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HOTLINES**



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**JBSA Sexual Assault Hotline
808-SARC (7272)**

**JBSA Domestic Abuse Hotline
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A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO-FORT SAM HOUSTON



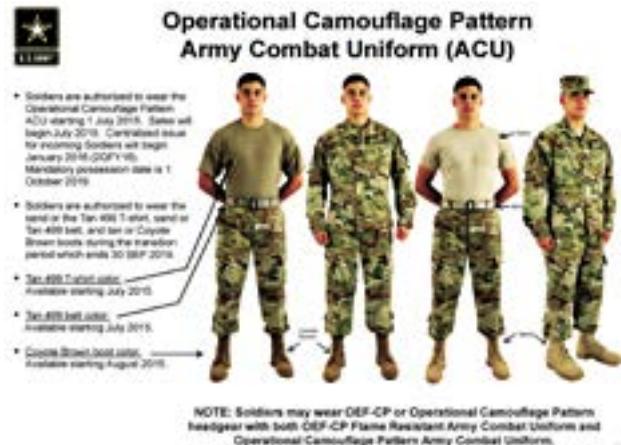
ARMY BIRTHDAY RUN

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ARMY ROLLS OUT NEW COMBAT UNIFORM

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Army South welcomes new commanding general



Photo by Sgt. Mahlet Tesfaye

Soldiers stand in formation during the U.S. Army South change of command ceremony held in front of Army South headquarters on Joint Base San Antonio-Fort Sam Houston June 4.

By Sgt. Mahlet Tesfaye
Army South Public Affairs

Maj. Gen. K.K. Chinn assumed command of U.S. Army South from Maj. Gen. Joseph P. DiSalvo during a change of command ceremony June 4 in front of Army South headquarters on Joint Base San Antonio-Fort Sam Houston.

Before taking command of Army South, Chinn was the deputy commanding general for U.S. Army Special Operations Command at Fort Bragg, N.C.

Marine Corps Gen. John F. Kelly, commander of U.S. Southern Command, hosted the ceremony. During the ceremony, Kelly commended DiSalvo for his positive impact on the Army South mission while in command.

“Joe pushed the Army South team to constantly improve

readiness and Army engagements throughout Latin America and the Caribbean,” Kelly said. “Joe not only recognizes the importance of creating relationships based on mutual confidence, trust and professionalism, he also understands the importance of maintaining these relationships, to nourish and strengthen them through regular interaction.”

Kelly highlighted some of Army South’s accomplishments under the guidance of DiSalvo. “I could cite a dozen examples, but I’ll stick to a few of them.”

He described the recent Central America Regional Leaders Conference hosted by Army South. The annual conference is integral to promoting regional security cooperation amongst senior executive



Photo by Jose Rodriguez

Marine Corps Gen. John F. Kelly (right), commanding general of U.S. Southern Command, hands the U.S. Army South colors to Maj. Gen. K.K. Chinn, the incoming U.S. Army South commanding general, in front of the Army South headquarters on Joint Base San Antonio-Fort Sam Houston June 4.

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Operational Camouflage Pattern Army Combat Uniforms available July 1

The Army announced June 1 the release of the Operational Camouflage Pattern in Soldier uniforms. The Operational Camouflage Pattern will be available for purchase in select military clothing sales stores beginning July 1.

Stores will receive the uniforms over a period of six months from July to November and new Soldiers will receive Operational Camouflage Pattern Army Combat Uniforms, or ACUs, beginning in January 2016.

The Operational Camouflage Pattern was selected following the most comprehensive uniform camouflage testing effort ever undertaken by the Army, reflecting the Army's paramount commitment to force protection.

Sgt. Maj. of the Army Daniel A. Dailey encouraged enlisted Soldiers to purchase new uniforms with their annual clothing allowance.

"All enlisted Soldiers receive an annual stipend for the purchase of uniforms and accessories. I myself will wait until I am issued my clothing allowance before purchasing a uniform with the Operational Camouflage Pattern," Dailey said. "I encourage all Soldiers and leaders to do the same by budgeting for a new uniform, belt, boots, and T-shirts as you receive your clothing allowance over the next 2-3 years."

The cost of the uniform in the Operational Camouflage Pattern will be similar to the cost of the uniform in the Universal Camouflage Pattern. Enlisted Soldiers will continue to receive a clothing allowance to replace their worn uniforms.

Uniforms and equipment in the Operational Camou-

flage Pattern will be available for U.S. Army National Guard, U.S. Army Reserve and Senior Reserve Officer Training Corps during summer 2016.

Soldiers are authorized to mix and match T-shirts, belts and boots with either the Operation Enduring Freedom Camouflage Pattern or the Operational Camouflage Pattern during the transition period - expected to run through Oct. 1, 2019.

To further ease the change, Soldiers, who already have Flame Resistant ACUs in the Operation Enduring Freedom Camouflage Pattern, will be authorized to wear them during the transition.

"I have asked noncommissioned officers to ensure their Soldiers understand that during this transition period, several uniforms and variations will be authorized in our formations," Dailey said. "Presenting a professional appearance is very important to Soldiers. But, we will not inconvenience or burden our troops. We will still be the most lethal fighting force the world has even known even if our belts don't match for the next few years."

In addition to the camouflage change, the Operational Camouflage Pattern ACUs will incorporate minor design changes. These include redesigned shoulder sleeve pockets with a zipper opening, no trouser drawstring, a button on the lower calf pocket, two pen pockets on the sleeve instead of three, and the elimination of the elbow and knee patch hook and loop.

(Source: Army News Service)



Operational Camouflage Pattern Army Combat Uniform (ACU)

- Soldiers are authorized to wear the Operational Camouflage Pattern ACU starting 1 July 2015. Sales will begin July 2015. Centralized issue for incoming Soldiers will begin January 2016 (20FY16). Mandatory possession date is 1 October 2019.
- Soldiers are authorized to wear the sand or the Tan 499 T-shirt, sand or Tan 499 belt, and tan or Coyote Brown boots during the transition period which ends 30 SEP 2019.
- Tan 499 T-shirt color. Available starting July 2015.
- Tan 499 belt color. Available starting July 2015.
- Coyote Brown boot color. Available starting August 2015.



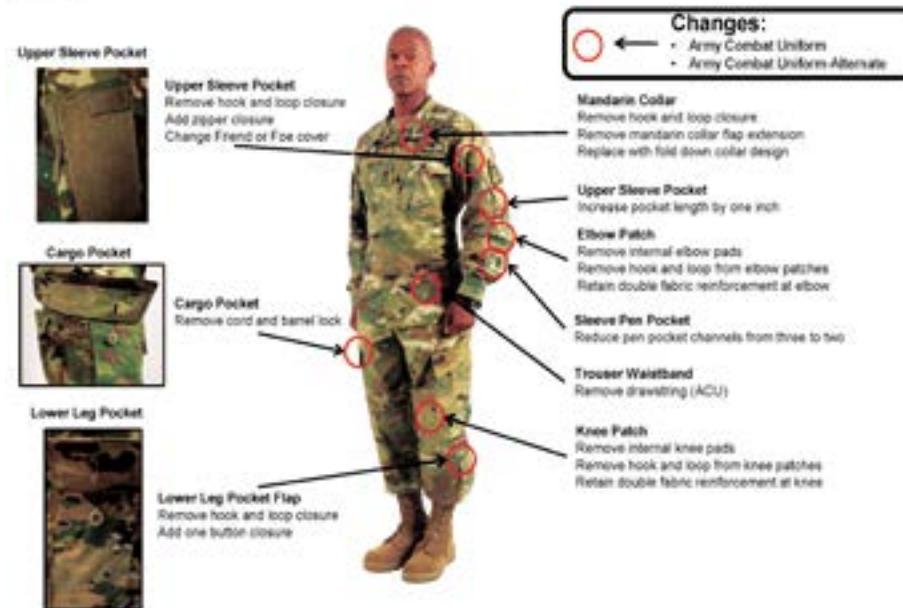
NOTE: Soldiers may wear OEF-CP or Operational Camouflage Pattern

Courtesy Program Executive Officer Soldier

The Operational Camouflage Pattern will be available for purchase in select military clothing sales stores beginning July 1.



Operational Camouflage Pattern Army Combat Uniform Design Changes



Design changes for the new Operational Camouflage Pattern Army Combat Uniform.



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

News Briefs

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.

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

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Army recognizes Mission and Installation Contracting Command small business efforts

By Daniel P. Elkins
MICC Public Affairs Office

Army officials recently recognized the Mission and Installation Contracting Command at Joint Base San Antonio-Fort Sam Houston for its outreach and support efforts with the presentation of the Secretary of the Army Award for Small Business Utilization for 2014.

