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Human Resources Command briefs NCOs on Reduction in Force

 By Sgt. 1st Class Wynn Hoke
ARNORTH Public Affairs

Cutbacks in manpower are already underway and many in the ranks have had questions and concerns about the reductions.

Who is staying? Who is going? Because of the major restructuring of the Army, Command Sgt. Major Charles Smith from the U.S. Army Human Resources Command came to Joint Base San Antonio-Fort Sam Houston Feb. 6 to speak to noncommissioned officers on how the Army will reduce its ranks and, most importantly, how Soldiers can prepare themselves to be strong candidates for retention.

Smith said with the loss of brigade combat teams and other elements throughout the force, the Army must reduce its ranks to meet those losses.

“One of the main tools we’re going to use to bring the Army numbers down is the Qualitative Service Program,” Smith said. “The Army has to get down to 490,000 by October 2015 and then further reduce to 450,000 by 2017.”

Smith said the Army will ask a lot of quality Soldiers to leave, based on over-strength military occupational specialties and stagnation. Those MOSs have been announced in a Headquarters Department of the Army message.

Another tool is the Qualitative Management Program, Smith said. The QMP applies to NCOs in the rank of staff sergeant through command sergeant major that have adverse actions within their



Photo by Sgt. 1st Class Wynn Hoke

U.S. Army Human Resources Command Sgt. Major Charles Smith holds a briefing Feb. 6 at the Joint Base San Antonio-Fort Sam Houston Theater for Army NCOs to discuss the Army drawdown. More than 250 Army NCOs participated in the briefing to learn more on the Qualitative Service Program, Qualitative Management Program process and how to stay more competitive in the Army.

military file, such as a court-martial conviction, Article 15, adverse NCO evaluation reports and course failure DA Form 1059s (service school academic evaluation reports).

Once Soldiers know the criteria for reducing the force, how can they work on staying in the Army?

“As the Army is downsizing, Soldiers can remain competitive by continuing their military and civilian education,” Smith said. “They can increase their General Technical scores; complete the required structured self-devel-

opment courses and broaden their career by completing competencies outside their MOS such as being a drill sergeant or recruiter.”

Other areas Smith emphasized to stay competitive is having a current official photo with the Army service uniform. Also, make sure enlisted records brief matches military files and most of all, stay free from adverse actions.

For more information, visit the Army Human Resources Command website at <https://www.hrc.army.mil/Enlisted/Qualitative%20Service%20Program%20QSP>.

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Military Saves Week runs Monday through Feb. 28

By Gen. Martin E. Dempsey
Chairman of the Joint
Chiefs of Staff and
Sgt. Maj. Bryan B. Battaglia
Senior Enlisted Advisor to the
Chairman of the Joint Chiefs
of Staff

The 2014 Military Saves Campaign made many service members and their families aware of the tremendous power of saving and setting financial goals for the future.

To kick off the 2015 Military Saves Campaign, the Department of Defense has designated Feb. 23-28 as Military Saves Week. As part of the larger nationwide America Saves Campaign, the Military Saves

Campaign is conducted in cooperation with the Consumer Federation of America, one of the DOD's official financial readiness nonprofit partners.

The Military Saves Campaign is a Total Force command program. It provides an excellent opportunity for leaders at all levels and in all components – active duty, National Guard and Reserves – to motivate and educate service members and their families. We are asking our military members to commit to a goal of financial fitness.

The Military Saves Campaign is a year-long effort. Military Saves Week is an opportunity



By Gen. Martin E. Dempsey
Chairman of the
Joint Chiefs of Staff



Sgt. Maj. Bryan B. Battaglia
Senior Enlisted Advisor to the
Chairman of the
Joint Chiefs of Staff

for our military community to come together with federal, state and local resources, including military banks and credit unions, to focus on the financial readiness of military members and

their families and help them reduce debt and save their hard-earned money.

The America Saves Campaign slogan, "Start Small, Think Big," is

shared by Military Saves and refers to the long-term benefits of saving a little each month.

It is particularly important to engage our military spouses, who play a vital role in ensuring the financial well-being and stability of military families. Furthermore, by learning good financial habits early in life, our children will strengthen their financial fitness for the future.

