam Houston Equestrian Center holds summer horsemanship camps June 8 to Aug. 10, 9 a.m. to 3 p.m. The camps teach youth how to care for and ride horses in a fun and safe environment. The camps are open to youth ages 7-17 and run weekly. The cost is \$275 per week and a \$50 deposit is required. These camps are sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 224-7207.

HAPPY FATHER'S DAY

PRE FATHER'S DAY BUFFET

June 18 • 11 a.m. to 3 p.m.

Surprise dad and treat him early with the Pre-Father's Day Buffet at the JBSA-Lackland Gateway Club Food Court. This treat is specially priced for dads at \$9.95 and for all others at \$10.95 per person.

For more info, call 671-0771. WWW.MYJBSA-FSS-MWR.COM

Saddle up and ride

The Equestrian Center at JBSA-Fort Sam Houston offers horseback riding lessons for beginners and advanced riders in English and Western style riding. Therapeutic riding lessons with certified instructors are also available. Horses, saddles and tack for lessons are provided if needed. Patrons must be at least 7 years old to participate. Lessons are by appointment only. Cost is \$60 per hour for a single private lesson, \$175 for five group lessons, \$225 for five semi-private lessons and \$250 for five private lessons.

Trail rides are available Saturdays and Sundays, 8:30 a.m. to 2 p.m., for guests 7 years and older. Cost is \$30 and adults must accompany children 12 years and younger. Riders must be at least 4 feet 6 inches tall and weigh no more than 200 pounds.

The Equestrian Center offers parent-led pony rides Saturdays and Sundays, 10 a.m. to 2 p.m., for guests 6 years and younger. The cost is \$10 and adults must accompany children. Availability is on a first-come, first-serve basis.

These Equestrian Center programs are sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 224-7207.

Fitness

Competitors grab a partner and run

Team up and compete in the JBSA-Randolph Fitness Center Two-Person Team 10K Relay June 6, 7:30 a.m., at Eberle Park. The first team member must complete the 5K run route in order for the second member to tag off and begin running the next 5K. This event is open to all Department of Defense ID cardholders and is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 652-7263.

Athletes test endurance

Participants are encouraged to test their endurance at the JBSA-Fort Sam Houston triathlon June 14, 7 a.m., with a 200-meter swim, 5-mile bike ride and a 1-mile run. Pre-registration for this summer kickoff triathlon is \$20 and the deadline to register is June 8. The triathlon begins at the JBSA-Fort Sam Houston Aquatic Center. For more information, call 221-4887.

Coed two-person teams sign up for obstacle course

The JBSA-Lackland Gillum Fitness Center hosts a free coed team obstacle course June 15, 7 a.m. The two-person teams are comprised of one male and one female. The obstacle course includes a one-mile ride on a spin bike, push ups, sit ups, tire flips, burpees, two-person wheel barrow and finishes with the Army crawl. For more information, call 977-2353.

Come one and all for racquetball

Compete in the JBSA-Fort Sam Houston racquetball tournament June 20, 9 a.m. Racquetball is a great cardiovascular workout and it builds endurance, works all the muscle groups and is fitting for all skill levels and ages. All Department of Defense ID cardholders are invited to participate in this tournament. Registration ends June 12. For more information, call 221-1234.

Marathon training gets runners prepared

All runners training for a marathon are invited to join the JBSA-Randolph Fitness Center at Eberle Park for a 10-mile run June 20, 7 a.m. This is the first of three marathon training runs. This run is open to all Department of Defense ID cardholders and is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 652-7263.

FAMILY MOVIE NIGHT

JUNE 20 • 7 P.M.



JBSA - FORT SAM HOUSTON
MILITARY FAMILY READINESS CENTER

This free event is sponsored by the
GUNN AUTOMOTIVE GROUP.
For more information, call 652-5763.



No federal endorsement of sponsor intended.

Golf

Warrior teams compete for prizes

Golfers are invited to play in the monthly Warrior Four-Person Scramble at the JBSA-Fort Sam Houston Golf Course June 5, 12:30 p.m. The cost is \$25 for members, \$35 for nonmembers and includes 18 holes of golf, green fees, golf cart and dinner. Gift certificates are presented to the winners of the longest drive, closest to the pin and first-, second- and third-place winners. For more information, call 222-9386.

Golfers play into the night

The JBSA-Lackland Gateway Hills Golf Course holds a four-person scramble that takes players into evening hours. Play the back nine in the daylight and front nine at night. The cost is \$40 per player. The categories for prizes are winning team, best dressed team and best dressed individual. Entry deadline is close of business June 10. For more information, call 671-3466.

Dads get discounts in Pro Shop

Surprise dad with a gift from the JBSA-Lackland Gateway Hills Golf Course Pro Shop with 10 percent off

all in-stock and special-order merchandise June 13 and 14. Some exclusions may apply. For more information, call 671-2517.

Junior golf camp makes young golfers pros

Calling all junior golfers 8 years and older to the JBSA-Fort Sam Houston Golf Course summer junior golf clinic June 8-12, 9-11 a.m. Junior golfers receive instruction on swing fundamentals, golf etiquette and rules and on-course instruction. Clubs are provided for students needing equipment. Cost is \$100 per student and payment must be made in advance. For more information, call 222-9386.

