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221-9363**

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


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Westover Hills Medical Home to open on Northwest side

 By Lori Newman
BAMC Public Affairs

A new 12,500-square-foot community-based medical home is scheduled to open later this summer on the Northwest side of San Antonio.

“There is a large beneficiary population in that area and a growing population as San Antonio expands,” said Maj. Alex Montgomery, operations officer, Department of Family and Community Medicine. “Our intent is always to provide the best access to military medicine for our beneficiaries.”

The entire first floor of the new medical complex located off Westover Hills Boulevard will be dedicated to serving TRICARE beneficiaries. It will be the largest community-based medical home within Brooke Army Medical Center’s arsenal.

“We use a team approach to health care with licensed vocational nurses, registered nurses and physicians all working together to take care of our patients,” Montgomery said.

“Individuals over the age of 65 can enroll specifically to this facility and seek the same care and practice model that they see at the internal medicine clinic at the San Antonio Military Medical Center.”

Thirteen board-certified providers with varied medical backgrounds and experience will provide comprehensive, coordinated care that is customized to meet the holistic health care needs of the patients they serve.



Photo by Lori Newman

The entire first floor of the new medical complex located off Westover Hills Boulevard will be dedicated to TRICARE beneficiaries. It will be the largest community-based medical home associated with Brooke Army Medical Center.

“The staff has varied backgrounds with a multitude of experience. We are going to have a lot of folks who have trained and worked in the civilian sector, as well as in the military sector,” said clinic administrator Anthony O’Bryant. “We have the capability to care for babies who are two weeks old to folks who are retired and in their golden years.”

The new medical home will also have laboratory capabilities and a drive-through pharmacy.

“The pharmacy will have a drive-through lane so people will be able to come and pick up their prescriptions without even leaving their vehicle,” Montgomery said.

An official opening date has not been set yet.

“We know people are excited

to sign up for care at this new medical home,” Montgomery said. “Enrollment for the new medical facility will not open until it’s about 30 days from completion.”

People can look for updates about the new medical home opening on the Brooke Army Medical Center website at <https://bamc.amedd.army.mil/>, the BAMC Facebook page at <https://www.facebook.com/BrookeArmyMedicalCenter>, in the Joint Base San Antonio-Fort Sam Houston News Leader and other local publications.

“We want to bring the military on-base experience closer to your home,” O’Bryant said. “It’s military medicine for military families. We want to be your first choice in primary care.”

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Dailey assumes role as 15th Sergeant Major of the Army

By C. Todd Lopez
Army News Service

The 15th Sergeant Major of the Army was sworn into office Jan. 30 at the Pentagon, bringing with him a wealth of experience from both the operational and institutional Army.

Before administering the oath of office to Sgt. Maj. of the Army Daniel A. Dailey, Chief of Staff of the Army Gen. Ray Odierno explained what it is he believes Dailey will bring to the office.

The general said the first time he met Dailey, the non-commissioned officer had been a platoon sergeant. Subsequently, he served as a battalion sergeant major, brigade sergeant major and division sergeant major.

Dailey also has in-depth institutional experience, Odierno said, having

served as the command sergeant major at the U.S. Army Training and Doctrine Command.

"He brings this broad experience of both understanding the institutional side as well as the tactical and operational side," Odierno said. "In my mind, there is no one more qualified to take on the responsibilities and the challenges our Army faces in the future."

The general named three such challenges, saying they are concerns he thinks about every day. He said he believes that Dailey will be able to help address those challenges, as did Sgt. Maj. of the Army Raymond F. Chandler III before him.

First, he said, is the continued commitment of Soldiers across the globe – as many as 140,000 Soldiers are now deployed or forward stationed.



Photo by C. Todd Lopez

Chief of Staff of the Army Gen. Ray Odierno (left) administers the oath of office to the Sgt. Maj. of the Army Daniel A. Dailey (right) Jan. 30 at the Pentagon. Dailey's wife, Holly, holds a bible.

"It's our responsibility to ensure they have the resources and tools necessary to do their jobs. And that we develop NCOs ... so they are able to lead our Soldiers anywhere."

Secondly, Odierno said, is the downsizing of

the Army. "How do we maintain the strength of our Army by keeping the right NCOs in the force, but while also taking care of those who raised their right hand and were willing to serve this nation in a time of war, and how

do we properly transition them and do it the right way?"

Finally, he said, is planning for the future of the Army, to plan for what the Army will need to continue to maintain the security of the United States.

With all of those issues, Odierno said, he believes that Dailey will serve as an advisor and leader to help the Army make the right decisions.

"Sgt. Maj. of the Army Dan Dailey is the one who can lead us that way," he said. "He understands those problems and he understands what it will take. I know his preparation and leadership and experiences will help us to lead this great Army into the future – and to ensure that this Army will remain the greatest Army

See SMA, P9

Access procedural changes for Joint Base San Antonio-Camp Bullis

Starting Saturday, the 502nd Security Forces Squadron, in conjunction with Joint Base San Antonio-Camp Bullis leadership, will implement access control processes at JBSA-Camp Bullis in order to comply with Department of Defense and Air Force regulations.

In the April 25, 2014 edition of the JBSA-Fort Sam Houston News Leader, people were notified of a five-phase implementation process for access control. At that time, Phases 1-3 were implemented for the JBSA-Fort Sam

Houston main post, with Phases 4 (San Antonio Military Medical Center) and 5 (JBSA-Camp Bullis) forthcoming.

The new processes for JBSA-Camp Bullis are listed below:

Contractors/vendors:
Current requirements for all contracts let on JBSA-Fort Sam Houston, to include JBSA-Camp Bullis, require the contractor to obtain access credentials. Employers will provide a list of all employees through their sponsor to the visitor center for pre-vetting and subsequent issuance

of an access credential. All contractor/vendor personnel requesting access to JBSA-Camp Bullis without an authorized access credential will be directed to the Walters Gate Visitor Center for processing.

Business/family/friend visitors:

These visitors have the ability of pre-announcement. The sponsor will provide information to the JBSA-Camp Bullis Visitor Center for pre-vetting. The visitor center will, in-turn, provide an Entry Authorization List for posting at the entry control point. Entry

controllers will verify individuals on the EAL by checking an authorized proofing document and allow entry.

Unannounced visitors:

All visitors to JBSA-Camp Bullis must have a sponsor and a valid reason for entry. The entry controllers will have the visitors pull safely to the side of the road and give them three options:

Option 1: Have sponsor come to the ECP and verify the visitors need for entry. Once verified, the entry controller will vet at the ECP and issue an Air Force Form 75 visitor pass for the dura-

tion of the visit.

Option 2: Have sponsor call the JBSA-Camp Bullis Police Station (295-7557) from a government phone (verified by caller ID), and verify the visitors. Once verified, the JBSA-Camp Bullis Police Station will contact the entry controller who will, in turn, vet visitors at the ECP and issue an AF Form 75 visitor pass for the duration of the visit.

Option 3: Deny access to visitors who are not sponsored.

For more information, call 221-1108 or 221-2756.



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



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<http://www.twitter.com/JBSAFSH>



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

News Briefs

SAMCC Main Gate Closure

The San Antonio Military Medical Center main gate entrance closes from 10 p.m. Saturday until 10 p.m. Monday. The gate closes again at 10 p.m. Feb. 20 through 10 p.m. Feb. 22. The SAMCC Commercial Gate will close as usual for these weekends. These closures will allow necessary safety tests for the denial barriers at the main gate and commercial access drives.