George Cabaniss, deputy to the MICC commanding general, was presented the award during a ceremony at Redstone Arsenal, Ala. The award recognized the command's efforts in exceeding four of five small business goals for the first time since fiscal 2010 and the MICC outpacing all five categories from the preceding year.

The MICC Small Business Program Office

consists of personnel around the country who provide advice and counsel to small businesses as well as conduct outreach events to inform industry representatives of installation acquisition forecasts.

In addition to providing advice to individual small businesses, MICC members advocate within the command's 32 contracting offices to ensure small businesses have the maximum opportunity to compete for Army contracts awarded by those activities.

MICC small business specialists from throughout the country who are responsible for helping earn the award were in San Antonio June 2-4 participating in a roundtable.

As part of the MICC Small Business Roundtable, program associate



Photo by Daniel P. Elkins

Brig. Gen. Jeffrey Gabbert speaks with Mission and Installation Contracting Command small business specialists from throughout the country June 2 at Joint Base San Antonio-Fort Sam Houston. Small business specialists were here as part of a roundtable workshop. Gabbert is the MICC commanding general.

and assistant directors discussed a variety of topics including historically underutilized business zone strategy, surveillance reviews, small business coordination records, metrics and source selection participation, as well as conducting case stud-

ies during breakout sessions.

Mark Massie, MICC Small Business Program Office associate director, credits the command's outreach effort in fiscal 2014 as a primary contributor for the recognition. Small business specialists and contract-

ing directors throughout the command teamed with supported military activities to conduct 27 acquisition forecast open house events, reaching more than 1,700 small-business vendors.

"The impact to the

See MICC, P17

U.S. Army Institute of Surgical Research participates in Pentagon 'Lab Day'

By Steven Galvan
USAISR Public Affairs

Showcasing the Army's most advanced medical research, development and technology, the U.S. Army Institute of Surgical Research participated in the first Department of Defense "Lab Day" at the Pentagon May 14.

The event featured more than 100 displays from research and development labs throughout the DOD.

Lt. Col. Robert Carter, the USAISR tactical combat casualty care

task area manager, was among more than 40 experts from the Army, Navy and Air Force demonstrating various products and programs for hundreds of visitors, including numerous congressional and DOD leadership, as well as students and Pentagon employees.

The joint medical exhibit included products and research demonstrating how DOD medical labs support military members throughout pre-deployment, deployment, rapid responses

to global issues and rehabilitation. Exhibit highlights included infectious disease research, trauma care and battlefield medicine breakthroughs, aeromedical research, DOD Ebola response efforts, regenerative medicine and prosthetics advancements, brain injury research and chemical/biological education.

"The research that is being conducted at the U.S. Army Medical Research and Materiel

See LAB DAY, P17



Photo by Steven Galvan

Lt. Col. Robert Carter (left), the USAISR tactical combat casualty care task area manager, explains the capabilities of the Compensatory Reserve Index to Mary J. Miller, deputy assistant secretary of the Army (Research and Technology) at the Pentagon Lab Day May 14.

JBSA-Fort Sam Houston celebrates Army birthday with run

Soldiers in San Antonio kicked off celebrations for the Army's 240th Birthday with a mass formation run on Joint Base San Antonio-Fort Sam Houston June 3. The United States Army was officially established by the First Continental Congress June 14, 1775.

More than 5,000 Soldiers, led by Lt. Gen. Perry Wiggins and Command Sgt. Maj. Ronald Orosz, ran a 3.5-mile circuit on JBSA-Fort Sam Houston that started at 5:30 a.m. Wiggins is the commanding general for U.S. Army North (Fifth Army) and senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis. Orosz is the senior Army enlisted leader for Army North, JBSA-Fort Sam Houston and JBSA-Camp Bullis.

The run is the first of several events Army units are planning to celebrate the Army's 240th birthday, including a formal ball Saturday and numerous cake-cutting ceremonies across JBSA-Fort Sam Houston and JBSA-Camp Bullis.

(Courtesy U.S. Army North Public Affairs)



Photo by Army Staff Sgt. Corey Baltos

Maj. Gen. Joseph DiSalvo (second from left) and Maj. Gen. Jimmie Keenan (second from right) are joined by fellow senior Army commanders in cutting a cake to honor the upcoming 240th Army Birthday following the Army units' celebratory 3.5-mile run around Joint Base San Antonio-Fort Sam Houston with more than 5,000 runners in the early morning hours June 3. DiSalvo is the commanding general of U.S. Army South and Keenan is deputy commanding general of the U.S. Army Medical Command and chief of the U.S. Army Nurse Corps.



Photo by Sgt. 1st Class Wynn Hoke

Lt. Gen. Perry Wiggins (center), with Command Sgt. Maj. Ronald Orosz (far right) brings the formation back home to the flagpole during the celebratory run in honor of the upcoming 240th Army Birthday. Wiggins led more than 5,000 runners around Joint Base San Antonio-Fort Sam Houston as part of the local units' celebration leading up to the official Army birthday. Wiggins is the commanding general for U.S. Army North (Fifth Army) and senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis. Orosz is the senior Army enlisted leader for Army North, JBSA-Fort Sam Houston and JBSA-Camp Bullis.



Photo by Sgt. 1st Class Wynn Hoke

Soldiers on flag detail raise the garrison flag during the morning Reveille ceremony June 3, signifying the start of the day. While this is a daily occurrence here, it was the precursor to a celebratory 3.5-mile run in honor of the upcoming 240th Army Birthday.

News Briefs

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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.

Telephone Sponsorship Access No Longer Authorized

With the implementation of Air Force Manual 31-113, Installation Perimeter Access Control, dated February 2015, telephonic sponsorship for installation access is no longer authorized. Effective Saturday, Joint Base San Antonio-Fort Sam Houston visitor centers will no longer accept telephonic sponsorship for any category of visitor, vendor or contractor requesting access to the installation. The only authorized means of sponsorship will be by “.mil” government email or by physically going to the visitor center with the access request. JBSA-Fort Sam Houston has two operational visitor centers, with the Walters Visitor Center located adjacent to the Walters Entry Control Point at 2150 Winfield Scott Road, building 4179, and the Scott Visitor Center located adjacent to the Harry Wurzbach East Entry Control Point at 3701 Winfield Scott Road, building 2843. For more information, visit <http://www.jbsa.af.mil/library/visitorinformation.asp> or call 221-1108 or 221-2756. Requests for sponsorship can be sent by email to usaf.jbsa.502-abw.list.502-sfs-fsh-visitor-control-center-owner@mail.mil. For more information concerning these processes, call 221-1108 or 221-2756.

Closure of Ludington Road

Ludington Road, located in the industrial section of the southeast corner of Joint Base San Antonio-Fort Sam Houston, will be closed through Feb. 10, 2016, to rebuild the road. Access to the Army South organizational parking area will be from Parker Hill Road through the 502nd Civil Engineer Squadron Operations storage yard. Access to the Tactical Equipment Maintenance Facility, building 4115, will be restricted to contractors only.

Planning underway for Operational Contract Support Joint Exercise 2016

By Daniel P. Elkins
MICC Public Affairs

More than 25 representatives from across the Department of Defense, Department of State, Transportation Command and joint staff met at Joint Base San Antonio-Fort Sam Houston May 26-29 for a concept development event and training objectives workshop in preparation for the

Operational Contract Support Joint Exercise 2016.

Officials said OCSJX-16 is the premier joint contracting and operational contract support readiness exercise for the joint force.

“The purpose of this event is to conduct the formal exercise planning and development process to enhance joint and service operational contract support capa-

bilities for the combatant commands, service components and DOD-wide training audiences,” said Col. Tim Strange, commander for the 412th Contracting Support Brigade.

The joint exercise trains operational contract support, or OCS, personnel in the planning and execution at various command, service and tactical levels. OCSJX-16 also serves as a platform to train and enhance operational contract support capabilities as well as to advance warrior tasks for deployable contracting officers.

As part of the concept development event, officials discussed the purpose, objectives and strategic goals of the exercise as well as training objective considerations. Discussions also included the confirmation of training audiences and a joint metrics and readiness guide.

Participants also



Lt. Col. Joshua Burris (left) and Col. Tim Strange discuss details of the Operational Contract Support Joint Exercise 2016 during a concept development event and training objectives workshop May 27 at Joint Base San Antonio-Fort Sam Houston. Officials from across the DOD joined Mission and Installation Contracting Command leaders May 26-29 for the concept development event and training objectives workshop in preparation for OCSJX-16. Strange is the 412th Contracting Support Brigade commander and Burris will serve as the exercise director.

separated into smaller working groups to develop and present training objectives. Officials wrapped up the weeklong event with discussion on exercise location and a control plan as well as strategic engagement.

“Discussions made during the concept development event will significantly shape the exercise and frame preparation activity from design through execution,” said Lt. Col. Joshua Burris, who will serve as the exercise director.