In support of Military Saves, encourage your people to access <http://www.militarysaves.org>, take the "Saver Pledge" and support the 2015 theme, "Set a Goal, Make a Plan, Save Automatically."

MILITARY SAVES EVENTS

Monday

Money Smarts Youth Rally, 5:30-7:30 p.m. at the Joint Base San Antonio-Fort Sam Houston Youth Center, building 1630. This class is designed to inspire teens to become savvy about the value of money and how it affects every aspect of our lives. Door prizes will be given away. Event facilitated by Randolph Brooks Credit Union and Broadway Bank.

Coupon Challenge Kickoff, Monday through March 6. Use coupons and save at the JBSA-Fort Sam Houston Commissary. Challenge will last two weeks with winner and runner up winning prizes.

Tuesday

Retirement Planning for Military and Federal Employees, "Lunch-N-Learn" class from 11 a.m. to 12:30 p.m. and evening class from 5:30-7 p.m. at the Military & Family Readiness Center, building 2797. Are you just starting your military or federal career? Are you at a crossroad and unsure of which way to go? If so, sign up for this class and dis-

cover the secrets of successful retirement planning. Classes facilitated by Broadway Bank.

Wednesday

Understanding Your Credit Report and Credit Score, 5:30-7 p.m. at Military & Family Readiness Center, building 2797. How often do you check your credit report? Do you know what your three-digit credit score is? This class help you understand the ins and outs of the credit scoring system and what it takes to achieve an 850 score. Class facilitated by Randolph Brooks Credit Union.

Thursday

Wise Investment Strategy, "Lunch-N-Learn" class from 11 a.m. to 12:30 p.m. and evening class from 5:30-7 p.m. at Military & Family Readiness Center, building 2797. How would you like to be financially secure? This class will offer basic guidelines on investment strategy and tips on what it takes to reach your financial goals. Classes facilitated by Randolph Brooks Credit Union.

Senior NCO Professional Development Class, 2-4 p.m. at Training Support Center, building 2807. This class will offer "just-in-time" training for mid-level NCOs and retiring senior NCOs. Classes will focus on credit, debt, thrift savings plans, identify theft and consumerism.

Feb. 27

Free Credit Report, 7:30 a.m. to noon and 3-5 p.m. at the Military and Family Readiness Center, building 2797.

For more information, call 221-0427.



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News Briefs

SAMMC Main Gate Closure

The San Antonio Military Medical Center main gate entrance closes at 10 p.m. Friday through 10 p.m. Sunday. The George C. Beach Avenue gate will be open during this time and the SAMMC marquees will direct people to that gate. The closure will allow safety tests for the denial barriers at the main gate and commercial access drives.

Patient Appreciation Health Fair

Brooke Army Medical Center will hold a patient appreciation health fair from 10 a.m. to 2 p.m. Thursday 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. For more information, call 916-5160 or 916-5118.

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. The career fair is hosted by DOD and the Defense Civilian Personnel Advisory Service (Recruitment Assistance Division) at Alexandria, Va. For more information, call 571-372-2123. For resume assistance, call the Transition Assistance Program office at 221-1213.

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New 'Scholarship in Action' board highlights top academic accomplishments at BAMC

By Lori Newman
BAMC Public Affairs

A new "Scholarship in Action" board by the San Antonio Military Medical Center's emergency department entrance showcases top-notch academic research accomplished by Brooke Army Medical Center staff.

"We have always prided ourselves on scholarship and doing top-quality research that advances the frontiers of science, but we haven't done a great job of advertising ourselves to our patients," said Col. Stephen Harrison, BAMC director of medical education. "One of the commander's top three initiatives is 'Scholarship in Action.'"

According to a memorandum from BAMC Commander Col. Evan

Renz, his top three priorities are Safe, Quality Care; Optimizing Resources; and Scholarship in Action.

"Our personnel represent our most valuable resource, one that must be optimized. Our faculty members teach, guide and mentor our trainees and students," Renz said.

"Scholarship in Action requires that our institution recognize this vital resource by acknowledging and supporting excellence in clinical care and its advancement through scholarly activities, presentations and publication in journals and texts," Renz added.