TxDOT, 502nd ABW Partner On Travel Options Study

The Texas Department of Transportation and the 502nd Air Base Wing have partnered on a study of employee commute preferences to better understand regional congestion patterns. The Active Travel Demand Management Travel Options Study is sponsored by TxDOT to promote travel option programs to employers, employees and other stakeholders along the most congested corridors in the San Antonio area. The commuter survey portion of this study is a means of understanding individual commute patterns, such as how long it takes and how individuals go about meeting their travel needs on a daily basis. As congestion increases in the San Antonio metro area, TxDOT and the 502nd ABW are interested in learning about what other options might be of interest. Input from customers is the foundation of the study and will also let us know how we can better support employees. Survey is anonymous and only takes a few minutes. Survey link is <http://tinyurl.com/JBSAcommute>. Call 652-3477 or 652-5307.

Patient Appreciation Health Fair

Brooke Army Medical Center will hold a patient appreciation health fair from 10 a.m. to 2 p.m. Feb. 26 in the Medical Mall at the San Antonio Military Medical Center. Event includes health information and screening; information on nutrition, sleep and fitness; enrollment; free food and much more. Call 916-5160 or 916-5118.

See NEWS BRIEFS, P6

Stage 2 water restrictions implemented across JBSA

By Benjamin Martinez
Joint Base San Antonio
Water Conservation Manager

The 10-day average of the Bexar County index well J-17 has risen above 640 feet mean sea level as of Jan. 30. Stage 2 water restrictions for all Joint Base San Antonio locations is triggered at the following levels: Bexar (J-17): <650; Comal Springs: <200; San Marcos Springs: <80.

The J-17 well serves as the official well for recording groundwater elevations in the San Antonio Pool of the Edwards Aquifer, according to the Edwards Aquifer Authority website (<http://www.edwardsaquifer.org>).

The JBSA Base Civil Engineer declared Stage 2 water restrictions effective immediately, in accordance with the

current JBSA Critical Period Management Plan and Biological Opinion issued by the U.S. Fish and Wildlife Service.

The biological opinion limits JBSA's water draw from the Edwards Aquifer in order to protect eight endangered species which live in the aquifer and its associated springs. These species can only survive when aquifer levels and spring flows are adequately maintained.

The restrictions within Stage 2 facing base residents and personnel are substantial and all must comply with the JBSA Critical Period Management Plan.

All the Stage 1 restrictions in addition to Stage 2 water restrictions are in place:

- Continue practices from Stage 1, except as

noted or replaced by Stage 2 rules.

- Landscape watering with an irrigation system, sprinkler or soaker hose is allowed only once a week from 7-11 a.m. and 7-11 p.m. on your designated watering day, as determined by your address or facility number.

- Watering with drip irrigation or five-gallon bucket is permitted any day, but only between 7-11 a.m. and 7-11 p.m.

- Watering with a hand-held hose is allowed any time on any day. Use of fountains, waterfalls or other aesthetic water features – outdoors or indoors – is prohibited, unless a variance has been granted for 100 percent non-potable water use.

- Installation of new landscape plantings or turf is prohibited unless

included in contract deliverables, required to repair damage resulting from maintenance or construction actions, or authorized by the base civil engineer.

- Irrigation of new turf or landscape outside of the allowed times requires base civil engineer approval.

Irrigation of athletic fields is permitted only as required to maintain the turf viability/safety. Athletic fields may water between the hours of 3-8 a.m. and 8-10 p.m. once per week on the days from Table 2. Government vehicle washing allowed twice a month, during the first (full) and third weeks.

In Stage 2, the watering days are as follows if address/facility number ends in: 0 or 1, Monday; 2 or 3, Tuesday; 4 or 5, Wednesday;

6 or 7, Thursday and 8 or 9, Friday.

All water restriction measures and details are listed in the JBSA Critical Period Management Plan available at <http://www.jbsa.af.mil/shared/media/document/AFD-130809-013.pdf>.

JBSA personnel should not confuse the JBSA water restrictions with the San Antonio Water System restriction levels. The JBSA water restrictions are more stringent and begin sooner than SAWS restrictions.

Contact the JBSA water conservation manager at 671-5337 for the reporting of water abusers. Those found not abiding with the JBSA Critical Period Management Plan may face potential disciplinary measures. Reports will remain anonymous.

MICC civilian's research brings San Antonio police history to life

By Ryan Mattox
MICC Public Affairs Office

A Mission and Installation Contracting Command information technology specialist's interest in an old news story about a riot at the front gate involving Soldiers and policemen sparked interest in learning the San Antonio Police Department's history.

Beginning with that first news story from July 1900, Steven Ramsey's countless hours researching local police history led to the creation of a 3,000-member San Antonio Police Department Historical Society.

"I was researching Joint Base San Antonio-

Fort Sam Houston history when I discovered a story about a riot at the infantry post gate," said Ramsey, the vice president of the society and acting historical research chairman. "At a certain point, the Soldiers and policemen assigned to the area got into a clash. At that instant, my interest changed from a casual perspective to focusing my understanding of the police department at the turn of the century."

After a couple of interactions on social media with retired police officers and their families, Ramsey found himself delving deeper into his research and had become a credible source of history for

the middle 1900s, and the local police department contacted him to research some of their photos.

"After finding the identities of some of the people in the photos, they invited me to look at a closet full of artifacts they had been holding onto for almost a century," Ramsey said. "Soon it led me to develop a network with other department history enthusiasts and create the society."

Ramsey and his counterparts established a historical society to honor the duty and sacrifice of San Antonio police officers. Their purpose is to collect

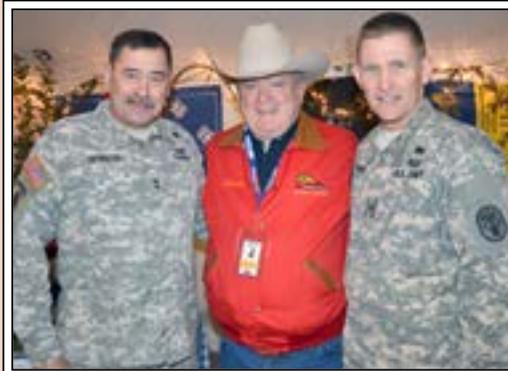


Photo by Ryan L. Mattox

Steven Ramsey studies historic images. Ramsey's interest in history led to the creation of a 3,000-member-strong San Antonio Police Department Historical Society. Ramsey is an information technology specialist with the Mission and Installation Contracting Command at Joint Base San Antonio-Fort Sam Houston.

See MICC, P17

JBSA-FORT SAM HOUSTON REPRESENTS AT COWBOY BREAKFAST



(From left) Maj. Gen. Simeon Trombitas, U.S. Army North deputy commanding general; Joe Soules, San Antonio Stock Show and Rodeo Executive Committee; and Brig. Gen. John Poppe, chief of the U. S. Army Veterinary Corps and U. S. Army Medical Command deputy commanding general (support), socialize at the 37th Annual Cowboy Breakfast held Jan. 30 at the Cowboys Dance Hall parking lot.

Photos by Esther Garcia

(From left) Brig. Gen. John Poppe, chief of the U. S. Army Veterinary Corps and U. S. Army Medical Command deputy commanding general (support), his wife, Denise, and Brooke Army Medical Center Chaplain (Capt.) Robert Ginsburg, get ready to try out some breakfast tacos served at the 37th Annual Cowboy Breakfast held Jan. 30 at the Cowboys Dance Hall parking lot. The annual event was coordinated by the Cowboy Breakfast Foundation and sponsored by Jordan Ford. The world's largest free breakfast served 40,000 to 50,000 early rising rodeo fans. The event included live music, mechanical bull riding, gunslingers and a cow chip tossing contest. The Texas-size menu included a variety of tacos, sausages, biscuits with gravy, pastries and gallons of coffee, milk and juice. Ginsburg delivered the invocation at the event.