Officials from the Army Contracting Command at Redstone Arsenal, Ala., plan to conduct OCSJX-16 next spring.

OCSJX has evolved from a multi-service annual exercise, to now include participants representing various services and agencies throughout joint staff, DOD and other federal agencies. More than 1,000 people participated in the 2015 joint exercise conducted earlier this year at Fort Bliss, Texas, and Schofield Barracks, Hawaii.



Photo by Daniel P. Elkins

Officials from across the Department of Defense and Installation Contracting Command leaders May 26-29 at Joint Base San Antonio-Fort Sam Houston for a concept development event and training objectives workshop in preparation for Operational Contract Support Joint Exercise 2016.

Don't leave children unattended in hot vehicles

By Jose T. Garza III
JBSA-Lackland Public Affairs

Between 1998 and 2015, a total of 639 children have died in the U.S. from heatstroke as a result of being left in hot vehicles, an average of 38 children each year according to <http://www.kidsandcars.org>.

That's nearly 40 families – which include parents, siblings, and friends – that are tragically affected and left wondering what could have been done differently.

According to the National Weather Service Forecast Office, temperatures inside a vehicle can quickly raise to dangerous levels in just minutes even

when the outside ambient temperature is in the 70s.

It is important to understand the health effects for children. Infants and young children are particularly sensitive to the effects of extreme heat and must rely on others to keep them safe, according to the Administration for Children and Families. When left in a hot vehicle, a young child's body temperature may increase three to five times as quickly as an adult.

Scotty Johns, 502nd Air Base Wing ground safety specialist, noted that the inside of a car can heat up to 123 degrees within in an hour when the ambi-



Illustration courtesy National Weather Service

When left in a hot vehicle, a young child's body temperature may increase three to five times as quickly as an adult.

See HEAT, P8

Cole High School hosts various wheelchair events for wounded warriors

By Robert Shields
BAMC Public Affairs

Students from Robert G. Cole High School on Joint Base San Antonio-Fort Sam Houston recently invited wounded warriors from Brooke Army Medical Center's Warrior Transition Battalion for a day of mentorship, food and sports May 22.

The event, part of BAMC's Adopt-a-School Program, has paired the WTB's wheelchair athletes against Cole High School students in a basketball game in the past, but Headquarters & Headquarters' Troop Command company commander Capt. Jose A. Capellan felt a need for a change this year.

"We really wanted to revamp the program and re-energize it, since they have done this

three times already," Capellan said. "It was losing a little bit of steam. This year, the students were divided into committees, developed flyers and provided music and food for the event."

Earlier in May, the students visited BAMC where they were given a leadership and timing class to teach them how to plan an event at their school.

"We gave the students ownership, so they would be able to put this event together and use some of the skills they learned to welcome the wounded warriors for wheelchair basketball," Capellan said.

The students were also given a tour of the Center for the Intrepid and had lunch with wounded warriors at the Warrior and Family Support Center.

The students used the skills they learned to put a tour of Cole High School together for the Soldiers followed by a wheelchair basketball game and dodgeball game May 22.

Cole High School junior Dakota Creason said his fellow students were up to the challenge.

"In the beginning it was kind of rough with just getting everyone together," Creason said.

"Once we actually were able to assign different tasks and duties to people, everyone really stepped up and took it as not just another assignment or job, but something they were interested in and really wanted to do. I think that made the difference."

"It's really amazing to me for people who have



Photo by Robert Shields

The ball is tipped off during a wheelchair basketball game between the Brooke Army Medical Center Warrior in Transition Battalion Soldiers and Robert G. Cole High School students May 22 at Cole High School on Joint Base San Antonio-Fort Sam Houston.

done so much in their life to be able to overcome something like losing an arm or a leg," said junior Clarice Jahnke. "I know for me that would be such a struggle."

Cole High School prin-

cipal Isabell Clayton was very pleased with how everything came together.

"I've watched it evolve over the last couple of years and now it's turned into a leadership event which means a lot to our

students," Clayton said. "They get to spend time with the wounded warriors and the people from BAMC, they learn a lot about leadership, dealing with issues and taking care of things and they're having a good time. I think that's important. They are still learning something and every year it's been a great event for everyone."

"Honestly, this is probably the best part of my job. I get to come out here and be a part of this high school and give the students some mentorship and that's a day of work for me," Capellan said. "I've been playing dodgeball, talking to students about my experience in high school and the military and this is what the Army is paying me to do."

Department of Defense notified of Office of Personnel Management cybersecurity incident

The U.S. Office of Personnel Management announced June 4 that a recent cybersecurity incident affecting its systems and data may have exposed the personal information of current and former federal employees.

According to a Department of Defense news release, OPM subsequently notified federal government departments and agencies, including the DOD.

OPM is notifying approximately 4 million individuals whose personally identifiable information may have been compromised, the release said. The notifications will be sent beginning Monday and will continue through June 19 by email and U.S. mail.

“Protecting our Federal employee data from malicious cyber incidents is of the highest priority at OPM,” said OPM director Katherine Archuleta. “We take very seriously our responsibility to secure the information stored in our systems, and in coordination with our agency partners, our experienced team is constantly identifying opportunities to further protect the data with which we are entrusted.”

OPM will offer affected individuals credit monitoring services and identity theft insurance through CSID, a company that specializes in identity theft protection and fraud resolution, the release said.

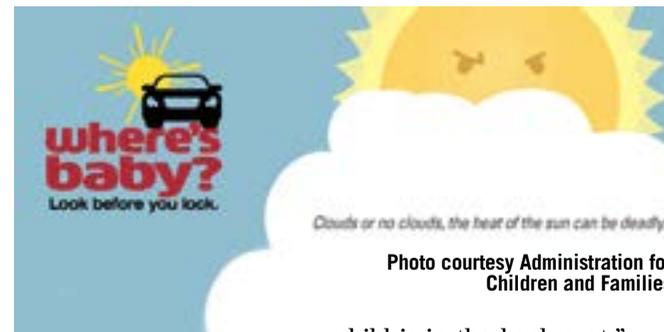
This comprehensive, 18-month membership

includes credit report access, credit monitoring, identity theft insurance and recovery services and is available immediately at no cost to affected individuals identified by OPM.

Employees whose information was affected will receive a notification directly from CSID, the release said.

According to the release, DOD employees are encouraged to review the OPM news release at <http://www.opm.gov/news/releases/2015/06/opm-to-notify-employees-of-cybersecurity-incident/> for additional information regarding steps to mitigate fraud and identify theft.

(Source: DOD News, Defense Media Activity)



HEAT from P6

ent outside temperature is just 80 degrees.

Johns provided the following tips on preventing fatalities in children that have been left in a vehicle.

Call 911 if you see a person locked inside a car.

Leave a non-driving shoe in the back of the car with the child. “That way when you get out of a vehicle and you know that your shoe is missing, you can’t forget your

into vehicles without supervision. They are not playgrounds.”

Johns noted that leaving children unattended in hot cars could lead to prosecution. According to the Texas State Penal Code, section 22.10:

“A person commits an offense if he or she intentionally or knowingly leaves a child in a motor vehicle for more than five minutes, knowing that the child is younger than seven years of age and not attended by an individual in the vehicle who is 14 years of age or older.”

An offense under this section is a Class C misdemeanor.

If the child is injured, the charge upgrades to a felony and carries a penalty of six months to two years in jail and a fine up to \$10,000.

child is in the back seat,” Johns said.

Always lock the car, even at home and in the garage. “There have been instances where children would be missing for 20-30 minutes and the garage was one of the last places they looked when it should have been the first place they looked,” Johns explained.

Check the car first and inform and teach children the rules. “It is no laughing matter when they get into vehicles without adult supervision,” Johns added. “Don’t get

ARSOUTH from P1

decision makers in the areas of interoperability, information sharing and countering transnational organized crime. This year, attendees included senior partner nation leaders from Central America and the Dominican Republic.

“For some of our partners, it was the first time they’d ever interacted with their counterparts to discuss transnational threats,” Kelly said.

“They walked away from this conference with more than just new knowledge. They walked away with a deeper bond of fellowship and friendship with their neighbors.”

Citing the U.S. Army Staff Talks Program in which Army South regularly participates with the armies of Brazil, Chile, Colombia and El Salvador, Kelly noted that under DiSalvo’s

guidance, Army South added another key partner to the list.

“He laid the groundwork to begin staff talks with the Peruvian army, one of our most important partners in South America,” Kelly said of DiSalvo.

Kelly emphasized that even as Army South marked a change of commanders during the ceremony, important humanitarian work by the command was taking place in Central America.