Participate in the JBSA-Randolph Golf Course's Junior Golf Camp, June 15-19. Camp runs Monday-Thursday, 8-10:30 a.m., and Friday, 9 a.m. to 1 p.m. Cost is \$125, which includes a set of golf clubs or \$50 for youth who have their own set of clubs. The first four days of the camp focus on chipping, putting and hitting and the final day includes pizza and a tournament. For more information, call 652-4653.

Golfers team up with the pros

Attend the JBSA-Randolph Golf Course's U.S. Open Blind Draw Tournament June 20, 7-9 a.m. This is an individual, low net, low gross tournament and golfers' scores are combined with a Professional Golfers' Association pro from the United States Open. Entry fee is \$10 plus green fees and cart fees. For more information, call 652-4653.

Dads attend a Father's Day social

All fathers are invited to celebrate Father's Day with the JBSA-Fort Sam Houston Golf Course June 21 with a 12:30 p.m. shotgun start. The cost is \$25 for members and \$35 for nonmembers and includes 18 holes of golf, green fees, golf cart, dinner and gift certificates for the winners of the longest drive and closest to the pin. The first-, second- and third-place winners also receive gift certificates. For more information, call 222-9386.

Families compete to win

Spend quality time with the family during the JBSA-Randolph Golf Course's parent/child golf tournament June 21. Tee times are noon to 1 p.m. This is a two-person scramble and lunch is served before the round. Cost is \$20, which includes lunch, green fees and cart rental. For more information, call 652-4653.

Information, Tickets and Travel

Families enjoy a Universal Orlando special

Take advantage of Universal Orlando's buy-one, get-two free special at JBSA-Lackland Information, Tickets and Travel. Buy a one-day park-to-park ticket and get two additional days free. Cost is \$136 for adults and \$130 for children, ages 3-9. These tickets must be purchased by June 6 and used by June 20. This offer is valid for all Department of Defense ID cardholders. For more information, call 671-3059.

Travelers take an Alaskan adventure

Book tickets with JBSA-Lackland Information Tickets and Travel for a trip from Seattle, Wash., to Juneau, Skagway, Glacier Bay, Ketchikan and Victoria British

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JBSA FSS

Columbia Sept. 5-12. Rates start at \$1,092 per person for an inside room, \$1,562 per person for an ocean view and \$1,742 per person for a room with a balcony. Rates includes round-trip airport transfers. Gratuities and airfare are not included in the price. Airfare is \$300 per person, if available, to be paid in full at the time of booking. Twenty percent of the total cruise fare and a \$10 service fee are due at the time of booking and the final payment is due June 15. For more information, call 671-3059.

Discounted tickets make travel easy

The JBSA-Fort Sam Houston Information and Tickets Office is located inside the JBSA-Fort Sam Houston Community Center and is open Tuesday-Friday, 9 a.m. to 4 p.m. Purchase tickets for several favorite local attractions and sports including the San Antonio Zoo, Natural Bridge Caverns as well as out-of-town attractions such as Disney Parks and Universal Orlando Studios. For more information, call 808-1378.

Families enjoy summer entertainment

The JBSA-Randolph Information Tickets and Travel is available to help entertain the kids this summer. Purchase tickets for local attractions such as Ripley's Believe It or Not, the Wax Museum, Haunted Adventure, Guinness World Record Museum, Natural Bridge Caverns, Natural Wildlife Park, Rio San Antonio Boat Ride, the San Antonio Zoo and Aquarium, K-1 Speed and the Malibu Grand Prix. Stop by the Community Services Mall, building 895, for discount tickets. For more information, call 652-5142.

Library

Readers "Read to the Rhythm" this summer

JBSA libraries encourage families to shake, rattle or roll to the library for "Read to the Rhythm," the summer reading program, beginning June 1. Over the next two months, the libraries host a range of free activities for children, teens and adults that encourage and support a love of reading. Register now through August. Participants win prizes for reaching reading goals. Visit the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library Thursdays at 10 a.m., the JBSA-Lackland Library Tuesdays at 10 a.m. and the JBSA-Randolph Library Wednesdays at 10 a.m. to take part in special activities. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library at 221-4702, the JBSA-Lackland Library at 671-2673, the JBSA-Randolph Library at 652-5578 or visit <http://www.jbsalibraries.org>.

Libraries provide all types of entertainment

The JBSA-Fort Sam Houston Keith A. Campbell Memorial Library, JBSA-Lackland Library and JBSA-Randolph Library offer best-selling and classic eBooks, audio books, music, videos and popular magazines through the libraries' digital collection, available 24/7. Browse, borrow and enjoy media on computer, tablet, smartphone or eReader devices. This service is free with a library card, which may be obtained at all local JBSA Libraries. For more information, call the JBSA-Fort Sam Houston Library at 221-4702, the JBSA-Lackland Library at 671-2678 or the JBSA-Randolph Library at 652-5578 or visit www.jbsalibraries.org

Outdoor Recreation

Swimming proves a point

Join the JBSA-Fort Sam Houston Aquatic Center and thousands of kids and families at aquatic facilities and water parks around the globe June 18, 8-11 a.m., for The World's Largest Swimming Lesson™. We're breaking the Guinness World Record™ to spread the word that Swimming Saves Lives™. This event is open to all Department of Defense ID cardholders, ages 5-16. Registration begins at 8 a.m. and concludes at 9:40 a.m. The event starts promptly at 10 a.m. For more information, call 221-4887.