TEXAS LEGISLATORS, STAFF TOUR WARRIOR & FAMILY SUPPORT CENTER



Photo by Sgt. 1st Class Christopher DeHart

Robert Naething (right, hands raised) speaks to members of the Texas Legislature about the Warrior & Family Support Center during their visit Jan. 29 to Joint Base San Antonio-Fort Sam Houston and JBSA-Randolph. Naething is the civilian deputy to the commanding general for U.S. Army North (Fifth Army). Legislators and staffers were treated to a tour of the facility, including the Soldier Family Assistance Center, as well as getting to meet some of the wounded warriors and their families.

News Briefs

Continued from P3

Hiring Heroes Career Fair

Joint Base San Antonio-Fort Sam Houston hosts the bi-annual Hiring Heroes Career Fair from 9 a.m. to 2 p.m. March 4 at the Sam Houston Community Center. The career fair provides an opportunity for wounded warriors, transitioning service members, spouses and veterans to network, collect information and speak face-to-face with more than 58 Department of Defense, federal, and private sector recruiters/employers about civilian career opportunities. Individuals planning to attend are encouraged to have their resumes reviewed. For more information, call 571-372-2123. For resume assistance, call 221-1213.

Taylor Burk Clinic Enrollments

The Taylor Burk Clinic located at Joint Base San Antonio-Camp Bullis provides accessible, high quality healthcare to active duty military, their dependents, and other TRICARE Prime beneficiaries. A scope of comprehensive services are provided, including acute illness care, preventive health maintenance, health promotion and wellness, education and counseling, and specialty consultation and referral. Hours are 7 a.m. to 4 p.m. Monday-Friday. Call 916-9900 to make an appointment. If you would like to switch your Primary Care Manager, call Humana Military at 800-444-5445.

Blast, Gunshot Wound Study

People who have sustained a gunshot or blast injury can take part in a Brooke Army Medical Center Department of Orthopaedics and Rehabilitation study investigating the long-term effects of retained metal fragments sustained from combat wounds. Participants must have been injured while deployed by a blast with or without retained metal fragments and it must be more than three months since the injury. Participants must be 18 or older and the study requires one visit, a study questionnaire and a blood draw. Call 916-7879 or 916-9181 for more information.

Air Force Comptroller Office

Finance personnel services for Air Force military and civilian personnel relocated from building 4196 to building 2263, room 300. For more information, call 221-1415.

Epidemiology, biostatistics: change in culture at U.S. Army Institute of Surgical Research

By Steven Galvan
USAISR Public Affairs Officer

To optimize the quality of their research, investigators at the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston need scientifically sound study designs, meticulous data collection and expert analysis.

A weak research design, hasty data collection or overly simplistic data analysis can be detrimental to a research study, resulting in publication of incomplete findings or inaccurate conclusions. That's where epidemiologist Jeana Orman, Sc.D. and her team in the epidemiology and biostatistics office can assist the researchers.

"To do good research you must use the proper study design and perform the appropriate data analysis and interpretation," Orman said. "We help to make sure that the important things are measured so that the data that are analyzed and reported are meaningful."

Orman, who studied at The Johns Hopkins University and was a senior scientist at both the National Institutes of Health and the Centers for Disease Control and Prevention before coming to the USAISR, created the team of five epidemiologist/biostatisticians.

Four of the staff are doctoral-level professionals trained in both epidemiology – the branch of medicine that

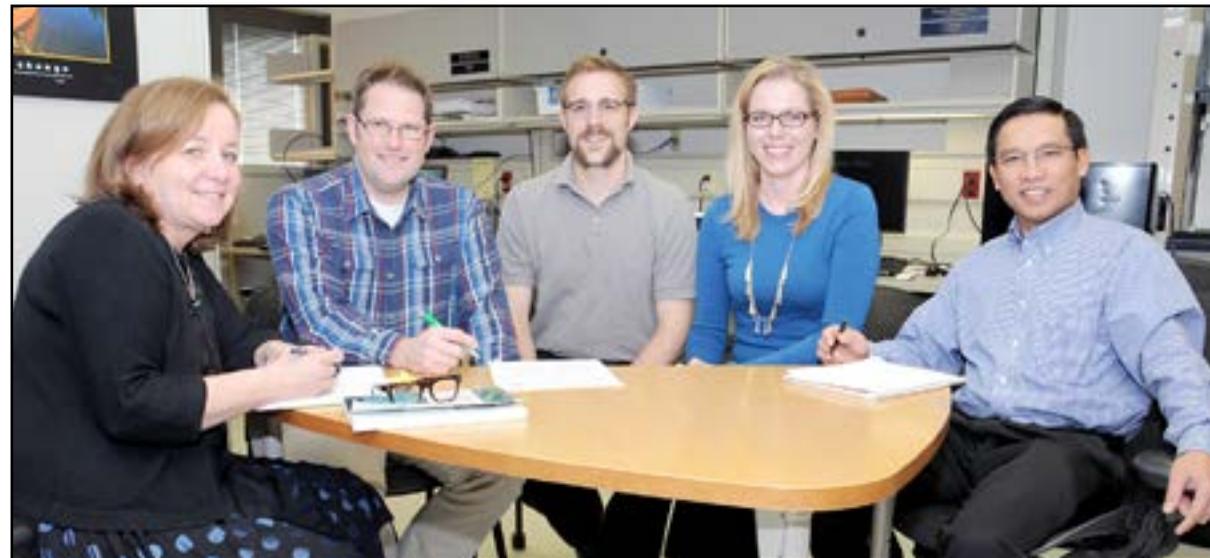


Photo by Steven Galvan

The members of the U.S. Army Institute of Surgical Research epidemiology and biostatistics team are (from left) Jeana Orman, Sc.D.; Jeff Howard, Ph.D.; Judson Janak, Ph.D.; Nicole Jaime and Dr. Tuan Le. Not pictured is Alexis Santos.

studies causes, risk factors, and treatment of disease and injury – and in biostatistics, which is the field of statistics specific to biological and medical data. Both are important resources for clinicians and scientists doing research at the Institute.

"That team is phenomenal," said Lt. Col. (Dr.) Kevin Chung, the USAISR clinical trials in burns and trauma task area manager. "They can take us to another level."

"I'm excited to have this team here," said Vic Convertino, Ph.D., USAISR Combat Casualty Care Research senior scientist. "They can identify the best statistical tools for analyzing data which can add significant credibility and reliability to the investigators and the studies at the Institute."

Convertino pointed out that when analyzing

data many researchers rely too heavily on p-values and statistical "significance" while not focusing enough on the strength of the association and whether it is clinically significant. In statistics, the p-value is a function of the observed sample results (a statistic) that is used for testing a statistical hypothesis.

For example, a large study comparing the effectiveness of two blood pressure lowering medications may find that a two-point difference in blood pressure is statistically significant; but this difference is not meaningful for patient care.

"As this example shows, the focus on statistical significance doesn't always work in clinical studies," said Convertino. "We need to change the culture by taking the views of Orman's team to use

and interpret statistics correctly."

Judson Janak, Ph.D., an epidemiologist and a member of Orman's team, stressed that research is a process and the entire team is here to assist researchers from identifying clinically relevant research questions in line with the Institute's mission, to final analysis and interpretation of results.

"The researcher has to define the research question," Janak said. "We then help them develop a conceptual research model that guides the data collection process and the analytical plan."

"This new focus on appropriate design, analysis and interpretation is critical to keep us on point to meet the Army's needs," Convertino said.

Chung added that sound research benefits not only USAISR re-

searchers who publish higher quality research, but also practitioners who use the research to guide their use of sound practices, which in turn benefits patients.

"It's about quality, not quantity," Chung said.

Chung also believes that the insight provided by the epidemiology and biostatistics team will take research at the USAISR to a higher level.

"I like the direction we're going," Chung said. "The caliber of our research has the potential to be on par with premier government research agencies like the NIH and the CDC."