“Right now in El Salvador, more than 1,800 National Guard, reserve and active duty Soldiers and Airmen from across the United States are working with their counterparts from El Salvador, Colombia, Canada, Chile and Brazil, building schools and providing free medical care to thousands of patients – sometimes as many as 100 an hour – as part of our 2015 Beyond the

Horizon exercise,” Kelly said. “Joe, for all this and more: thank you for your dedication to the Army South mission, and I’m proud of all you have accomplished.”

DiSalvo took the time to express his gratitude to members of Army South for their support in accomplishing Army South’s mission during his tenure.

“To the tremendous Army South staff of Soldiers and civilians, and all the assigned or aligned forces – thank you for all your superb efforts. You truly have and continue to make a positive difference in our area of operations. Thank you for making every day in command a great day,” DiSalvo said.

DiSalvo departs San Antonio for Miami where he will be the deputy commanding general for U.S. Southern Command.

Chinn, a graduate of

the United States Military Academy who also holds a master’s degree in strategic studies from the U.S. Army War College, expressed his gratitude to have the opportunity to follow in the footsteps of his predecessors who commanded Army South and continue the legacy.

“I am appreciative, as I have transitioned, to observe ‘Juntos Podemos – Together We Can’ is more than just a slogan; that it is a state of mind that represents the foundation for everything being done in this command,” Chinn said.

“The integration, synchronization, spirit of partnership and cooperation is on target, and I look forward to continuing to foster the teamwork generated with joint, interagency, inter-organizational, multinational responses to challenges in Latin America,” the general added.

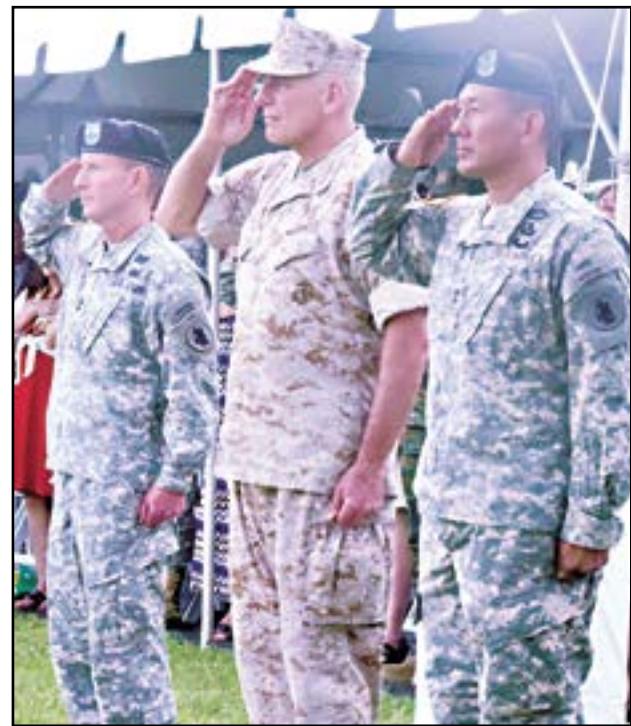


Photo by Sgt. Mahlet Tesfaye

(From left) Maj. Gen. Joseph P. DiSalvo, outgoing U.S. Army South commanding general; Marine Corps Gen. John F. Kelly, commander of U.S. Southern Command; and Maj. Gen. K.K. Chinn, incoming Army South commanding general, salute the American flag during the change of command ceremony at Army South headquarters on Joint Base San Antonio-Fort Sam Houston June 4.

More than a full stomach: nutrition and the field ration

By Sanders Marble
U.S. Army Medical Department
Center of History and Heritage

Military field rations are a never-failing source of conversation and complaint. The field ration has to balance nutrition and portability, both of which have changed.

The Continental Congress, which met from 1774 to 1789, legislated the following ration: one pound of beef, 18 ounces of flour, one pint of milk, one quart of spruce beer, 1.4 ounces of rice and 6.8 ounces of peas.

Flour was often baked into hardtack to travel better; milk was a nice idea but it did not travel and it is unlikely milk was regularly delivered anywhere, especially in those quantities.

Spruce beer was a mild antiscorbutic to prevent scurvy, but again, impractical because a quart of spruce beer per man per day was too large to be manageable. This ration kept you full and had enough calories if the Commissary General could actually supply everything, but was vitamin-deficient. That should not be a surprise; vitamins were not discovered until the early 20th Century and even carbohydrates, protein and fat – as subcomponents of food with differing nutritional effects – were unknown concepts.

The main reason foods were chosen for the ration was because they shipped and stored well. Moreover, troops were expected to get food beyond the ration – by purchase, by foraging, by gifts from civilians or by growing it themselves if camped long enough.

The rations changed little between 1775 and the 1890s and some moves were backwards. Vegetables and spruce beer were dropped in 1790. Coffee was added, and rum



U.S. Army photo

Soldiers dig into First Strike Rations, which were introduced in 2007, while in a field location. Meals Ready to Eat have been around for almost 40 years, but the Combat Feeding Directorate is always looking for ways to improve on a good thing. Making MREs lighter in weight and less bulky to carry is a top priority. It is especially important for those warriors who are constantly on the move.

removed in 1832.

Aside from a small allowance of peas and beans, there was relatively little change. Joseph Lovell, the first Surgeon General, suggested replacing some of the meat with vegetables, but he was ignored.

However, the Army did not waste away from deficiency diseases. First, Soldiers bought and/or grew ration supplements; most forts had land to grow vegetables, keep cows and so forth. Troops also foraged, either hunting or gathering.

In the desert southwest, surgeons found cactus juice an effective – if unpalatable – antiscorbutic. To get the troops to drink it they added sugar, lemon extract and – probably the key – whiskey.

Furthermore, “commutation”

was allowed. A unit could take the cash value of some of the authorized ration and buy other food. But these supplements stopped when troops went into the field. Then it was back to hardtack and salt meat.

Rations were almost unchanged during the Civil War. Potatoes were added in 1861 and desiccated vegetables were available to U.S. forces, but troops hated them – calling them “desecrated vegetables” or “compressed hay” – and overcooked them. Thus, most of the vitamins that had survived the drying process were destroyed.

To reduce bulk, “essence of coffee” was developed, but it looked – and tasted – like axle grease and was soon replaced with ground coffee. Eben Horsford, a pioneering civilian

nutritionist, explored better rations and the Army bought some to test.

Horsford’s designed his marching ration to be more compact, with roast wheat instead of hardtack and three ounces of cooked-down beef he claimed was equivalent to 10 ounces of fresh lean beef. It may or may not have been nutritionally equivalent, but it was an utter disaster: the wheat molded and the meat spoiled – even dogs would not eat it.

In the Civil War, there were thousands of troops on campaign for months and even years and nutritional problems arose. Scurvy developed over winters, and during the Atlanta Campaign in 1864, around 20 percent of Gen. William Tecumseh Sherman’s troops showed

symptoms until fruits and berries were ripe.

Elsewhere, there were occasional skirmishes for berry patches, the prize being the berries with their Vitamin C, although the troops probably wanted the sugar and flavor. Some Confederate troops, living largely off cornbread and bacon, developed night blindness due to low Vitamin A levels.

After the Civil War, the modest improvement for the citizen-Soldiers disappeared. There was still no official field ration, although an improving canning industry could produce tinned meat and vegetables. These were mainly used as a travel ration for railroad journeys where troops could not build fires for cooking, rather than in the field.

By the 1890s, there were glimmers of nutritional science. Foods were analyzed for carbohydrates, fat and protein, but the Army was still largely concerned with filling the stomach: Regulations in 1882 allowed the substitution of bread if no vegetables were available. In 1890, a pound of vegetables per day was authorized, but 70 percent had to be inexpensive potatoes.

By the mid-1890s, the Army was seeking a field ration, confusingly called the emergency ration, reserve ration, haversack ration or marching ration. There is no evidence medical advice was sought: the goals were a compact size, low weight and use of normal foods. Compressed bread and cooked bacon were tried, but they upset the stomachs of all who tried them, presumably due to bad packaging.

By default, the Army ended up with uncooked bacon and hardtack. With half the calories coming from pork fat, which cooked out, its sole merit lay in its portability.



Photo courtesy U.S. Army Heritage and Education Center

Army Master Sgt. Victor Horwath, 174th Infantry, New York National Guard, tests the Army's new Field Ration C during First Army's summer maneuvers in 1940.



Photo by Tom Faulkner

Tom Yang, food scientist from the Department of Defense Combat Feeding Directorate, discusses the many uses of osmotically dehydrated meat products.

In 1907, something like Horsford’s ration was adopted: three ounces of powdered evaporated beef, six ounces parched wheat and three ounces of chocolate. This was canned together in a small, flat package that fit into a pocket.

The Army was still not satisfied and kept tinkering. A “chocolate ration” proved unsatisfactory during the expedition into Mexico to capture Pancho Villa and was abandoned; it may have melted in the heat.