Participants take aim

Join the JBSA-Camp Bullis Rod-N-Gun Recreation Center June 27-28, 8 a.m. to 1 p.m., for the 3-D archery competition. Registration is 8-10 a.m. There is a \$15 fee for the fun shoot, a \$5 fee for kids 12 and younger or a \$20 fee for the competitive shoot. For more information, call 295-7529.

Student Activity Center

DJ night gets the sound right

All JBSA-Fort Sam Houston Medical Education and Training Campus students are invited to enjoy the latest and greatest sounds of today's music, featuring a live DJ in Club Zero June 19 and 26, 6-8:30 p.m. This is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 466-5049.

Students sing away with karaoke

Come down to the JBSA-Fort Sam Houston Medical Education and Training Campus Club Zero Tuesdays, 6-8:30 p.m. Club Zero has a state of the art sound system and plenty of tunes to match everyone's singing style. This event is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 466-5049.

Youth and Children

Summer open recreation hours begin

JBSA-Fort Sam Houston Youth Programs offers open recreation during the summer for ages 11-18 at building 1630, Monday-Friday, 2-8 p.m., and Saturdays, 1-8 p.m. Check the monthly calendar for upcoming field trips, clubs, programs and youth specialty camps. For more information, call 221-3502.

JBSA-Lackland Youth Programs summer operating hours begin June 8. Preteen open recreation is available Monday through Saturday, 1-6 p.m. Teen recreation hours are Monday through Thursday, 4-8 p.m., Friday, 4-11 p.m. and Saturday event scheduling only. For more information, call 671-2388.

Father's and sons spend quality time

JBSA-Randolph Youth Programs hosts a father and son outing with doughnuts, basketball and fun in celebration of Father's Day. Share a delicious doughnut breakfast with dad while enjoying quality time together. This event is free

and open to families with sons 5 years and older. Register by June 18. For more information, call 652-3298.

Soccer enthusiasts register for British soccer camps

JBSA-Lackland Youth Sports hosts British Soccer Camp Aug. 3-7, 3:30-5:30 p.m., for children ages 3 to 16. Activities include individual foot skills, technical drills, tactical practices, small-sized games and coached scrimmages. Registration and payment are due by June 19 at <http://challenger.mycustomerevent.com>. For more information, call 671-2510.

Teens participate in summer camp

Attention all teens, check out the JBSA-Fort Sam Houston Youth Programs Teen Summer Camps June 8 to Aug. 21, Monday-Friday, 6 a.m. to 3 p.m. These camps offer swimming, field trips, learning life skills, community service projects and more. Cost is \$120 per week which includes breakfast, lunch, snacks and most entry fees. Registration is open now. For more information, call 221-3502.

Join JBSA-Randolph Youth Programs Teen Summer Camps June 8 to Aug. 22. Camps are Monday-Friday, 7:30 a.m. to 3 p.m. Teens ages 13-18 may participate and camps include swimming, field trips, learning life skills, community service projects and more. Registration is open now and cost is \$130 per week which includes breakfast, lunch, entry fees and supplies. For more information, call 652-3298.

Parents take a break

JBSA-Lackland Youth Programs offers parents a break June 20, 1-5 p.m. This program provides children, 5-12 years old, activities, games, entertainment and snacks. The enrollment fee is \$25 per child with a multiple child discount or free with a Give Parents a Break referral. Pre-registration is required. For more information, call 671-2388.

JBSA-Randolph Youth Programs hosts Give Parents a Break/Kids Adventure Night June 19, 6-10 p.m. Registration is June 1-17. This event is held at the Child Development Programs Annex for children 2 years old and younger and at Youth Programs for children 3 years old and older. Registration for GPAB waiver holders is free and all others pay \$25 with a multiple child discount. For more information, call 652-4946.

STAY CONNECTED

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

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



What's the state of your air?

By Karla Simon
U.S. Army Public Health Command

As the frigid weather that gripped most of the country is behind us, most people are feeling a bit of cabin fever and cannot wait to go outside into the sunshine and fresh air. However, before you store your winter gear and take a few days off to bask in the sun, start a new habit of checking the air quality.

May is "Clean Air Month." As part of your transition into spending more time outdoors, check the state of your air first.

The American Lung Association has put together the, "State of the Air Report," that uses data from air quality monitors located throughout the United States. This report shows that more than 131.8 million

people, 42 percent of our nation, live where air pollution levels are often too dangerous to breathe.

Air pollutants are gases and tiny particles released into the air that cause serious health effects such as cancer or that are harmful to our environment.