Convertino agrees with Chung.

"The epidemiology and biostatistics team can change the culture of how we design our studies, apply statistical analysis techniques, and interpret data," he said. "Cultural change is required."

COMMUNITY BIDS FAREWELL TO FIRST RETIREES OF 2015



Photo by Luis Deya

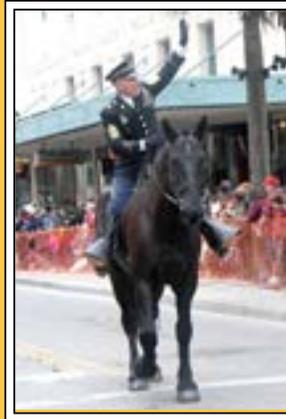
Eight Soldiers and one civilian retired from military and government service Jan. 29 during a consolidated retirement ceremony held in the Quadrangle at Joint Base San Antonio-Fort Sam Houston. Brig. Gen. John Poppe, deputy chief of staff, U.S. Army Medical Command, was the guest speaker for the event. The retirees were (from left) Col. Ronald J. Dykstra, 377th Theater Sustainment Command, New Orleans; Bruce Trimble, Mission and Installation Contracting Command; Lt. Col. Joeseeph Winter, 32nd Medical Brigade; Capt. Mark Taggert, University of Texas at San Antonio, Reserve Officer Training Corps; Sgt. 1st Class Ruben Estrada, Army Reserve Careers Division; Sgt. 1st Class Erich Stemmerding, U.S. Army South; Sgt. 1st Class Jerry Hanks Sr., 264th Medical Battalion; Staff Sgt. Charlotte Trabue, Warrior Transition Battalion and Staff Sgt. Joaquin Aguon, 187th Medical Battalion.

ARMY NORTH TAKES PART IN WESTERN HERITAGE PARADE AND CATTLE DRIVE



Photos by Army Staff Sgt. Corey Baltos

(Above) Lt. Gen. Perry Wiggins poses with (from left) San Antonio Stock Show and Rodeo executive committee members Keith Martin, Joe Hutchison and Joe Soules at the Western Heritage Parade and Cattle Drive in downtown San Antonio Saturday. Wiggins is the commanding general of U.S. Army North (Fifth Army) and senior Army commander of Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis.



(Left) Command Sgt. Maj. Hu Rhodes waves to the crowd during the 8th annual Western Heritage Parade and Cattle Drive in downtown San Antonio Saturday. Rhodes, the senior enlisted leader for U.S. Army North (Fifth Army), joined the Joint Base San Antonio-Fort Sam Houston Caisson Section as participants in the parade. The parade is the first event of the annual San Antonio Stock Show and Rodeo.

Annual Basura Bash kicks off at Salado Creek Feb. 21

The fifth annual Joint Base San Antonio-Fort Sam Houston Basura Bash will be held from 9 a.m. to noon Feb. 21 at Salado Creek Park, with volunteer check in at 8 a.m. and a safety briefing at 8:45 a.m.

The cleanup of Salado Creek is held annually in conjunction with the city-wide cleanup effort for the tributaries of the San Antonio River.

Volunteers are encouraged to wear long pants, sturdy shoes, gloves, hat and sunscreen and can bring

their own cleanup gear, such as waders, trash-grabbers, nets, etc. Trash bags will be provided.



All participants under 18 must have a parent or guardian on-site and drop offs will not be allowed. Participants must also have a military ID or common access card and sign a waiver to participate. Community service vouchers will be available.

Volunteers can register online at <http://www.basurabash.org>. For more information, call 388-2067.

SMA from P2

in the world.”

After being sworn in to office, and swapping out his uniform coat for a new one that bears his new rank insignia, Dailey explained how he, a self-described “middle-of-the-road guy,” was able to rise to the highest enlisted position in the Army.

“As a young man I was a pretty average kid,” he said. “I did well in school,

but I wasn’t the valedictorian. I was somewhere in the middle of the class. I played high school sports. But I wasn’t a superstar athlete. I couldn’t play in the band because I don’t have any musical talent at all. I’m even average by military standards: 5-foot 9-inches and 161 pounds, as of this morning. I checked. By all accounts I was a poor, average kid from Northeastern Pennsylvania.

“How does a middle-of-the-road guy make it to this rank? To represent the finest fighting forces the world has known?” he asked. “The answer is simple. It’s sitting in the seats in front of me. It’s leadership – leadership from great Soldiers, non-commissioned officers and officers that I served with over the years. These are the people who make Army leaders.”

BAMC commander's secretary reflects on 60-year career

By Elaine Sanchez
BAMC Public Affairs

While a daunting task for most, Carolyn Putnam can rattle off her career numbers with ease. As a commander's secretary, this sharp-as-a-tack Army civilian has worked for 13 generals and eight colonels in her 55 years at Brooke Army Medical Center, with another five years of service across town at Joint Base San Antonio-Lackland.

This all adds up to a distinguished 60-year civil service career. But for Putnam, it's not about the numbers; it's about the people she's met along the way.

"What a fantastic journey it's been," said Putnam with a smile, impeccable in her characteristic colorful skirt suit. "From the bosses to my co-workers to staff throughout the hospital, I've loved every minute of my time at BAMC. This place is a part of me."

The years have flown by, Putnam said, recalling her childhood in San Antonio. She was the youngest of five girls in a family of nearly all government civilians. Her oldest sister was the exception; she was an Army nurse.

Putnam was 10 years old when she started her long association with BAMC. It was 1945 and World War II was nearing its end. Her sister, who had caught malaria while serving in the Philippines, was hospitalized at then-Brooke General Hospital.

Putnam was eager to check on her hero big sister; however, "back then you couldn't visit family unless you were 12, so the nurses sneaked me up the main hospital stairs so I could see her," she recalled with a laugh.

That sister, Lillian Dunlap, went on to become a brigadier general and the 14th chief of the Army Nurse Corps, Putnam noted proudly.

As a student at Incarnate Word High School, Putnam



Carolyn Putnam stands in front of portraits of past Brooke Army Medical Center commanders in the hallway outside of the command suite in San Antonio Military Medical Center Jan. 29. Putnam has worked for 13 generals and eight colonels during her tenure at BAMC.

Photo by Robert T. Shields

found she had a knack for typing and shorthand and set her sights on secretarial work. After graduation in 1953, she took the civil service test and scored a job – a clerk/typist in the finance and accounting office at then-Lackland Air Force Base. She stayed there for five years, moving up to become a military pay clerk in the officer pay section in 1954.

It was in 1960 that Putnam's 55-year BAMC legacy began. After a yearlong hiatus to care for her newborn son, Chip, she accepted a clerk-typist job in the Department of Surgery at Brooke General Hospital.

Over the next decade, she served in various positions in the general surgery service and became secretary to the chief of thoracic-cardiovascular surgery service in 1964. She recalls many afternoons studying surgeries from behind the observation glass.

"I transcribed operations and there were some very complex, long medical terms," she said.

"I kept my medical dictionary handy and learned more and more over time. I certainly honed my shorthand skills."

In the '70s, Putnam continued to rise up the ranks. In the Vietnam era, BAMC swelled up to 1,000 beds to care for the wounded, and she saw a constant influx of drafted Vietnam-era doctors.

Putnam crossed paths with a few high-profile guests at that time, including President Lyndon Johnson, who would stop by for checkups when staying at his Texas White House ranch near Stonewall, and movie legend John Wayne, who would visit burn patients.

When Wayne came, the staff gathered at the Main Hospital's lobby to greet the star, but Putnam managed to make her way up to the fourth row. "I swear he looked right at me and said, 'Howdy,' she said with a grin. "Of course, all of the ladies fell out right on the spot.