There was still little nutritional consideration. These rations were intended to tide troops over for a few days, and had 1,200-2,500 calories versus the roughly 4,500 in the garrison ration. The goal seems to have been to keep energy levels up and hunger pangs down. Nutritional analyses were done on calories, protein,



Photo courtesy U.S. Army Medical Department Center of History and Heritage

The K-ration of the 1940s was developed to be portable for high-mobility troops and easily fit into paratroopers’ patch pockets.

carbohydrates and fat, but that was all that was done before World War I.

By the time the U.S. entered World War I, nutrition science had advanced by leaps and bounds. As already noted, foods were analyzed for calorie content and protein/fat/carbohydrates. The concept of accessory foodstuffs was propounded in 1906 and the label “vitamins” applied in 1912. It would become “vitamins” in the 1920s, when scientists learned that not all were amino acids.

In World War I trench warfare, hot food could often be brought forward to the front lines. Troops were issued a reserve ration – also known as an iron ration, or, from the meat-packing company, an Armour ration. It was hard bread, corned beef, coffee with sugar and chocolate.

Yet the Army suddenly began doing more. Surgeon General William Gorgas created a Division of Food and Nutrition to inspect food in camps, to improve mess conditions and to study ration requirements.

Given the short length of America’s war, the Food and Nutrition Division barely got off the ground, but it tried. Vitamin research was started and Army nutritionists visited camps with advice on foods and cooking. As long as troops were getting cooked meals at least once daily (and twice daily was frequently possible, even in the trenches), better nutrition was being pushed into the field by teaching cooks.

The leading nutritionist, Lt. Col. John Murlin, noted the basic ration had too many calories, was not well balanced and was especially fatty.

In the 1920s, the Quartermaster Corps was still responsible for field rations. The Reserve Ration was slightly modified several times, with different quantities



Photo by Alex Dixon

In 2008, Combat Feeding began fielding the First Strike Ration, such as this pepperoni sandwich, which were compact assault rations designed to eat on the move. It consists of many of the items found in the Meal, Ready-to-Eat, but which can be carried in the cargo pocket and don’t need to be eaten with a spoon.

of beef, bread and chocolate. Deficiencies were noted, but no action was taken because “its infrequent use precludes the necessity for a substitute” ration.

Meanwhile, science was identifying more vitamins and minerals: Vitamin C in 1928, Vitamin K in 1934, Vitamins D and E in 1922. By 1940, 15 vitamins were recognized, as well as a number of minerals. In the 1930s, drug companies were profiting heavily from a public that wanted vitamins. This knowledge was taken into the Army, with the amounts of vitamins needed unknown but the subject of active research.

By the mid-1930s, the Army was looking to overhaul the field rations. The first of the new rations was the D-ration, a fortified chocolate bar that really was not a ration (“food for the subsistence of one person for one day”) but a stand-in for a missed meal. It was so calorie-dense that it could make men nauseous if gobbled and had to be fortified with Vitamin B1 to help absorption of the calories.

The D-ration was the first of a new family of rations that eventually had 19 elements at least considered. Most were special purpose; the big three were supposed to be the A-ration (the garrison ration tweaked for training or field delivery “to meet existing field conditions”), the B-ration (the A-ration but without refrigeration and using canned foods to reduce bulk) and the famous C-ration.

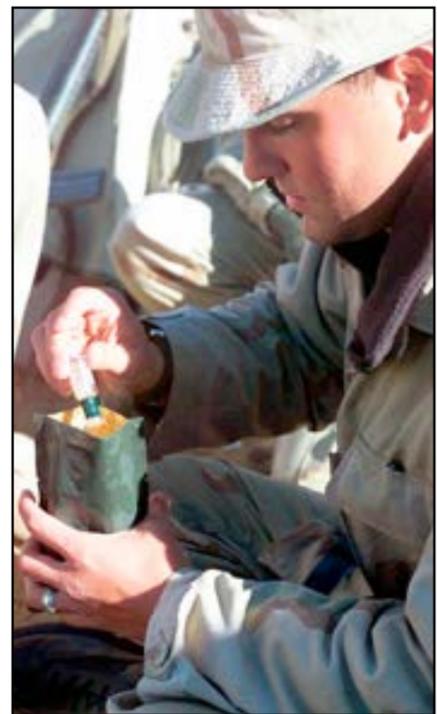
Beginning in 1936, the Quartermaster Corps was researching and testing the early C-ration. Early batches were grossly low in some vitamins and, due to a math error, the original sample had half the expected calories.

Standardized and adopted before field tests were completed, the C-ration had



Photo by Tom Faulkner

Stephanie Holmes, a food technician at the FPL Foods processing plant in Cayce, S.C., rolls a sheet of osmotically dehydrated meat product as it comes off the conveyor. FPL Foods has dedicated an area of its plant and members of its workforce, such as Holmes, in an effort to develop an array of innovative meat products.



U.S. Department of Defense photo

A U.S. Marine with Battalion Landing Team 3/6, 26th Marine Expeditionary Unit (Special Operations Capable), adds Tabasco sauce for added flavor to his breakfast Meal, Ready-to-Eat in his bivouac site immediately in front of the Kandahar International Airport, Kandahar, Afghanistan, during Operation Enduring Freedom in 2011.

U.S. Army Institute of Surgical Research hosts NATO Science and Technology Organization

By Steven Galvan
USAISR Public Affairs

The U.S. Army Institute of Surgical Research Burn Center at Joint Base San Antonio-Fort Sam Houston hosted burn care specialists from the NATO Science and Technology Organization May 20-21 to discuss and develop clinical practice guidelines for care of NATO military burn patients.

The two-day STO lecture series, called HFM-246, was organized by the Human Factors and Medicine Panel and focused on the development of evidence-based CPGs for the management of severely burned patients during armed conflicts.

Lt. Col. (Dr.) Wylan Peterson, USAISR Burn Center acting director,

coordinated the event and hosted the burn care specialists from Belgium, France, Germany and United Kingdom. Col. (Dr.) Serge Jennes from the Burn Wound Center Military Hospital in Brussels, Belgium, was the lecture series director.

“This NATO group (Czech Republic, U.S., Germany, Kyrgyzstan, Georgia, Great Britain, The Netherlands, France and Belgium) was created in 2009 and includes a multi-national group of experts in burn wounds,” Jennes said. “Our goal at this lecture series was to develop a consensus about the clinical practice guidelines for all NATO countries that takes into account the experiences of all the countries involved in the last conflicts.”

Jennes added that the consensus will be provided to the STO in Paris in 2016 and hopes to have the report published in an international journal.

The goal of this group is to develop a series of clinical guidelines for combat casualty care that reflects best-practice among the NATO collaborators, much like the USAISR Joint Trauma System CPG repository.

The STO is designed to conduct and promote collaborative research and the exchange of information between NATO countries. It is composed of three organizations: the Science and Technology Board; the Panels and the Technical Teams; and the HFM, one of seven panels under the STB.

Army secretary to step down

Army Secretary John M. McHugh has announced that he will resign effective Nov. 1, in which he hopes will afford ample opportunity for a smooth transition.

McHugh has been in discussions with both the defense secretary and the deputy defense secretary and expressed his desire several weeks ago to depart as Army secretary.

McHugh expressed his gratitude to the president and his appreciation to the defense secretary, most importantly, the men and women of the Army for the tremendous honor to serve as secretary for these many years.

“Secretary McHugh has been a tremendous public servant for decades, and he has helped lead the Army through a period of challenge and change,” said Defense Secretary Ash Carter. “There will be much time in the coming months to appropriately celebrate his many accomplishments, but for now, I will just say that every Soldier is better off because of his hard work and vision, and so is the country.”



File photo

Army Secretary John M. McHugh will resign effective Nov. 1.

(Source: Department of the Army)

DEPUTY ASSISTANT SECRETARY OF DEFENSE VISITS METC



Photo by Lisa Braun

Daniel Feehan, deputy assistant secretary of defense for readiness, observes a surgical technology student and instructor perform a mock operation May 19. Feehan toured the Department of Combat Medic Training, Basic Medical Technician Corpsman Program and Surgical Technologist program May 19 during a visit to the Medical Education and Training Campus on Joint Base San Antonio-Fort Sam Houston. The visit, followed by meetings with senior METC leadership, allowed Feehan to learn more about METC and how it trains the Army, Navy and Air Force medical enlisted force.

Hurricane preparedness: the time is now

The National Weather Service National Hurricane Center is working to make sure you and your families have the information you need to be prepared in the case of a storm. It only takes one storm to change your life and your community, be sure you are ready before the storm hits.