BAMC has more than 35 graduate medical education programs that train more than 600 resident physicians; however, to meet with the commander's intent, the board isn't just for doctors. It is



Photo by Robert Shields

Staff Sgt. Brian Wallace, a respiratory therapist, retrieves a research paper from the new "Scholarship in Action" board, which is on display by the San Antonio Military Medical Center Emergency Department.

also designed for nurses and other health-care professionals who are doing top quality research.

Each quarter, the medical education department will put out a call for submissions. The top 24 papers will be displayed on the Scholarship in Action

board. From there, the research subcommittee of the San Antonio Uniformed Service Health Education Consortium will vote to see which submission will be highlighted as the paper of the quarter.

The individual who is the senior mentor of the paper, or who

mentored the project, will have his or her photo featured in the center of the board for that quarter.

This quarter's featured article is the "Study of active duty military for pulmonary disease related to environment exposures" by Dr. Michael Morris, Pulmonary/Critical Care Services.

"We pride ourselves as being the flagship of military medicine at BAMC," Harrison said. "Part of being a flagship is to be a great academic center.

"You can't provide top-notch quality care if you are not at the tip of the spear when it comes to researching novel techniques, surgical modalities or systems based practices."

The next call for submissions will be in May.

2015 Community Strengths and Themes Assessment survey now open

By Sheena Martinez
U.S. Army North Health Promotions Operations

The 2015 Joint Base San Antonio-Fort Sam Houston Community Strengths and Themes Assessment, located at <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137455D430DEB>, is open for responses through the end of March.

The purpose of the survey is to get feedback about community health

problems and concerns of the community.

The Community Health Promotion Council will use the results of this survey in order to identify the most pressing problems that can be addressed through community action.

All members of the community, including Soldiers, family members, retirees, Department of Defense civilians and contractors are encouraged to take the survey.

"This survey allows us to get an idea of what our community members need and assess at JBSA-Fort Sam Houston and outlying U.S. Army North communities, as well as ways we can improve," said Paul Kennedy, Ready and Resiliency director/health promotion officer.

This survey is kept confidential and individual information is not shared. The benefits of taking the survey helps leadership shape

where resources should be focused and what programs and services should be expanded or reorganized.

Although there are many ways to provide feedback across the installation, this survey allows respondents to weigh in on issues that aren't normally addressed, such as top community health problems and barriers to accessing needed resources.

The Community Strengths and Themes

Assessment is administered through U.S. Army Public Health Command, but all results are compiled locally by the U.S. Army North Health Promotion staff and are presented to the senior commander, installation commander, brigade commanders and agency representatives in the Community Health Promotion Council.

For more information about the Community Assessment Survey, call Health Promotion Operations at 221-2825.

JBSA-Fort Sam Houston Retiree Council enhances mission

By L.A. Shively
JBSA-Fort Sam Houston
Public Affairs

After a career in the Army, former Soldiers might find adjustment to civilian life poses unique challenges.

“I didn’t know how to buy insurance. I didn’t know how to do things for myself because, in the military, they tell you to be here at such and such a time, go to dental, check your eyes – time to get your shots,” said Serafina De Los Santos in rapid-fire succession.

De Los Santos serves as the executive director for the 502nd Force Support Group at Joint Base San Antonio-Fort Sam Houston. She retired after serving for 22 years; serving first as an en-

listed Air Force Airman, then using the GI Bill to earn her degree, followed by earning her commission with the Army.

“So now that you are out – how do you do all of that? How do you know the differences between TRICARE Standard and Prime? You have to learn by doing and hope you guess right,” De Los Santo continued. “There are a lot of things you take for granted when you are in the military and then all of a sudden you’re out there flappin’ on your own.”

She said that a dynamic retiree council would be the force that could steer retirees in the right direction.

Launching the “Soldier For Life” program two years ago, the Chief of

Staff of the Army focused on a holistic approach toward better reintegrating retirees into civilian life. The approach meant a change in perspective for the Army and for Soldiers.