"With years of hospital-wide experience under her belt,

Putnam felt ready to tackle the pinnacle of her career. On Dec. 27, 1981, she became secretary-stenographer for BAMC commander Brig. Gen. Tracy E. Strevey Jr.

"I was scared to death," she recalled. "The job was entirely different. I had to keep an activity-filled calendar, learn protocol and how to deal with distinguished visitors, all while figuring out who to call for what.

"I was blessed and fortunate to have help from many people," she added. "I started to make contacts and learn how things worked. The most important lesson I learned, which still holds true today, is to be flexible."

In 1996, with Brig. Gen. Robert Claypool now in command, Putnam joined the staff in the new 450-bed BAMC hospital building. Up until then, the hospital had been scattered in buildings throughout JBSA-Fort Sam Houston.

"That was an exciting time,"

Putnam said. "Many commanders had fought hard to get this beautiful new building. It was very special to finally all be housed under the same roof."

Other opportunities cropped up over the years, but Putnam dismissed them all without a second thought.

"I could never leave BAMC," she said. "I love my job, the people, the sense of patriotism, being around the wounded service members and other patients. I've always been happy here. Every single day, no matter how small the task, I feel a sense of contribution and reward."

Maj. Gen. Joseph Carvalho Jr., BAMC commander from 2009-2011 and now the Army deputy surgeon general, has high praise for his former secretary.

"Carolyn is a true American patriot, a virtual icon within the halls of Brooke Army Medical Center, and one of the finest young ladies I have ever known," he wrote in an email.

"I consider it a true privilege to have been one of her generals during her more than 50 years at BAMC."

Today, Putnam, wearing her favorite jeweled BAMC pin on her suit lapel, sits at her desk in the command suite, waiting for her current boss, Col. Evan Renz, to call her in for a calendar update. She's surrounded by small artifacts and cards that represent her travel, family, friendships and her beloved San Antonio Spurs.

Now that she's hit the 60-year mark, people often ask her if she intends to retire anytime soon. Her answer is always the same.

"I find I can still work and spend fun, quality time with my family, especially my grandchildren, Joshua and Amanda, so I don't have any plans to retire," she said. "I still feel excited to come to work every day. As long as I feel I'm still able to contribute and do a good job, I'm happy to stay right where I am."

Corpsman recognized as one of two Spotlight Sailors during San Antonio Navy Reserve Centennial

By L.A. Shively

JBSA-Fort Sam Houston Public Affairs

Perhaps the call of the sea is innate for U.S. Navy Petty Officer 2nd Class Shauna Poole, whose last name in Olde English means one who lives near a body of water. Her hometown – Newfane – in Northern New York is on the shores of Lake Ontario.

Poole enlisted before she'd graduated from high school, nearly 11 years ago and plans to make the Navy a lifelong career. Her command, the Navy Operational Support Center San Antonio, recently named her one of two Spotlight Sailors in honor of this year's Navy Reserve Centennial.

"I come from a very small town and I was looking for opportunities. I wanted to get out and see the world," Poole said, adding that the Navy offered her the best prospects to further her education and give her a chance to work in a field she might not otherwise have. "It caught my eye."

Originally entering the Navy as a dental technician, Poole deployed to Kuwait for six months in 2004 with Fleet Hospital Portsmouth. She converted to hospital corpsman in 2005 when the Navy merged the two ratings and said the shift was quite a learning experience.

"There is so much more that we have to know outside of just teeth and facial bones," she joked. As a corpsman Poole may work in a lab,



U.S. Navy Petty Officer 2nd Class Shauna Poole

in a pharmacy, a ward, in labor and delivery, the emergency room and in the field.

Poole used her new skills and knowledge on numerous instances. She deployed with the Marine Corps to Kandahar Province Afghanistan for nine months in 2010. Located in the southern part of the country near the border with Pakistan, the area is mostly rural with the majority of inhabitants being native Pashtuns.

Assigned to a motor transport company charged with operating and maintaining tactical vehicles, Poole took care of the Marines who transported resources, equipment and supplies to smaller forward operations posts via convoy throughout the area.

Her convoy was fired on numerous times and hit roadside bombs. One vehicle rolled into a deep canal during an operation. Poole rendered aid often but none of her injured Marines suffered serious wounds on her watch.

"Most injuries were concussions, cuts and bruises," Poole remem-

bered. "A few stitches and a few extra days' sleep for some of the guys and then back on the road again. Our whole battalion had a very lucky deployment."

But, just before coming back to the U.S., Poole and several Marines from her company rendered aid to a contractor who had a heart attack while using a treadmill in a Morale, Welfare and Recreation facility.

"We gave him CPR and got him to the ER but he unfortunately did not make it. It was hard. You just gotta deal," she said.

"For the Reservists (at NOSC San Antonio), we make sure they are ready and able to mobilize and deploy – make sure all of their medical requirements are up to date and that there are no chronic issues and if there are; we get them the treatment that they need."

The biggest benefits of her Navy career have been learning to grow up, be responsible and be a mentor.

"Most of the things I know I learned from her, like about mobilizations, how to screen Reservists, etc. There is just so much stuff and when I do it, I think back, 'You know what, HM2 taught me that,'" said Seaman Nathaniel Garrett, who hails from St. Louis, Miss. "She's a really big help to me."

Poole is the Suicide Prevention Coordinator for NOSC San Antonio, a role she has filled for 2 1/2 years, and one where she feels she can really help fellow Sailors.

"It's good to have that

trust where people come to you and just vent. Most of the time all they are looking for is someone to listen, not jump down their throats," she said, adding that the Navy is very supportive. "There are tons of anonymous resources and if they seek help, it is no longer a black eye on their records."

"If you're feeling it – get the help," Poole stressed. "It's better to get the help now, instead of having tons of people in your command asking questions later."

"Petty Officer 2nd Class Poole was chosen because she was the active duty Junior Sailor of the Year," said NOSC San Antonio Command Master Chief Petty Officer Jermaine "Jay" Rawls. "Her selection was based on her leadership demonstrated as acting leading petty officer of the medical department for four months.

"She's hard working and very knowledgeable," said Chief Petty Officer Pedro Trillo, NOSC San Antonio administration chief.

Poole said she loves her work especially with Marines and is looking forward to "going back to the green side," to Camp Lejune for her next duty station.

"It's different. You get to go back to the field life, you get to go camping; you get to go to the ranges," Poole said. "Working with the Marines is fun for me. I grew up with two brothers so it's like being around a bunch of brothers. They pick on you like



Photo by L.A. Shively

Seaman Nathaniel Garrett watches Petty Officer 2nd Class Shauna Poole prepare a syringe to draw his blood. Garrett and Poole are both corpsmen assigned to the Navy Operational Support Center San Antonio, helping Navy Reservists fulfill their obligations during drill weekends and prepare them for active duty. The Navy Reserve is celebrating its 100th anniversary this year. NOSC San Antonio is located on Joint Base San Antonio-Fort Sam Houston.

a little sister and treat you like a little sister, I just fit in."

Or possibly it's her Irish features that help her fit into the green – scarlet hair, a fair complexion, an Irish first name and an impish wit with a ready grin.

The Navy Reserve and Sailors in San Antonio are celebrating their

100th anniversary this year. Established March 3, 1915 as World War I was underway in Europe, then Secretary of the Navy Josephus Daniels and his assistant, Franklin D. Roosevelt launched an effort in Congress to create a Navy Reserve in order to have a ready force available to answer our nation's call.

Some JBSA-Fort Sam Houston roads close Feb. 22 for Alamo Run Fest

For the first time, the 3rd Annual Alamo Run Fest will come through Joint Base San Antonio-Fort Sam Houston between 7:30 and 11 a.m. Feb. 22, according to 502nd Security Forces Squadron officials. The first wave of runners is expected to arrive at 8 a.m.