Ozone (smog) and greenhouse gases (carbon dioxide, methane, nitrous oxide and fluorinated gases) are the more well known air pollutants. Other toxic pollutants include lead, nitrogen dioxide and sulfur dioxide. Then there are the allergens, pollen and mold that also contribute to so-called "bad air."

Air pollution can cause respiratory symptoms: cough, wheezing, shortness of breath and chest tightness. Some people experience symptoms such as chest pain,

palpitations and unusual fatigue.

Individuals with pre-existing lung conditions such as asthma, bronchitis and emphysema or with heart conditions such as coronary artery disease and congestive heart failure are more susceptible to the effects of air pollution.

Those who have weakened immune systems, chronic illnesses such as diabetes or others who are generally unhealthy are at risk. People who exercise and work outdoors, as well as children who play outside, are at higher risk too.

The more you learn about the air you breathe, the more you can protect your health. Consult the Air Quality Index before planning outdoor activities. Your local news station or newspaper usually re-



ports the forecast for the air quality for your region. There are 5 AQI categories (good, moderate, unhealthy for sensitive groups, unhealthy and very unhealthy) and six corresponding colors (green, yellow, orange, red, purple and maroon). Each category correlates to an increasingly less healthy level of air pollution.

Imagine the AQI as a yardstick that runs from zero to 500. As the AQI value increases, the level of air pollution increases and the more concerned you should be about your health.

For example, an AQI value of 50 represents a day of good air quality with little potential to affect public health, while an AQI value over 300 represents hazardous air quality and you should take precautions to protect your health.

There are ways to reduce your risk when air pollution reaches levels that are in the unhealthy range.

- Stay indoors on days that the air pollution levels are high.
- Run the air conditioner to help stay cool and filter the air.

- Take your medicine, whether it's for allergies, asthma or any other chronic illness that may be triggered by the poor air quality.

- Delay using gasoline-powered lawn and garden equipment until air quality is healthy again.

- Refuel vehicles after dusk, when emissions are less likely to produce ozone.

People can get a grade for the air quality for the region they live by visiting the AirNow website at <http://www.airnow.gov> and entering their zip code or state.

Military members must protect themselves against hearing loss

By Tom Helfer, Ph.D.
Hearing Conservation Consultant
U.S. Army Public Health Command

There are a number of causes of hearing loss. Some of them involve temporary loss that can be treated with medication or surgery. Others are permanent and not treatable with medication or surgery but may be mitigated with amplification, such as hearing aids.

The most common type of hearing loss in the military is noise-induced hearing loss, or NIHL.

NIHL is a permanent type referred to as sensorineural hearing loss. SNHL is due to damage to microscopic nerve cells in the cochlea, the

end organ of hearing. NIHL is painless, progressive, permanent and preventable.

Exposure to steady noise above damage criteria – 85 decibels – over a period of years can lead to NIHL. Weapons fire is referred to as impulse noise. Exposure to impulse noise above damage criteria – 140 peak decibels – can cause sudden permanent SNHL. This means that firing a few rounds on a range without hearing protection can cause permanent hearing loss.

By Army regulation, Soldiers are to be supplied with adequate hearing protection devices suitable for their operational environment. Soldiers also have free-

dom of choice as to the types of hearing protecting devices available to them at no charge.

Since September 2006, Soldiers are required to have annual hearing tests for the purpose of monitoring their hearing readiness and maintaining adequate hearing to perform their duties.

These hearing tests also produce the outcomes metrics for monitoring progress in hearing loss prevention practice.

Since August 2013, the U.S. Army Public Health Command has posted active duty Army NIHL surveillance reports on their web page.

The Active Duty Noise Induced Hearing Injury



Photo courtesy U.S. Army Public Health Command
Soldiers are required to have annual hearing tests for the purpose of monitoring their hearing readiness and maintaining adequate hearing to perform their duties.

Reports contain detailed five year data trends and analysis along with a set of summary tables detailing NIHL rates for injury groups such

as Army-wide rates compared to DOD, occupation groups, age, gender groups and Army installations grouped by region compared to

total Army.

The intent of these surveillance reports is to inform commanders and hearing loss prevention stakeholders of progress in preventing hearing loss. These reports can be accessed at <http://phc.amedd.army.mil/whatsnew/Pages/PeriodicPublications.aspx>.

To learn more about hearing loss, hearing protection and how annual hearing tests help to keep track of hearing loss rates, visit the Army Hearing Program web pages at <http://phc.amedd.army.mil/topics/workplacehealth/hrc/Pages/RelatedSites.aspx> and <http://phc.amedd.army.mil/topics/workplacehealth/hrc/Pages/default.aspx>.

Navy researchers' work helps wounded warriors

By Shannon Collins
DOD News, Defense Media Activity

Within the laboratories of Naval Medical Research Unit-San Antonio, or NAMRU-SA, at Joint Base San Antonio-Fort Sam Houston, interdisciplinary teams of biomedical engineers, environmental microbiologists, dentists, chemists and other researchers work to research technology that will help wound treatment for the Department of Defense warfighter.