The Eastern Pacific hurricane season began May 15 and ends Nov. 30. Hurricane season in the Atlantic began June 1 and ends Nov. 30. There are several ways to prepare:

Develop a disaster plan including a safe evacuation route.

Make copies of all important documents including your uniformed services ID card and keep them in a water-proof container.

Carry a copy of all important phone numbers like your primary or any specialty care providers.

Have an extra dose of medication and any needed medical devices or equipment.

Arrange for help getting to a shelter.

Take these and other steps (<http://www.ready.gov/be-informed>) to ensure your safety in case of a storm. Even if it does not hit your area directly, you could be affected.

The primary hazards from hurricanes are storm surge flooding, inland flooding from heavy rains, destructive winds, tornadoes, high surf and rip currents.

Storm surge is dangerous because a mere six inches of fast-moving floodwater can knock over an adult. As little as

two feet of rushing water can carry away most vehicles—including large pickup trucks and SUVs.

Staying informed is also a major step in being prepared. Go to the “Disaster Information” page on the TRICARE website (<http://www.tricare.mil/Resources/DisasterInfo.aspx>) for more information on what to do before and after a disaster.

You can sign up to receive email or text disaster alerts (at <https://public.govdelivery.com/accounts/USMHSTMA/subscriber/new>) directly to your phone on <http://www.TRICARE.mil>, then choose your subscription type and enter your email address or mobile phone number.

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

DOD's Pride Month celebration highlights LGBT leadership

By Army Sgt. 1st Class
Tyron C. Marshall Jr.
DOD News, Defense
Media Activity

President Barack Obama declared June as Lesbian, Gay, Bisexual and Transgender Pride Month, and the Department of Defense is highlighting the importance of leadership as it celebrates the achievements and sacrifices of LGB service members and LGBT civilians.

During an interview with DOD News June 1, Air Force General Counsel Gordon O. Tanner discussed DOD's LGBT Pride Month, the importance of recognizing diversity within the department and encouraging LGB service members and LGBT civilians to visibly serve.

"LGBT Pride Month is an opportunity to celebrate the achievements of LGBT members of the defense family," said Tanner, who served on active duty in the Air Force Reserve as a member of the civil service and now as a Senate-confirmed political appointee.

"I've had the chance to see LGBT members, both civilian and military members, serve when there was a ban on openly gay service, then during the period of 'Don't Ask, Don't Tell,' and now openly," he said.

"For me," Tanner said, "it's a time to remember the accomplishments, and the sacrifices and importance of the work that these members have provided to all of us and to the nation."

As he has done since the repeal of "Don't Ask, Don't Tell", Tanner encouraged military leaders

who are LGB to be "open and honest."

While he noted that he completely respects the right of an individual to be "where they are in their own personal lives and their own visibility," he added, "for me, however, I believe whether leaders like it or not, that they are role models or mentors, and they are the visible embodiment of the core values of the organization that they represent."

Tanner noted the Air Force's core values are "Integrity First, Service Before Self, and Excellence in all We Do."

"So what does integrity first mean?" he asked. "Well, to me it means that we listen to our moral compass, that we live with courage, honesty, a sense of openness, justice and accountability."

In other words, Tanner said, integrity means do the right thing.

"And it's hard, I think, to be a person of integrity if you're not living ... openly and living as who you are," he said.



U.S. Air Force photo

During a June 1 interview with DOD News, Air Force General Counsel Gordon O. Tanner discussed DOD's LGBT Pride Month, the importance of recognizing diversity within the department and encouraging LGB service members and LGBT civilians to visibly serve.

"I believe we still have challenges in visibility," Tanner said. "Many of our members, civilian and military – whether because of habit or because of family situations – are reluctant to be more visible. I think that visibility will be a challenge for us for some time."

"I also think that one of our challenges is outreach to local installations and communi-

ties," he continued. "While it may be easier if you live in a metropolitan area to be more open and visible, it's tough elsewhere."

Tanner, who is from a small southern city, said he has personally experienced some of the challenges with being open and more visible in smaller communities across the nation.

"I think that will remain a challenge," he said, "and for those of us who are leaders, it's important to ensure that we have created more accepting and welcoming climates at the local level, to the extent we can."

It's also important, he said, that organizations share with each other their lessons learned as they have navigated the process of building supportive, welcoming communities and networks.

"The military has done a really wonderful job in the transition," Tanner said, "and in the change management that has occurred during the repeal of

'Don't Ask, Don't Tell.'"

Tanner said that being part of the LGBT community has taught him, "First, that to make change you have to build a consensus. "You must ensure that everyone is on the same page and has a common level of understanding."

He added, "It's taught me the importance of teamwork. We often have to reach out to our straight allies who are not part of the LGBT community to elicit their support. There's a real commonality of interest in the overall civil rights movement in this country and the LGBT movement."

Tanner said he's also learned the importance of communication, and ensuring everyone is on the same page to formulate and accomplish goals.

"Finally, I learned that you just don't give up," he said. "The tenacity that's required when you encounter challenges and obstacles along the way is critical. Never give up."

The Air Force has

never had a "stronger advocate" for diversity and inclusion than Air Force Secretary Deborah Lee James, Tanner said.

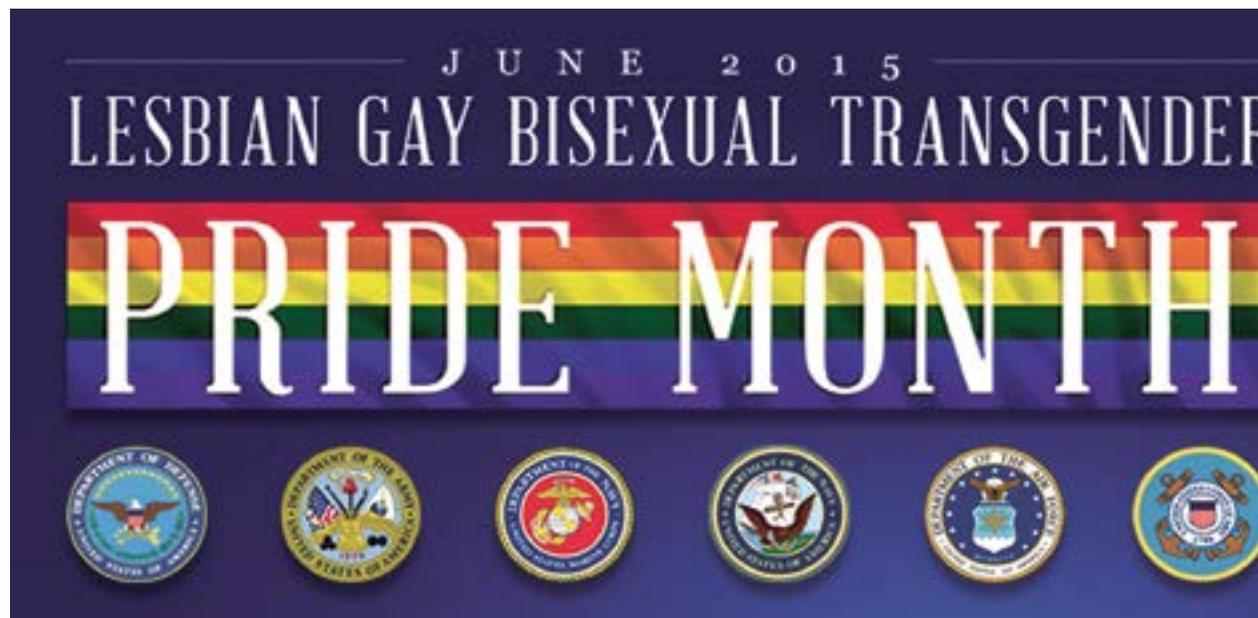
"She lives and breathes diversity," he said, "She is particularly interested in diversity of thought, and that comes to the workplace when there are people of different backgrounds, experiences and cultures working together."

Tanner said James believes that diversity will make the Air Force a "richer and stronger" military more capable of achieving the nation's objectives and ensuring its defense.

"I think the most important [attribute] is to listen," Tanner said. "Here in the DoD, we're surrounded by incredibly smart people – well-read, well-educated, well-traveled. It always seems to me that if I can wait and listen to the smart people around me before I stake out a position, I'm generally better served."

"Now that may mean asking them questions too so I really understand what they're saying," he continued. "But I think if we all listened to each other, particularly those with whom we may disagree – we would become better leaders and more clearly articulate the way ahead for the DoD, particularly with the limited resources we have now."

Tanner also expressed concerns that LGB Reserve and National Guard members may face challenges in their civilian workplaces. Even though Guard members and reservists may be "open" in their military workplaces, most continue to hide



BAMC Auxiliary provides grants, gifts to several departments, organizations

By Lori Newman
BAMC Public Affairs

The Brooke Army Medical Center Auxiliary held its annual welfare recognition ceremony May 20 in the San Antonio Military Medical Center auditorium.