The Alamo Run Fest and its associated events take place Feb. 21-22 and include the Alamo Half Marathon, Alamo 10K, Alamo 5K and H-E-Buddy Kids Classic, with all events ending inside the Alamodome.

For the Alamo Half Marathon, five miles of the route will be run inside the gates of JBSA-Fort Sam Houston. The following roads will be closed from 7-11:30 a.m. for the Alamo Run Fest:

- Liscum Road from Road 32 to Wilson Way
- Wilson Way from Liscum Road to Stanley Road
- Stanley Road from Wilson Way to Liscum Road
- Artillery Post Road/Dickman Road from Liscum Road to Old BAMC
- Stanley Road from Old BAMC to N. New Braunfels Avenue
- N. New Braunfels Avenue from Stanley Road to Hood Street
- Hood Street from N. New Braunfels Avenue to Infantry Post Road
- N. New Braunfels Avenue from Hood Street to N. New Braunfels Avenue Gate

Vehicle crossing points are at:

- Intersection of Reynolds and Dickman Roads
- Intersection of Reynolds and Stanley Roads
- Intersection of Schofield and Dickman Roads
- Intersection of Schofield and Stanley Roads
- Intersection of Dickman Road and Gorgas Circle through parking lot and onto Hardee Intersection of N. New Braunfels Avenue and Wilson Way

The Harry Wurzbach East entry control point will be closed. Traffic entering the ECP will be directed left down Scott Road. A temporary ECP will be established adjacent to Scott Visitor Control Center. The Wilson ECP will be open only for Staff Post residents to exit the post.

More information for the Alamo Run Fest is available at <http://www.alamorunfest.com/index.html>.

ARMY SOUTH RECOGNIZES LOCAL COUPLE



Photo by Miguel Negrón

Maj. Gen. Joseph P. DiSalvo (far right), U.S. Army South commanding general, and his wife Leigh (far left), present the inaugural Distinguished Quartermaster Program award to Janice Ricks (second from right) and Les Paulick during a Feb. 4 ceremony at the Army South headquarters on Joint Base San Antonio-Fort Sam Houston. The Distinguished Quartermaster Program honors and recognizes the efforts of private citizens in communities surrounding JBSA-Fort Sam Houston. Ricks and Paulick, a married couple who are leaders in the San Antonio business and civic communities, through their efforts and support of Fort Sam Houston programs, enhanced the quality of life for Soldiers and their families.

Odierno warns 2016 sequestration could result in 'hollow' Army

By J.D. Leipold
Army News Service

Testifying on Capitol Hill Jan. 28, the Army's senior uniformed officer put forward a blunt message to Congress saying that, "as sequestration looms in 2016, I am truly concerned about our future and how we are investing in our nation's defense ... we do not want to return to the days of a hollow Army."

Army Chief of Staff Gen. Ray Odierno and his service counterparts met with the Senate Armed Services Committee to discuss their concerns and views on how such a sequestration would affect the national security environment.

"I believe this is the most uncertain I have seen the national security environment in my nearly 40 years of service," he said. "The amount and velocity of instability continues to increase around the world."

Odierno talked of the Islamic State in Iraq, the Levant's unforeseen expansion, disintegration of order in Iraq and Syria ... order splintering in Yemen by al Qaeda and Shia expansion which

is quickly approaching civil war, he said. He also pointed out that anarchy, extremism and terrorism continue in North and West Africa.

Odierno said that Russia's intervention in Ukraine challenges the resolve of the European Union and the effectiveness of NATO; while in the Pacific, China's modernization raises concerns as does the cycle of increased North Korean provocation. He also noted that the rate of humanitarian and disaster relief missions have only heightened the level of uncertainty, along with constant evolving threats to the homeland.

"Despite all of this, we continue to reduce our military capabilities," Odierno said. "I would like to remind everyone that over the last three years we have already significantly reduced the capabilities of the United States Army... and this is before sequestration begins again in 2016."

Addressing manpower, he said, the Army's active-component end strength had been reduced by 80,000 Soldiers, while the Reserve component was cut by 18,000

troops. That translated to 13 fewer active-component brigade combat teams and also eliminated three active aviation brigades, including the removal of more than 800 rotary-wing aircraft, Odierno said.

"We have already slashed investments in modernization by 25 percent," Odierno said, adding that the "much needed" infantry fighting vehicle modernization program, along with the Scout helicopter development program, had been eliminated.

"Readiness has been degraded to its lowest levels in 20 years," he told the committee, noting that in fiscal year 2013 under sequestration, just 10 percent of the Army brigade combat teams were ready, though today that figure stands at 33 percent. Additionally, combat training center rotations for seven brigade combat teams were cancelled and over half a billion dollars of maintenance was deferred, he said.

Odierno told the senators that the examples he had just given were what had become of the Army since the 2011 sequestra-



Photo by Army Staff Sgt. Mikki L. Sprenkle

Army Chief of Staff Gen. Ray Odierno testifies Jan. 28 before the Senate Armed Services Committee on the effects of another potential sequestration in Washington, D.C.

tion. Looking to an FY16 repeat would force the Army to reduce another 70,000 Soldiers from the active component along with 35,000 from the National Guard and another 10,000 from the Army Reserve by FY20.

"We will cut 10-12 additional combat brigades," he said. "We will be forced to further reduce modernization and readiness levels over the next five years because we simply can't draw-down end strength any

quicker to generate the required savings."

He added that another sequestration would have a much more severe impact across the acquisition programs and that

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Air Force risks becoming too small to succeed under sequestration

By Tech. Sgt. Natalie Stanley
Secretary of the Air Force Public
Affairs Command Information

During testimony on Capitol Hill Jan. 28, Air Force Chief of Staff Gen. Mark A. Welsh III stressed the negative impact sequestration will have on future Air Force capabilities, emphasizing further budget cuts will lead to low morale and

declined readiness in the Air Force.

"Pilots sitting in a squadron looking out at their airplanes parked on a ramp certainly feels like a hollow force, whether we define it that way or not," Welsh said. "People are not joining this business to sit around."

The common tone of the testimony by all the

service chiefs was maintaining the faith and trust each military member has in their respective service by ensuring they have the training, tools and equipment needed to win any fight, now or in the future.

"We can't continue to cut force structure to pay the cost of readiness and modernization or we risk being too small

to succeed," Welsh said.

Welsh stated 24 years of combat operations has taken a toll on the Air Force and the need for modernization is no longer a debatable issue.

"We currently have 12 fleets of aircraft that qualify for antique license plates in the state of Virginia," he said. "Air Forces that fall

behind technology fail and joint forces without the full breadth of the air, space and cyber capabilities that comprise modern airpower will lose."

Welsh credited improved combat squadron readiness over the past year to the Balanced Budget Act, which targeted individual and unit readiness, but stated fu-

ture sequestration would immediately reverse this trend.

"Squadrons would be grounded, readiness rates would plummet, Red and Green Flag exercises would have to be cancelled, Weapons School classes would be limited, and our aircrew

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P15

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members' frustration will rise, again," Welsh said.

He explained sequestration has led to intentional underfunding of infrastructures that produce combat capability over time including training ranges, test ranges, space launch facilities, simulation infrastructure, and nuclear infrastructure.

Welsh appealed to the members of the Senate Armed Services Committee to join with the military to ensure current and future combat capability.

"We do need your help to be ready for today's fight and still able to win in 2025 and beyond," he said. "Our Airmen deserve it, our joint team needs it, and I believe our nation still expects it."



Photo by Scott M. Ash

Air Force Chief of Staff Gen. Mark A. Welsh III (left) testifies before the Senate Armed Services Committee Jan. 28 in Washington, D.C., as Commandant of the Marine Corps Gen. Joseph F. Dunford Jr., looks on. Other service leaders present during the hearing were Chief of Staff of the Army Gen. Raymond Odierno and Chief of Naval Operations Adm. Jonathan W. Greenert.