“Now that we have the Soldier for Life program, you don’t become a retiree when you leave active duty,” said Col. Steven Toft, 502nd FSG commander. “You are still a Soldier for life and that applies to retirees as well. They are all Soldiers for life.

“We don’t stop caring for a Soldier once they leave active duty and the retiree council is critical to the program,” Toft explained.

The retiree council at JBSA-Fort Sam Houston, although still in existence,

has been somewhat dormant during the last couple of years. But Toft, De Los Santos and the 502nd FSG team are working toward bringing it back online with an enhanced mission.

“We are using the Soldier for Life concept as the foundation on which to reenergize our retiree council. Now that we are a joint base we want it to support retirees from all services,” De Los Santos said.

The Joint Base San Antonio-Fort Sam Houston Retiree Council can be a forum where great ideas are exchanged that affect retirees, explained Jim Cunningham, Alamo Chapter of the Military Officers Association of America’s executive vice president for state legislative affairs and regional vice president for the Texas Council of Chapters.

Cunningham retired as a major from the Army. Mapping out the enhanced mission for the retiree council includes tapping into community partnerships already in place through JBSA’s partnership with the city of San Antonio as well as other entities directly.

“We are partnering with the San Antonio



Area Foundation and other community organizations,” De Los Santos said.

Top on the agenda for invigorating the retiree council is identifying leadership interested in making the council work and meet on a regular basis, explained Cunningham.

“Having leadership or council members become involved with other JBSA entities, community projects within San Antonio and Bexar County, and having state agencies and non-profits promote and make known the benefits of the Soldier for Life program as well as continually identify resources that may be available to retirees is imperative,” Cunningham said.

Cunningham also stressed that an effective retiree appreciation day planning is essential.

“Make it more than just a day that retirees come and get a flu shot and trinkets from exhibitors. Some retiree appreciation days around the country and in Texas are two- or three-day events,” he said.

“Being a lifer in the modern Army is proactive,” De Los Santos said, underscoring the Soldier for Life maxim: Start Strong – Serve Strong – Reintegrate Strong – Remain Strong.

Retirees interested in becoming a part of the council can contact the 502nd FSG at JBSA-Fort Sam Houston at 221-2632.

Show your heart some love for American Heart Month

By Maj. Jasmine Peterson
U.S. Army Public Health Command

Did you know your heart beats more than 100,000 times a day, pumping nearly 1,900 gallons of blood? This means your heart is beating almost 42 million times and pumping about 700,000 gallons of blood a year.

February is American Heart Month, a time to bring awareness to the risks of heart disease and ways to stay “heart healthy.” So, show your heart some love this month.

One of the first steps to cherishing your heart is to know and understand your heart health numbers:

- Monitor and know your blood pressure. High

blood pressure or hypertension is often called the silent killer because many do not know they have it; and it is one of the leading causes of death within the United States. A healthy blood pressure is a systolic pressure (the top number, pressure when the heart is beating) below 120 and a diastolic pressure (the bottom number, pressure when the heart rests between beats) below 80.

- Check your cholesterol. Cholesterol is a waxy fat-like material that your body needs. However, too much of it puts you at risk for heart disease and stroke. You can check your cholesterol through a simple blood test. Get your cholesterol checked every five years, unless your healthcare pro-

vider recommends more frequent checks, ensuring that your heart is pumping as smoothly as possible.

- Track your weight. Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease.

Be passionate about your heart’s health by putting some prevention into play:

- Get a yearly check-up. Work with your healthcare team even if you feel healthy. This is a great way to check for and control conditions that may be putting you at risk for heart disease such as hypertension or diabetes.

- Eat healthy. Eat foods high in fiber and low in saturated fat, trans



Photo courtesy Centers for Disease Control and Prevention
February is American Heart Month, a time to bring awareness to the risks of heart disease and ways to stay “heart healthy.”

fat, salt and cholesterol. Aim to eat at least five servings of fruits and vegetables a day. Choosing to eat a healthy diet can help you avoid heart disease.

- Exercise. One of the best ways to make your

heart strong is to work it out. Getting at least 150 minutes of exercise a week, like brisk walking, can help you stay at a healthy weight and lower your cholesterol and blood pressure.