"The welfare committee is responsible for issuing grants that support the BAMC mission," said Anne Feldman, BAMC Auxiliary president. "This is no small task given the amount of requests this committee receives."

This year, the welfare committee approved 40 grants totaling \$65,000. The grants provide funding for a variety of items throughout several departments

within BAMC, as well as the Fisher House and the Warrior and Family Support Center.

"Today is just one very small part of all that the volunteers are doing both within the auxiliary and within the recipient organizations," said BAMC Commander Col. Evan Renz.

"The list of recipients is amazingly long and it's fantastic. The projects are so worthwhile and I appreciate those of you who actually applied for these gifts and grants because they represent your dedication to the patients," the commander said. "It makes such a difference for them. I want to thank you all."



Photo by Lori Newman

Brooke Army Medical Center Auxiliary president Anne Feldman (left) and Auxiliary member Rachel Iffrig (right) present Inge Godfrey, BAMC Fisher House manager, a check for \$52,440 from the annual Fisher House Charity Golf Tournament held April 6.

The requests varied from the purchase of patient educational materials to more unique items such as birthing balls,

breast feeding pillows, water weights, swim fins and a gift basket for BAMC's first baby of the New Year.

The Pediatric Post-Anesthesia Care Unit received four children's wagons in different animal shapes to transport pediatric patients to surgery.

"We are so excited about our pediatric wagons," said Army 1st Lt. Dominique Songernfrei. "A lot of times little kids come in for surgery and they are scared. They have to be taken away from their mom and dad and go back to the operating room which is a big, scary room."

"If they get to ride in a caterpillar, that's cool," Songernfrei said. "When they go back to the operating room happy, they are going to wake up a little bit happier."

The auxiliary also presented a check in the amount of \$52,440 to Inge Godfrey, BAMC Fisher House manager. The funds were raised from the annual Fisher House Charity Golf Tournament held on April 6.

Feldman also thanked the Kernel Club whose volunteers run the popcorn machine in the Medical Mall. "Those individuals represent more than 1,060 volunteer hours," she said.

"The auxiliary plays such an important part of this organization and represents not simply one body of volunteers, but rather the whole spirit that's behind it and the hearts of all those who participate," Renz said.

BAMC honors Asian-Americans, Pacific Islanders

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center and the U.S. Army Institute for Surgical Research held an observance to honor Asian-American Pacific Islander Heritage Month May 22 in the Medical Mall.

Retired Army Sgt. Maj. Julius Chan, born in Cebu City, Philippines, was the guest speaker

for the event. Chan has held many assignments at Joint Base San Antonio-Fort Sam Houston throughout his military career.

Chan explained that Asian-American Pacific Islander Heritage Month is celebrated every year in May to coincide with two significant milestones in Asian-Pacific American history, the arrival of the first Japanese immigrants to the

United States on May 7, 1843, and completion of the Transcontinental Railroad on May 10, 1869, a project which countless Chinese migrant workers contributed to.

The term Asian-Pacific covers the Asian continent and the Pacific Islands of Melanesia, Micronesia and Polynesia.

The year's theme was "Many Cultures, One Voice: Promote Equality

and Inclusion. Rightfully so, the United States has a racially and ethnically diverse population," Chan said.

BAMC commander Col. Evan Renz and BAMC Command Sgt. Maj. Tabitha Gavia thanked everyone for their contributions to making the event successful. Aloha Kitchen also provided a demonstration of Hawaiian dance and Asian food sampling.



Photo by Robert Shields

A Hawaiian dance group from Aloha Kitchen performs at the Asian American/Pacific Islander Observance May 22 in the SAMMC Medical Mall. Aloha Kitchen also provided an Asian food sampling for the event.

RATIONS from P11

some basic problems. It was bulky, heavy and awkward, so soldiers were not inclined to take a full load. To ease manufacturing, the Quartermaster Corps accepted a reduction in variety.

Theoretically, there were equal quantities of the three meat rations, but producers found the “meat and hash” to be the easiest to make and it was over-produced. To the soldier chewing on the same “meat and hash” for 10 days or more, it was a problem – a problem that could lead to reduced consumption and thus reduced nutrient and calorie intake.

The C-ration provides a lens to examine some nutritional problems. It was never tested for palatability and the design parameters were only “as palatable as possible.”

There were problems of Vitamin C consumption, since most Vitamin C came from the lemon juice powder. Troops considered it “bug juice” and used it to bleach floors rather than drink, pointing to the risk of putting most of one nutrient in one food item. The Vitamin C was eventually added to candies and the bug juice dropped.

By 1944, there were 10 different types of C-ration meat or meat-vegetable menus instead of the original three and two types had already been dropped.

Responding to other troop complaints, the candies were varied with commercial types. By the winter of 1944-45, help was on the way.

Troops had chewed their way through the mountains of 1942-43 C-rations and the supply chain had produced enough of the new versions. Positive, sometimes enthusiastic, reports began to arrive. Army Medical Department nutritionists had gotten their point across: the C-ration was adequate for nutrients as long as troops ate it and the Quartermaster General had begun fixing the problem.

In contrast, the K-ration was morale-neutral. It was developed to be portable for high-



U.S. Army photo

A Soldier prepares to eat a Meal, Ready-to-Eat, also known as an MRE.

mobility troops and easily fit into paratroopers’ patch pockets. It proved more popular in testing partly for non-food reasons: the shape was handy. It also used commercial-style components (e.g. Spam and canned chicken) familiar to GIs. It had more calories and vitamins than the C-ration and still more of Vitamins A and C was added.

The Army Surgeon General reestablished a food and nutrition unit Aug. 26, 1940 and received the authority to set Army diet and nutrition standards. Army and Navy Surgeons General also pushed the Office of Scientific Research and Development to organize civilian nutritionists in 1940.

Research was largely done by conscientious objectors (who volunteered as test subjects) and looked at climatic variations on metabolism and eating, and also vitamin super-abundance. Studies also found no great loss of vitamins in sweat, that there was no need for salt tablets if meals were eaten (even at 10 liters sweating per day) and a high-protein diet helped in cold environments.

Scientists also tried to find ways to make food more attractive (e.g. keeping dried eggs from browning) that would increase consumption and reduce waste and ship-

ping space. In 1944, a Medical Nutrition Laboratory was created directly under the Army Surgeon General, with approximately 24 personnel, replacing the four personnel crowded into the Army Medical School.

With millions of late-World War II C-rations still in depots, there was another lull in ration development after World War II. C-rations were standard in Korea and used in Vietnam.

Not until 1958 did a new ration come about, called the Meal, Combat, Individual, or MCI.

Learning from World War II, there was a greater variety of menus and greater variety of candies, fruits, cigarettes, etc. This let troops personalize their meals and helped morale some, although cigarettes were discontinued in 1972.

The MCI was often mistaken for the C-ration; both had canned elements and both were being used concurrently, so it hardly made a ripple on the soldier’s consciousness.

The next generation of ration made a bigger impact. Design work on the Meal, Ready to Eat began in 1961 and it was adopted in 1975, finally coming into service in 1981. While the C-ration had problems, it was developed in roughly three years on a project budget of \$300.

As an example of how multiple technologies interact in rations, the development of flat retort packaging (flexible foil/plastic pouches) meant lower

heat levels rendered foods safe for storage; lower heat meant more menu choices were possible; more menu choices meant higher troop acceptance and better field nutrition.

While MREs do not enthrall everyone, it shows the Army has learned something. Since the MRE is designed to be fed for up to 01 days, there had to be a greater menu variety and menus rotate every two years.

Harking back to World War II, there is no use having food and nutrients in the ration if troops do not eat them. Adding hot sauce, developing pouch bread, the flameless heater, the desert chocolate bar, better coffee and adding commercial candies were all ways to get nutrients where they matter – into the troops.

The Army also continued its basic research. After World War II, military nutrition research was transferred from Chicago – where it was convenient for the quartermasters – to medical facilities. The Army Nutrition Laboratory was transferred to the U.S. Department of Agriculture in 1979 on Congressional orders, but other research continues.

As the science of nutrition has developed, so has military nutrition research, because military needs do not always match civilian ones. For instance, power bars for endurance athletes are not what combat troops need – Soldiers’ energy expenditure is much more episodic.



Photo by Michael Stepien

A Soldier checks to see what he has available in this Meal, Ready-to-Eat. MREs were created in 1961 and were adopted in 1975, coming into service in 1981.

Where is the Army looking?

In the continuing effort to get troops to eat all their MREs, labeling/graphics/logos are being studied.

In today’s consumer culture, we all react to marketing and it can affect how we eat. The military is also studying how the climate – both physical and command – affects food consumption.

Sergeants may be trained to make positive comments about MREs if that helps troops eat them.