ARMY from P14

would require the Army to end, restructure or delay every program with an overall modernization investment decrease of 40 percent.

Home-station training will also be severely underfunded, which in turn means decreased training levels, he said.

"Within our institutional support, we will be forced to drop more than 5,000 seats from initial military training ... 85,000 seats from specialized training and more than 1,000 seats in our pilot training programs," Odierno said. "Our Soldier and family readiness programs will be weakened, and our investments in installation training and readiness facility upgrades will be affected, impacting our long-term readiness strategies."

Odierno concluded his remarks addressing the strategic problems another sequestration would pose and how it would challenge the Army to meet even its current level of commitment to allies and partners.

"It will eliminate our capability, on any scale, to conduct simultaneous operations, specifically deterring in one region while defeating in another," he said. "Essentially, for ground forces, sequestration even puts into question our ability to conduct even one prolonged, multiphase, combined arms campaign against a determined enemy."

"Ultimately, sequestration limits strategic flexibility and requires us to hope we are able to predict the future with great accuracy ... something we have never been able to do," he said.

Thursday is the Great American Spit Out

By Wendy LaRoche
U.S. Army Public Health Command

Join others across the nation Thursday in recognition of the Great American Spit Out, a time to quit the use of smokeless tobacco products such as chewing tobacco, snuff, snus and dissolvable products (i.e., lozenges, strips, sticks) for a period of 24 hours or more.

Despite media advertisements promoting smokeless tobacco products as less harmful than smoking tobacco products (i.e., cigarettes), any form of tobacco use is dangerous and increases the users susceptibility to oral cancers.

Smokeless tobacco users absorb nicotine in the mouth, causing a variety of dental health concerns including bad breath, tooth decay and gum disease.

It's important to visit your dentist for regular checkups when using any form of tobacco products.

Addiction associated with smokeless tobacco use is also alarming. Nicotine is the addictive substance that causes the physical dependence and emotional addiction to a tobacco product. Smokeless tobacco products are known to have two to three times the amount of nicotine than cigarettes.

For Soldiers, nicotine addiction impacts mission readiness by: reducing stamina, reducing concentration, reducing night vision and increasing recovery time for the healing of wounds. Additionally, a strong association exists between tobacco addiction and mental health diagnoses, mood disorders and substance abuse.

Smokeless tobacco can also cause financial hardship to those that are addicted, with potential costs of more than \$1,000 a year. All tobacco use significantly increases overall military healthcare costs. As a result of the significant negative impacts of tobacco use, military installations are helping to combat tobacco use in the Army by enforcing existing tobacco restriction policies and promoting tobacco-free facilities and campuses.

The Great American Spit Out is a great time to get support or to support others and say "no" to addiction and unnecessary financial hardships, and gain back your healthier life. Quitting tobacco takes a plan, a commitment and action. There are a plethora of services that can help. A few steps that you can follow are:

- Contact a friend and/or your healthcare provider to let them know of your plan to quit. A healthcare provider can offer alternative options and provide personal advice on how to proceed.
- Prepare a plan for what you'll do to keep busy when the urge from the addiction is present during the Great American Spit Out. Will you take a relaxing walk, call a friend, drink water or chew on sugarless gum?
- Identify the resources that best fit your needs. Do you prefer face-to-face counseling, online chatting, large support groups or social texting? Whatever you choose, there are many resources ready to help.
- Be realistic and be determined. You can become tobacco free!

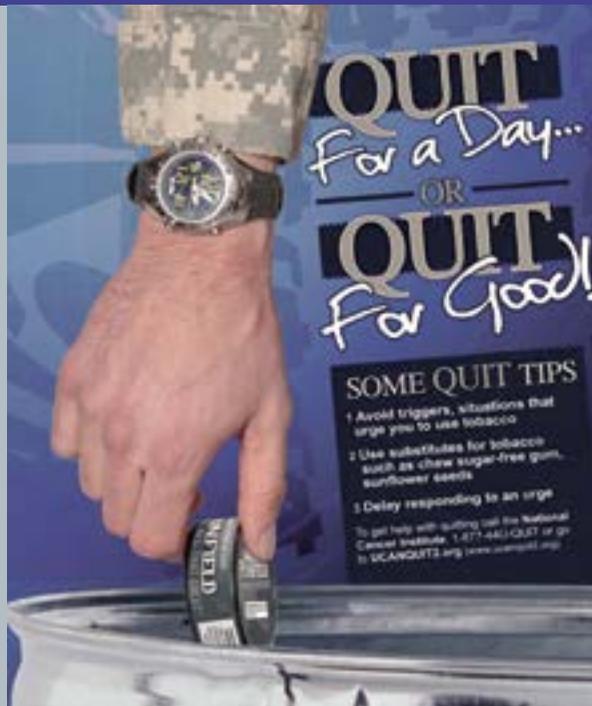


Photo courtesy U.S. Army Public Health Command

Despite media advertisements promoting smokeless tobacco products as less harmful than smoking tobacco products (i.e., cigarettes), any form of tobacco use is dangerous and increases the users susceptibility to oral cancers.

Making every bite count: mindful eating strategies

By Air Force 2nd Lt. Carrissa G. Bartlett
San Antonio Military Medical Center

Many people are struggling to meet their weight loss or weight maintenance goals as 69 percent of adults are overweight and 35 percent are obese.

Sadly, most traditional diets eventually fail. Thirty-nine percent of diets last less than a week and people who lose weight tend to gain it back.

Our food environment is challenging with easy access to a wide variety of foods, served in generous portions on large plates. We are motivated to eat by many things besides physical hunger, including our emotions, social interactions, and environmental influences.

What is needed is to make each bite count and become a more mindful eater. Eating mindfully means recognizing physical signs of hunger, satisfaction and fullness.

To become a more mindful eater, you first need to build the ideal plate. The U.S. Department of Agriculture's (<http://www.ChooseMyPlate.gov>) website describes the ideal plate, or MyPlate, to make a healthy diet.

A variety of vegetables and fruits should make up half of the plate at every meal. Grains, including rice, breads and pasta, should take up a quarter of the plate. Lean protein-rich foods should take up the remaining quarter of the plate. Low-fat dairy products or calcium-rich alternatives should be included at each meal. By matching your plate to MyPlate, each of your bites will be healthier.

Next, pay attention to your serving sizes. Serving utensils, plates, bowls and packages have all grown larger, which can lead us to eat more. Start with smaller serving dishes that can just hold the amount of food that you are serving, then portion out a single serving. Until you get the hang of what a single serving looks like, you can measure your food or compare servings to physical objects.



For example, a half cup of cooked rice or pasta is the size of half of a baseball and a cup of raw leafy vegetables should be the size of your fist. This can be especially helpful when you are snacking. Pre-portioning your foods can help you to decrease the total amount of food you consume at once. This is the reasoning behind the popular 100-calorie packs.

Lastly, in order to be a mindful eater, pay attention to each bite. Decrease the number of distractions and pay attention to what you are eating. Chew your food slowly and focus on the different flavors in each bite. Put down your fork in between bites. Take sips of water throughout the meal. After every couple of bites, think about your fullness. You should stop eating when you are satisfied and comfortably full.

Becoming a more mindful eater starts with making your plate healthier and including reasonable portions of all food groups. Be careful with your serving sizes and check the size of your plates and bowls. Lastly, pay attention whenever you are eating and stop when you are full. Make your food environment work for you, take control of your eating, and make every bite count to better meet your weight goals.