- Don’t smoke. If you

smoke, quit. If you don’t, do not start. Smoking cigarettes greatly increases your risk for heart disease. Your healthcare team can help you quit, so give them a call if you smoke or use tobacco products.

- Limit your alcohol. Drinking too much alcohol over time can increase your risk for heart disease. If you are a woman, stick to no more than one alcoholic beverage a day and if you are a man, no more than two.

So, go ahead and make your heart your valentine this month and try these tips. As always, contact your healthcare provider before starting any diet and exercise program as well as to get more information about improving your heart health.

News Briefs

Continued from P3

Taylor Burk Clinic Taking 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 with a 97 percent overall patient satisfaction rate. 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.

New DOD Food Service Charges At Dining Facilities

The following rates now apply to dining facilities not using the a la carte pricing system, such as Slagel, Rocco, B5107, B5105, Medical Readiness DFAC and all basic military training facilities: breakfast, \$3.45; lunch, \$5.55 and dinner, \$4.85. In addition, meals ready to eat and flight meals are priced at \$5.55 each. For more information on dining facilities to include hours, contact information and address, visit <http://www.jbsa.af.mil/library/diningfacilities.asp>.

JBSA-Fort Sam Houston Legal Office Hours Change

The office hours of the 502nd Force Support Group Judge Advocate Legal Assistance Office have been extended to 7:30 a.m. to 4:30 p.m. Mondays, Tuesdays and Wednesdays. On Thursdays, office hours are 7:30 a.m. to 3 p.m. On Fridays, office hours are 7:30 a.m. to noon. Powers of Attorney and notaries are available during regular office hours. Legal assistance appointment times have not changed and are available Monday, Wednesday and Friday mornings and Monday and Wednesday afternoons. Walk-in legal assistance times also remain the same from 8:30-10:30 a.m. Tuesdays for all military I.D. card holders and from 8:30-10:30 a.m. Thursdays for active duty only. For more information or to schedule an appointment, call 808-0169.

IMCOM plan shapes 2025 workforce

By Amanda Kraus Rodriguez
IMCOM Public Affairs

The newly developed U.S. Army Installation Management Command Strategic Human Capital Plan lays groundwork for re-shaping its workforce and culture to answer the future needs of the Army, provide premier installation management and become one of the premier federal workplaces by the year 2025.

Lt. Gen. David Halverson, commander of the U.S. Army Installation Management Command, approved the SHCP, the first plan of its kind, Jan. 29 with eyes on both today's challenges and tomorrow's installation workforce needs.

"We have to adapt ourselves," Halverson said. "The old ways of doing business no longer apply."

The plan is a critical first step in the "IMCOM 2025 and Beyond" strategic design and its development was complex. IMCOM's workforce includes

over 54,916 civilian employees, in 329 different occupational series, spanning 31 Army career programs global-wide. A new approach was required to include everyone – appropriated fund, local national, and non-appropriated fund employees, according to Brian Gormley, SHCP project lead.

"We formed a tiger team of your peers," Gormley said. "It is a multi-disciplined team that represented all of IMCOM's functional responsibilities, from all regions and garrisons, to develop and publish IMCOM's first-ever Strategic Human Capital Plan."

The team started with an assessment of the command, identifying opportunities for improvement using standards published by the Office of Personnel Management and the Government Accountability Office, along with employee feedback.

"We want employees to know that meaningful cultural change is coming," said Lois

Keith, IMCOM civilian personnel chief. "It's important that the workforce knows that this is a group effort – a transparent data driven, fact based process. Through the Federal Employee View Point Survey, employees have a voice. They spoke and we listened."

Included in the assessment are annual Federal Employee Viewpoint Survey results, the Partnership for Public Service "Best Places to Work" rankings, historical data and demographics, as well as employee and supervisor interviews (from headquarters, region and garrison levels) that guided development of IMCOM's Strategic Human Capital Plan.

"You're making history, and it's a good history," IMCOM Deputy Commanding General for Support Brig. Gen. Jason Evans told the working group.