NAMRU-SA's mission is to conduct medical, craniofacial and biomedical research, which focuses on ways to enhance the health, safety, performance and operational readiness of Navy and Marine Corps personnel and addresses their emergent medical and dental problems in routine and combat operations. They share their findings with the other service branches.

Within NAMRU-SA, the Craniofacial Health and Restorative Medicine Directorate team focuses on research to re-engineer wound healing, infection control and dental treatments.

It also advances DOD's environmental stewardship and assists wounded warriors.

"The research here encompasses everything above the shoulders," said Navy Capt. Rita Simmons, NAMRU-SA's commanding officer.

"And the most common injuries now – with the body armor being so effective – we're looking at wounds in the head and face area. That area of research has really moved to the forefront

of our wounded warrior issues.

"Groups of scientists are spending a lot of time looking at ways to fight infection caused by injuries of various forms to the head, face and neck areas, and we are working to improve outcomes," Simmons said.

The researchers at NAMRU-SA do not create the cranial implants, but they are working on redesigning the surface of titanium implants and developing nano delivery systems for antimicrobials and local anesthetics for controlling pain and infection after a burn or head injury, said Mauris DeSilva, a principle investigator with the directorate.

DeSilva said a patient who has a traumatic head injury may suffer the loss of portions of their skull bone or could have an elevation of intracranial pressure requiring the removal of a portion of the skull by surgeons to relieve pressure from excess fluid build-up.

Replacing the skull bone often requires an implant. These implants are typically made of durable polymers or titanium. Patients who go through this surgery have a high rate of post-surgical infections,



which may necessitate removal and replacement of the implant. Warfighters going through these surgeries could get post-surgical infections, which is what DeSilva's team is trying to reduce.

"Obviously, through any type of force, whether it's some sort of blunt force trauma or blast injury to the head, quite often, the skull will be damaged during that process," Simmons said. "But there are ways to improve the cranial implants that are used as part of the recovery process and ways that we can help fight infection. We don't make the implants here but we investigate new surface materials to improve the implant's function and reduce the rates of infection that can directly improve quality of life outcomes after the injury."

Simmons added, "Infections beget surgery and if there are more

infections, there's more surgery, lost tissue, lost recovery time, psychological impact."

DeSilva said his team is working on optimizing the surface roughness of the implants. His team is also developing a nano coating that has nano materials with antimicrobials so they will have a controlled release over a specific duration of time.

"What we hope is, after recommending the roughness scale that's optimized for this implant, we want to take it a step further and have the implant produce an acute antimicrobial release for at least 30 days," he said. "This is the time period that they're seeing is therapeutically effective to kill most infections."

Wound dressings now used on the battlefield are traditional bandages, officials said. They help control hemorrhage but do not actively help in the healing process. Researchers are looking into creating bandages with bioactive factors such as growth factors, antibiotics and other agents that may speed up healing and reduce scar formation, said Navy Capt. Jonathan Stahl, a research dentist.

The engineers and scientists at NAMRU-SA have built an electrospinning device that researchers can use to make dressings using nanofiber technology.



Photo by E.J. Hersonm

Navy Cmdr. David Leal uses a computer-assisted tool that displays tooth cracks during a procedure Jan. 15 at the Naval Medical Research Unit-San Antonio at Joint Base San Antonio-Fort Sam Houston.

Biologically compatible natural and synthetic polymers are dissolved into a solvent along with bioactive agents and spun into a wound dressing using electrical forces. The resulting wound dressing will release the growth factors and other drugs over time and can be tested to determine if they improve and possibly accelerate the wound healing process. If successful, the new dressing may speed up healing and reduce scars for those injured on the battlefield.

"Fractured teeth and restorations are the most commonly reported dental emergencies among

military personnel," said Navy Cmdr. David Leal, acting director for the Craniofacial and Restorative Medicine Department directorate. "This can be a showstopper for them, and it can affect their work schedules. If they're deployed, they may have to get sent back home so somebody can take care of the problem."

Current methods for detection of enamel cracks provide limited information, Leal said. For example, he said, trans-lumination uses a bright visible light, which scatters when reflected

NAMRU from P14

on enamel. The dentist can see the fracture but is unable to determine the depth or extent of it. X-rays are not very diagnostic unless the fracture is grossly displaced.

The researchers at NAMRU-SA designed the Optical Coherence Tomography, or OCT. It uses non-ionizing laser light for obtaining sub-surface images of translucent or opaque materials.

“Our team’s goal is to use OCT as a new tool to develop a predictive model that dentists can use chairside to quickly scan a tooth and help them to evaluate the severity of tooth cracks,” Leal said.

With OCT, the dentists will be able to obtain live 3-D images instantly, Leal said, that will aid them in making diagnostic decisions to assist them with appropriate treatment plans to prevent or reduce dental emergencies.

Navy researcher Dr. Amber Nagy, an environmental microbiologist and biomedical scientist, said one of the projects they are working on is improving resin formulations used to treat cavities. When a patient has a cavity cleaned out, he or she may receive an amalgam filling or a filling with resin that is tooth colored so that it is more aesthetically pleasing.