INSIDE THE GATE

Rodeo Tickets

The ticket office in the Sam Houston Event Center has tickets available for the following shows at the San Antonio Stock Show & Rodeo: Tuesday, Newsboys; Wednesday, Cole Swindell; Feb. 21, Dan & Shay; Feb. 22, Banda Los Recoditos; Feb. 24, Justin Moore; Feb. 26, Jeff Foxworthy; and Feb. 28, Josh Abbott Band. The tickets are for seats in Section 104 and are good for entry into the rodeo grounds and the concert. For more information, call 808-1378.

Love Languages For Couples

Friday and Feb. 20, 11:30 a.m.

to 1:30 p.m. at the Military & Family Readiness Center, building 2797. Learn your partner's love language and improve your understanding of each other, while exploring your communication styles together. Call 221-0349 to register.

Anger/Stress Management

Tuesday and Feb. 24, 11:30 a.m. to 1:30 p.m., building 3387. A comprehensive anger program for those who want to examine the different causes of stress and learn techniques to more effectively cope with anger and stress in a group setting. Call 292-5967.

Love And Logic

Thursday and Feb. 26, 11 a.m. to 1 p.m., building 3387. Learn practiced techniques to help parents with all ages to raise responsible kids, have more fun in

their roles and easily and immediately change their child's behavior. Call 292-5967.

METC Student Intramural Coed Softball League

The Medical Education and Training Campus Student Intramural Sports Office is accepting letters of intent for teams interested in the spring coed softball league. Team entry requires a LOI from the unit or organization signed by the sports advisory representative. The LOI must be received by Feb. 23. Units may have more than one team and no player roster is required. Cadre must be present at all games. A coaches/rules meeting will be held at noon Feb. 26 at the Fitness Center on the METC, room 115. League play begins March 3. All games will be played at Pershing Ball Park. For more information, call 808-5707 or 808-5709.

Zumba Fest

Feb. 28, 9:30-11:30 a.m., the Jimmy Brought Fitness Center holds a "Zumba for the Heart" Zumba Fest for all Department of Defense ID cardholders. Cost is \$12 and includes a Zumba Fest t-shirt and refreshments. This event to celebrate and promote National Heart Awareness Month. Register on the day of the event. For more information, call 221-1234.

Bowlers Receive Free Games When Purchasing Food

Through February, patrons spending \$7 at the Joint Base San Antonio-Fort Sam Houston Bowling Center Snack Bar can show your receipt at the bowling counter to receive two games free, including rental shoes. This special is valid every Wednesday and Thursday from 4 p.m. to close. For more information, call 221-3683.

OUTSIDE THE GATE

Warrant Officer

Association Meeting

The February meeting of the Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will be at 5:30 p.m. Monday at the Longhorn Cafe, 1003 Rittiman Road, at the corner of Rittiman and Harry Wurzbach. 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 257-0931.

AFCEA Monthly Luncheon

The Armed Force Communica-

tions and Electronics Association Alamo chapter sponsors a luncheon from 11 a.m. to 1 p.m. Tuesday at the DoubleTree Hotel, 37 NE Interstate Loop 410. The event is designed to promote the free and ethical exchange of information between the uniformed military services, government civilians and private industry with a particular focus on the cyber, medical IT, training and ISR (intelligence, surveillance and reconnaissance) career fields. Free to military and you don't have to be an AFCEA member to attend. Military members also earn 2 Continuing Education Units or Credits towards their 8570 certification by attending the AFCEA monthly luncheons. To register for the event, visit https://afcea.site-ym.com/events/event_list.asp.

MICC from P3

and preserve historical artifacts, records, stories, books, manuscripts, photographs, maps, architectural drawings and oral histories relating to law enforcement in San Antonio from the first appointed city marshal in 1847 to the present. They conduct everything from oral histories to briefing officers and citizens on the history of the department. The society has a governing board as well as artifact, research and membership departments.

When researching, Ramsey said he uses several techniques to track down information for the society.

"I have learned a well-constructed question comes before any work can begin," Ramsey said. "Once you have the question you want to research, detective work becomes necessary, and information to answer your question can be found in the most interesting places."

Ramsey makes use

of online newspaper archives going back to 1847, civil service records and city council meeting minutes to conduct research.

Through his research, Ramsey discovered the best sources of information are the officers who patrolled the city streets. He has spent many hours uncovering and preserving their stories from the Great Depression to as recent as the 1980s.

"Listening to their stories brings to life the excitement of the city during decades of turmoil and prosperity," Ramsey said. "The city's archivist office has on file subpoenas and court records dating back to 1906.

Every fine for vagrancy or prohibition violation is in those archives. Observing penmanship from 100 years ago is impressive. There were no computers and very few ways to correct mistakes; the government record had to be correct the first time. Great care was taken before communicating any statement in writing."

"Ramsey has played a

vital role in the development of the SAPD Historical Society," said Police Officer Misty Floyd, San Antonio Police Department Media Services public information officer. "His generosity and dedication to this project means so much to our officers and certainly has not gone unnoticed.

"With his help we are well on the way to honoring those officers who paved the way before us. Our dream of one day having our very own police museum to show our friends and families no longer seems out of reach" Floyd added. "This progress would not be possible without Mr. Ramsey's passion for helping SAPD protect our department's past to ultimately serve the future."

Ramsey believes capturing the events and people from the past are important in shaping the future.

"Understanding the past helps us understand our circumstances in the present and may give us ideas of how to improve the future," Ramsey

said. "To understand our history illustrates the American people's evolving relationship to its government, the events of a growing city and personalities we can all identify with.

"Promoting the history of police officers in the Alamo City transforms the nameless, faceless bureaucracy of a governmental agency to one made up of its citizens and acting as representatives of its citizens in good faith."

Ramsey explained his interest in history as a story of human struggle in the past and future.

"The events may have been from a century ago, but the motivations, emotions and reactions are the same as if they happened today," he said. "Policing involves guns, morality, danger, boredom, terror and natural disasters. What is there not to love? We have all of the elements of a 'CSI' episode, but all the characters are real, and it's easy to become addicted to see how their lives progressed."

Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays

Main Post (Gift) Chapel

Building 2200, 2301 Wilson Way
8 and 11 a.m. - Traditional

Dodd Field Chapel

Building 1721, 5584 Dodd Blvd.
8:30 a.m. - Samoan
10:30 a.m. - Gospel

Army Medical Department Regimental Chapel

Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade
Contemporary Service
11:01 - Contemporary "Crossroads"

Brooke Army Medical Center Chapel

Building 3600,
3551 Roger Brooke Rd.
10 a.m. - Traditional

CATHOLIC SERVICES

Daily Mass

Brooke Army Medical Center Chapel
Building 3600,
3551 Roger Brooke Rd.
11:05 a.m., Monday through Friday
Main Post (Gift) Chapel
Building 2200, 2301 Wilson Way

11:30 a.m., Monday through Friday

Saturday

Main Post (Gift) Chapel

4:45 p.m. - Reconciliation
5:30 p.m. - Evening Mass

Sunday

8 a.m. - Morning Mass, AMEDD
8:30 a.m. - Morning Mass, BAMC
9:30 a.m. - Morning Mass, MPC
11:30 a.m. - Morning Mass, BAMC
12:30 p.m. - Afternoon Mass, DFC

JEWISH SERVICES

8 p.m. - Jewish Worship,
Friday, MPC
8:30 p.m. - Oneg Shabbat,
Friday, MPC

ISLAMIC SERVICE

1:15 p.m. - Jummah, Friday,
AMEDD

LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday,
AMEDD

BUDDHIST SERVICES

1 p.m. - Buddhist Services, Sunday,
AMEDD

For worship opportunities of faith groups not listed here, please visit the JBSA-Fort Sam Houston Chaplain's website at <http://www.jbsa.af.mil/jbsachapel/samhouston.asp>.

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