The Army also looked into whether it was possible to raise physical performance 10-15 percent through foods and/or food supplements.

In line with the quasi-pharmaceutical claims for food supplements, research is ongoing about stocking rations with vaccines or vaccine-like drugs; on putting precursor chemicals into rations to increase body production of neurotransmitters or histamine; on blocking stress-related chemicals; on reducing sleep-deprivation effects and on what nutrients snacks should have to sustain clear thinking.

As an example, the Army wants a cognitive stamina extender for tired soldiers, especially those performing repetitious duty, such as guards, drivers, etc. Amphetamines have been ruled out; amino acids as precursor chemicals are a possibility; serotonin is an option; Modfinil (a narcolepsy drug) is an option.

The best option, balancing all factors, is caffeine, and it has been in the ration since 1832. Overall, recent research has shown that it is not possible to boost troops above 100 percent of normal physical performance through food supplements but a better possibility is reducing the performance degradation of stress and fatigue.

If the adage “An army travels on its stomach” still holds true, then the U. S. Army has come a long way. But, then again, complaints about rations are a bond shared between generations of soldiers that are not going to go away anytime soon.



Employment Readiness Orientation Info

Mondays, 9-10 a.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Meet the employment readiness team for an opportunity to get to know each other and to assess assistance available for employment needs and desires. Call 221-2380.

Teen Talk

Mondays, 9-10 a.m. and 2-3 p.m. A discussion group for teens on teen-related topics. Participants must be enrolled in Youth Programs. Morning sessions meet at the Middle School Teen Center, building 2515. Afternoon sessions meet at the Youth Center, building 1630. Call 221-2418.

Conflict Resolution

Monday, 11 a.m. to 1 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. We all run into conflicts at some point in life. Explore ways to resolve conflict and

learn new techniques to improve effective communication skills. Call 221-2418.

Helping Us Grow Securely Playgroup

Tuesdays, 9-11 a.m., Joint Base San Antonio-Fort Sam Houston Middle School Teen Center, building 2515. This playgroup provides interaction for infants and toddlers as well as an opportunity for parents to socialize. Open to parents and their children, ages 5 and under. Registration not required. Call 221-2418.

Briefer Training Course

Tuesday, 8 a.m. to 3:30 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Are you known for death by PowerPoint? Discover methods for preparing a presentation that captures the audience and become proficient on the platform. Register no later than Friday by calling 221-2380.

Post-Deployment Resiliency Training

Wednesdays, 1-3 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. All service members returning from deployment are required to attend resiliency training to help reintegrate back into the

home life. Discuss how to deal with the stressors associated with post-deployment. Call 221-2418.

FRG Leadership Academy

Wednesday, 8 a.m. to 4 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. The Family Readiness Groups play a critical role in assisting commanders with their mission. This training provides command leadership with a better understanding of their FRGs, how to utilize their volunteers, in addition to their roles and responsibilities to the families. Call 221-2418.

Coffee Talk Support Group

Wednesday, noon to 1 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Join us for a casual dialogue to share helpful resources and ways to overcome challenges. Call 221-2705.

EFMP Family Movie Day

Wednesday, 2-4 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Exceptional Family Member Program families are invited to watch "Paddington Bear" in the M&FRC auditorium. This is a PG movie. Call 221-2705.

Sponsorship Application, Mandatory Training

Wednesday, 2-3 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Mandatory training for military sponsors. Sponsors serve as the link between a newcomer and their unit, installation and new community. Learn about roles and responsibilities of a sponsor as well as knowledge and resources necessary for effective sponsorship. The Electronic Sponsorship Application & Training (eSAT) is available at <http://apps.militaryonesource.mil/ESAT> and provides registration, training certificates, sponsorship duty checklist, newcomer needs assessment, welcome packet and links to important Department of Defense and service relocation websites. Call 221-2418.

Peer-To-Peer Caregiver Support Group

Thursday, 12:30-2:30 p.m., Joint Base San Antonio-Fort Sam Houston Soldier and Family Assistance Center, BAMC building 3639. This support group provides an opportunity for caregivers to build peer support networks, share experiences and information while having a safe place to talk. Call 221-2705.



Scout Strong Patriot Run

The Alamo Area Boy Scout Council conducts a Scout Strong Patriot Run Saturday at McGimsey Scout Park, 10810 Wedgewood Drive. There is a kids' 1K fun run at 7:30 a.m. and a 5K run/walk at 8 a.m. Register online at <http://www.active.com> and search for Scout Strong Patriot Run.

Flag Day Run

San Antonio Elks Lodge 216 hosts its second annual Flag Day 5K Run at 8 a.m. Saturday at the Leon Creek Greenway, Valero Trailhead, 15806 Interstate 10 West, with event parking at 15650 Market Hill. This is a chip timed event. There are also a variety of events including free food, a car show and a flag retirement ceremony. For active duty, price is \$10 for the 5K alone or \$15 to run and get a T-shirt. For more information, visit http://www.sanantonioelks.com/index_m.html. To register, visit <http://register.iaapweb.com/search/event.aspx?id=32573>.

Warrant Officer Association Meeting

The next meeting of the Lone Star Silver Chapter of the U.S. Army Warrant Officer Association is at 5:30 p.m. Tuesday at the Longhorn Cafe, 1003 Rittiman Road, at the corner of Rittiman and Harry Wurzbach Roads. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call 413-1965 or 571-4967.

Art In The Dark

The San Antonio Lighthouse for the Blind's annual Art in the Dark is from 6:30-9 p.m. Thursday at the new children's museum, the Do Seum on Broadway. Local artists, potters, sculptors and jewelry designers in San Antonio have donated their art work which will be auctioned off. Attendees can bid on the art throughout the evening while enjoying food and beverages from dozens of local restaurants and businesses. The Lighthouse for the Blind Choir will provide entertainment. Tickets are \$30 in advance or \$40 at the door. For information and tickets, visit <http://www.salighthouse.org/events> or call 531-1533.

LAB DAY from P3

Command is not only critical to the health and well-being of the nation's warfighters, but also impacts the lives of civilians," said Maj. Gen. Brian C. Lein, commanding general of the USAMRMC and Fort Detrick and deputy for Medical Systems to the Assistant Secretary of the Army for Acquisitions, Logistics, and Technology.

"Clinicians in the civilian setting are taking the science and technology coming from DOD labs in areas, such as rehabilitative medicine, trauma care and infectious disease research, and are using it to save lives

on a daily basis."

Among the items on display from the USAISR within the USAMRMC area was the Compensatory Reserve Index.

The CRI uses an algorithm that is designed to take information from a patient using a non-invasive finger pulse oximeter and gauges whether immediate medical attention is needed even though the patient may seem alert and responsive.

According to Carter, the CRI will revolutionize triage on the battlefield and could lower casualties.

"One of the challenges now with triage is that with multiple casualties on the battlefield the medic may have

difficulty determining which patient needs to be treated first," Carter said. "The CRI indicates poor vital signs so that the medic can provide blood or resuscitative fluids to the patient before it's too late."

Under Secretary of Defense for Acquisitions, Technology and Logistics Frank Kendall hosted the event. Deputy Defense Secretary Bob Work provided opening remarks and emphasized the importance of highlighting the military's achievements in science and research.

"Technological superiority is not an American birthright," said Work. "We must continue to innovate to protect our country."

MICC from P3

small-business community was immediate, particularly to areas that were hard hit by sequestration," Massie said. "These no-cost events reinforce the complete transparency of Army requirements to industry. The events also allow small businesses to make sound decisions established through valid marketing plans and strategies while pursuing short- and long term requirements."

In fiscal 2014, the MICC achieved a total small business percentage of 48.3 percent, exceeding its 45.8 percent goal with \$2.4 billion awarded to small businesses. It accounted for

13 percent of \$19 billion small business dollars spent by the U.S. Army and 27 percent of \$8.8 billion small business dollars spent by Army Materiel Command.

The command achieved a small disadvantaged business percentage of 27 percent, besting its goal of 24 percent. With a target of 9 percent in its service-disabled veteran-owned small business and woman-owned small business socioeconomic categories, the command exceeded those goals with 9.6 and 9.4 percent, respectively.

Although the MICC did not meet its HUB-zone small business goal of 8 percent, contract awards throughout the command

increased by \$40 million over the previous year contributing to the AMC and Army meeting their respective goals.

Headquartered at JBSA-Fort Sam Houston, the MICC is responsible for providing contracting support for the warfighter at Army commands, installations and activities located throughout the continental United States and Puerto Rico. In fiscal 2014, the command executed more than 37,000 contract actions worth more than \$5.6 billion across the Army. The command also managed more than 633,000 Government Purchase Card Program transactions in fiscal 2014 valued at an additional \$783 million.