Photo by E.J. Herson

Dr. Matt Kay, a post-doctoral fellow at the Naval Medical Research Unit-San Antonio, conducts an experiment to combat a drug-resistant infection Jan. 15 at Joint Base San Antonio-Fort Sam Houston.

Nagy said the resin fillings will be modified to have nanoparticles in it, which can use visible light to activate antibacterial activity. The goal is to eventually issue each patient a toothbrush that has a light emitting diode in the toothbrush head so that every time he or she brushes his or her teeth, the resin antibacterial process will be activated by the toothbrush.

“We want to prevent bacteria from attaching to the tooth because bacteria are what cause the decomposition of the tooth or the decay of the tooth in the first place,” Nagy said. “By adding nano particles to the

resin and hitting it with a light, it will prevent the bacteria from binding which will help to reduce cavity formation.”

“All military installations want to be good stewards in the towns and cities in the states in which they live,” Simmons said. “Our goal and mission is to make sure our military dental treatment facilities properly handle and dispose of dental amalgam waste from fillings.”

A large number of cavities are filled with dental amalgam each year by Navy dentists to ensure sailors are ready for deployment, said Nagy, who’s the principal investigator for NAMRU-

SA’s mercury abatement project.

Dental amalgam is a safe, cost-effective, and durable metallic mixture consisting of about 50 percent liquid mercury and a powdered alloy that contains silver, tin and copper. When mixed, the two components harden and become a solid material, commonly referred to as silver fillings, which is used to fill cavities in teeth.

“After dentists go in and drill to take out a filling, we don’t want the amalgam filling waste, which contains mercury, to go into the public wastewater stream,” Nagy said. “To combat this issue, we use a den-

tal chair filter that was designed, developed, prototyped and patented by NAMRU-SA researchers for Navy dental chairs throughout the Navy and Marine Corps dental clinics. This novel filter can capture 96.7 percent of amalgam before it enters the public wastewater stream, and it is inexpensive, easy to install, and available for use across all services.”

NAMRU-SA, the lead agent for mercury abatement, has patented and developed this chairside dental wastewater filtering system with a special focus on the accumulation of inorganic chemical contaminants such as mercury.

The Navy is ahead of the Environmental Protection Agency proposed nationwide requirement that will mandate amalgam separators to reduce mercury and other chemical contaminants from dental wastewater in all dental facilities in the country, Nagy said.

“We’re ahead of the curve there, and we want to stay ahead of the curve and be the gold standard for environmental surveillance for all of the DOD,” Simmons said. She said this is a collaborative effort, and the Air Force is working with the Navy to help develop filter systems that also remove organic contaminants from dental wastewater.

Nagy said the success of the research could not happen without teamwork.

“This research isn’t possible without our interdisciplinary team,” she said. “We have an excellent, dedicated and diverse team working together to solve these problems to save lives out there in the field.”

Simmons said those interdisciplinary teams seek to address the problem by bringing together people with varying expertise to answer questions from many different approaches.

“This way, they can downscale to a more workable solution to tackle that problem from the onset, rather than taking that very serial approach of, ‘Well, we tried that and it didn’t work, now what am I going to do?’” Simmons explained.

She said the teams have been successful at developing synergistic cross-talk between departments and directorates with research.

“Teams come together to come up with the best solution in the fastest means possible,” Simmons said. “Whether it’s a device, a capability or a scientific innovation that can be pushed forward, NAMRU-SA continues to make great progress in research that optimizes warfighter readiness and saves lives.”

TRIAD from P5

Teyhen said that spaghetti sauce in America has three times the amount of sugar than spaghetti sauce in Europe. In the military, 12 percent are clinically obese, less than 40 percent are at fight-

ing weight and 13.5 percent are medically non-deployable. For the military, the concern is that an obese person is 47 percent more likely to be injured or need healthcare.

Teyhen said that changing our environment has a lot to do

with making the healthy choice the easier choice, both in our homes and in the dining facilities. She suggested that coming home and entering the house through the kitchen is an opportunity to overeat and placing fruits and vegetables in the refrigerator at eye

level is better than in storage bins.

Sleep, she said, is another factor impacting performance. According to Teyhen, the brain cleans itself at night and consolidates our learning experiences.

While 71 percent of Americans claim to get

between seven and eight hours of sleep, only 41 percent of Soldiers report an equal amount of sleep in their lifestyle. Teyhen said that five days of sleep getting five hours of sleep or less is the cumulative equivalent of a cognitive decrease equal to 0.08 alcohol content

impairment. Statistics reinforce that 25 percent of motor vehicle accidents are due to fatigue.

For more information about the Soldier Guide and the Family Guide to the Performance Triad go to: <http://armymedicine.mil/Pages/performance-triad.aspx>

917th Support Battalion welcomes new commander

By Spc. Brian N. Lang
205th Press Camp Headquarters

The leadership of the 917th Support Battalion at Joint Base San Antonio-Fort Sam Houston changed May 16 with Lt. Col. James Mote assuming command from Lt. Col. Benjamin Grabski.

Mote is the first official commander of the unit to be selected by the Acquisition Key Billet Command select list since the unit was established.

The unit's mission is to provide contracting support to combatant commanders in a joint, interagency, intergovernmental and multinational environment.

The ceremony was also attended by Brig. Gen. Phillip S. Jolly, Army Reserve Sustainment Command; Col. Robert Arnold, commander of the Acquisition Support Brigade, along with Soldiers of the 917th Support Battalion.

As the new commander, Mote then recognized the hard work and dedication of several noncommissioned officers with the Army Achievement Medal, the first awards ever issued by this battalion in its two-year history.

Master Sgt. Bouaphet Phanvongsa and Staff Sgts. Thomas Zinkle Jr. and Jason Robinson were recognized for their support of the battalion's assumption of command ceremony.



Courtesy photo

Lt. Col. James Mote, the incoming 917th Support Battalion commander, accepts the battalion colors at his change of command at Joint Base San Antonio-Fort Sam Houston May 16. The unit's mission is to provide contracting support to combatant commanders in a joint, interagency, intergovernmental and multinational environment.

Enroll newborns in TRICARE within 60 days of birth

By Master Sgt. Carolyn Stewart
14th Medical Support Squadron
Columbus Air Force Base, Miss.

Service members are reminded to enroll their newborns into TRICARE within 60 days of birth or 120 days in overseas areas.

When newborns are not enrolled within the first 60 days of birth, this can cause claims processing issues and parents incur costly out-of-pocket expenses.

Members who want their newborns to have TRICARE Prime coverage must call or send an enrollment form within 60 days of birth. Adopted or birth newborns born to a TRICARE Prime enrolled parent is automatically covered under TRICARE Prime for the first 60 days. Thereafter, if an enrollment form is not submitted by day 61 of birth, the newborn's coverage is converted to TRICARE Standard.

Adding a family member in the Defense Enrollment Eligibility Reporting System does not mean they are also enrolled in TRICARE. Newborns will continue to receive TRICARE Standard coverage for 365 days, whether enrolled in DEERS

or not. On day 366, newborns not enrolled in DEERS will no longer be eligible for TRICARE Standard.

Coverage is different for families covered under TRICARE Reserve Select and TRICARE Retired Reserve. Newborns are not automatically covered under TRS and TRR. A TRS and TRR application must be submitted within 60 days of birth to receive retroactive TRS and TRR coverage.

If an application is sent after 60 days, coverage for the newborn will not be backdated and the family is responsible for the care the newborn received in the first 60 days.

Ensure you are submitting enrollment forms for all eligible family members for coverage and to eliminate costly out-of-pocket expenses.

For DEERS registration sponsors will need a certificate of live birth from the hospital or birth certificate, and the child's social security card.

For more information on newborn or adopted child TRICARE Prime enrollment or any TRICARE coverage plan, call 1-800-444-5445 or go to <http://www.tricare.mil>.



TRICARE beneficiaries targeted by call centers, others for information, unsolicited medical prescriptions

The Defense Health Agency's Office of Program Integrity has received a significant number of concerns from our TRICARE beneficiaries regarding unsolicited attempts by "call centers" to encourage them to provide personal identifying information and health information so that they can allegedly provide prescribed cream medications to the TRICARE beneficiary.

TRICARE and its contrac-

tors never call and ask for personal identifying information or health information. Beneficiaries should be wary of unsolicited attempts by any entity asking them for personal or health information, either by phone or in person.

The "call center" will normally cold call and say, "I am a representative calling from XYZ, we are calling to tell you about a benefit TRICARE will cover for you for a prescription pain cream you are

eligible for. Do you have any of the following medical issues (list of issues) or pain? If so, TRICARE wants to get you taken care of, all we need are your Doctor's name and your TRICARE information and we will contact your doctor and get these medications or supplies out to you immediately and submit a claim."

DHA PI strongly advises you to give no information to these types of unsolicited request for your personal health

information and personal identifying information.

Often these "call centers" have identified what limited information they have through internet searches or through individuals who have approached you independently and obtained information directly from you.

Should you receive a phone call for this information provide no information. In addition, people are encouraged to immediately submit

a Fraudline report to the TRICARE pharmacy benefits contractor ESI. The issue can be reported to Express Scripts Inc. by calling 1-866-759-6139 or sending an email to TRICAREfraudtip@express-scripts.com

ESI can also flag your profile and reject attempts to bill for these medications. If you do receive unsolicited medication in the mail, you can refuse delivery.

(Source: TRICARE)

COMMENTARY from P2

installation policies, it's just plain smart.

Remember, put safety first in everything you do ... because your life and those around you matter.

Energy Efficiency

Energy efficiency is another of the 502nd ABW's top priorities and we need everyone's commitment in order to achieve success. All of us can make a difference by reducing our energy-use/consumption across JBSA. The corresponding savings we achieve in decreasing our overall utility costs will then be shifted to fund other critical installation support requirements.

One of the easiest ways to be more energy efficient is to turn off unnecessary lights and remind our co-workers, neighbors and friends to do the same every time they depart their rooms, offices and homes.

Also, we should turn off computer monitors and other peripherals (copier machines, printers, speakers, etc.) when not in use (of course, check with your systems administrator first). Statistics show that we can cut energy costs by 10 percent by instituting these simple, self-help measures—this equates to approximately \$4.9 million per year.

Cooling and heating our facilities comprises a significant portion of our utility costs -- approximately \$49 million per year across JBSA. Therefore, thermostats for most work spaces should be maintained between 68 to 70 degrees in the winter and 76 to 78 degrees in the summer. Bumping our thermostats by just one

or two degrees will have a huge effect on energy consumption resulting in significant cost savings across the entire JBSA complex.

Finally, although we've had a very wet spring, water is another valuable resource that we must conserve and protect.

While we may move from Stage II to Stage I water restrictions -- even if we completely come out of restrictions for the short term, we must always be mindful of how we're using (not wasting) our water, and follow the posted guidelines.

We also need to observe and report any water leaks, faulty sinks, toilets or showers to our facility managers who will submit a work order to the 502ndnd Civil Engineering Squadron for action.

Installation Stewardship

Many years ago, when I was Airman 1st Class LaBrutta, I grew up in an Air Force that had cleaning details and we were required to take care of our facilities, including the grounds around our facilities -- as this work was not out sourced. Therefore, I spent many days picking up trash and cigarette butts, pruning bushes, and cleaning offices and dormitories.

Today, "JBSA Proud" is not just a two-time-a-year catch phrase or program. Instead, we should all take pride in the way our buildings and work areas look every day. Therefore, if you see something that needs to be cleaned, fixed or removed, don't walk past it ... clean it, fix it or report it.

All of us have a responsibility to keep the 50-foot areas around our facilities and common areas clear of trash,

and ensure that the landscaped areas are maintained by removing weeds and pruning bushes and trees.

Our key tasks should be to remove trash, old furniture, large tree limbs, brush and non-household trash. We should take responsibility to sweep sidewalks, curbs and to police streets and parking lots for unsightly trash and rubbish.

Our professional organizations, such as the Company Grade Officers' Council, Top Three Association, First Sergeants Association and the numerous Soldier, Sailor, Marine, Airmen, and Coast Guard Councils, booster clubs and private organizations are encouraged to adopt roads, parks and other areas inside our fence-lines ... just like we do in our surrounding communities.

Additionally, when we're at our exchanges, Class Six Stores and commissaries, let's make a point to pick up trash on the way in or out of the facilities, replace shopping carts and don't leave them lose in the streets and if we see one of our teammates littering ... let's remind them of their responsibilities as well.

Moreover, let's all do our part in taking care of what we already have, not just in the workplace, but also at our recreation facilities.

For instance, when using the fitness centers, please be sure to use the sanitary wipes that are provided to help keep things clean and reduce the spread of germs. Avoid slamming the equipment around, put the weight plates back on the stands, and when using the elliptical and cycle machines hang on

to the proper handles and bars and not on the TV monitors.

Using the equipment properly and cleaning after ourselves will reduce breakage, extend useable life spans and reduce the costs associated with premature replacement.

Again, I'm looking forward to carrying the guidon of the 502nd ABW for another year as a member of this "team of teams" -- JBSA!

By "helping us, help you" we'll make significant improvements in the areas of safety, energy efficiency, and installation stewardship. After all, the strategy worked for Jerry Maguire and Rod Tidwell. In the end, Rod got his contract and Jerry regained his reputation of being a superb agent.

I have no doubt that with all of us working together there is nothing we can't accomplish and JBSA will continue to be "the premiere installation in the Department of Defense!"

BAMC Communications Division wins command, Army-level awards

Brooke Army Medical Center's publication, articles, community relations and videos are among the best in U.S. Army Medical Command and the Army.

BAMC received several first-place awards at the command level for the Keith L. Ware competition, which recognizes Soldiers and Department of Defense civilians for excellence in achieving the objectives of the Army Public Affairs Program.

BAMC won first place at MEDCOM in the following categories:

- Army Funded News Publication: BAMC Focus March Edition, BAMC
- Photojournalism, Individual: "Warriors Continue to Show Endurance, Courage," by Maria Gallegos
- Civilian Print Journalist of the Year: Elaine Sanchez, BAMC
- Broadcast, Video information program: "Center for the Intrepid: America's Investment"
- Video Spot production: "BAMC: Where Amazing is Routine"
- Community Relations (Individual Achievement): Maria Gallegos for the BAMC Organization Day featuring Gary Sinise and the Lt. Dan Band
- Community Relations Special Event: BAMC Organization Day featuring Gary Sinise and the Lt. Dan Band

The first-place Army-Level award was for:

- Broadcast, Video information program: "Center for the Intrepid: America's Investment"

470TH MILITARY INTELLIGENCE BRIGADE SOLDIERS TALK SAFETY



Photo by Steve Elliott

Capt. Don. Sheppard, commander of the 470th Military Intelligence Brigade's Headquarters and Headquarters Company, briefs his Soldiers May 21 to emphasize safety before the Memorial Day weekend. Topics covered included texting while driving, distracted driving, talking on the phone while driving, driving while drunk and San Antonio laws. There was also a display of an actual wreck which resulted from a service member who got into a fatal accident while driving and talking on the phone.