Dana Davis, a financial management specialist at the IMCOM Europe region headquarters, and a member of the SHCP working group, cited



communication as the key to successful implementation

"I'm very hopeful that this effort will be sustained," Davis said. "With General Halverson getting out there and telling everyone that this is important, other leaders and the regional directors repeating it, the message – people are our focus – is going to filter out to the entire workforce."

The plan is scheduled for publication in February and includes specific action items to improve IMCOM practices and develop a people-centric focus. Employees can expect to see transparent, leader-led actions to achieve premiere workplace status and published results of progress.

Army Medical Department NCO Academy welcomes incoming commandant

By Esther Garcia
AMEDDC&S Public Affairs

Soldiers, families and friends of the Army Medical Department Noncommissioned Officers Academy gathered at the U.S. Army Medical Museum Amphitheater at Joint Base San Antonio-Fort Sam Houston Feb. 12 to witness the change of commandants between outgoing Command Sgt. Maj. Christopher Walls and incoming Command Sgt. Maj. Alexis King.

The ceremony also included a retirement ceremony for Walls, who retires after 32

years of service to the Army.

Maj. Gen. Steve Jones, commanding general of the U.S. Army Medical Department Center and School and host for the ceremony, said, "The NCO creed states that 'No one is more professional than I.' Today, we transition leadership of the institution that develops that professionalism in our AMEDD NCOs.

"It develops leaders for the Soldiers who today are supporting five named operations on six continents, leaders for almost 140,000 Soldiers com-



Photo by Esther Garcia

Maj. Gen. Steve Jones, U.S. Army Medical Department Center and School commanding general, presents the U.S. flag to Command Sgt. Maj. Christopher Walls in honor of his 32 years of service to the Army. The flag was flown in Afghanistan, Indiana, at the Alamo and on Joint Base San Antonio-Fort Sam Houston.

AMEDD CENTER AND SCHOOL ADDS SOMALIA STREAMER TO ARMY FLAG

Left, Maj. Gen. Steve Jones, commanding general of the U.S. Army Medical Department Center and School, with assistance from AMEDDC&S Command Sgt. Maj. Michael Gragg, adds a streamer to the U.S. Army flag at a Feb. 9 ceremony in Willis Hall, Blesse Auditorium at Joint Base San Antonio-Fort Sam Houston. The 188th Armed Forces Expeditionary Campaign Streamer recognizes the Soldiers who deployed to Somalia during 1992 to 1995, and honors their heroism and service in a campaign that began as a humanitarian relief effort and devolved into combat operations.



Photo by Esther Garcia

BROOKE ARMY MEDICAL CENTER GOES RED TO FIGHT HEART DISEASE



Photo by Robert Shields

Brooke Army Medical Center's Director of Cardiac Rehabilitation Stacey Dramiga (right) and cardiac rehabilitation intern Emily Daniel discuss the Go Red Day event in the San Antonio Military Medical Center's medical mall Feb. 6. Each year, one in three women die of heart disease and stroke. Eighty percent of cardiac events can be prevented with education and lifestyle changes. When it comes to beating heart disease and stroke, change can be the cure. To save lives and raise awareness of this serious issue, the American Heart Association launched "Go Red For Women" and the red dress has become the iconic symbol of the battle against heart disease and stroke in women.

Four 59th Medical Wing medics among Air Force Medical Service annual award winners for 2014

Four Airmen from the 59th Medical Wing were among those selected as recipients of Air Force Medical Service annual awards for 2014, the Air Force Surgeon General announced Feb. 10.

The categories include both individual and team awards, based on criteria outlined in current Air Force instructions for medical service awards.

Award winners were recognized for their accomplishments in several health care disciplines including patient care in forward-deployed locations, world-class research and teaching, improvement of home station medical care, outstanding oversight of the medical Personnel Reliability Program and innovation.

The local winners are:

U.S. Air Force Biomedical Clinician Category I Officer of the Year - Company Grade Category

Capt. Brittany McCright

59th Medical Operations Group, Joint Base San Antonio-Lackland

USAF Biomedical Clinician Category I Officer of the Year - Field Grade Category

Maj. Felix Islas

359th Medical Operations Squadron, JBSA-Randolph

USAF Pharmacy Technician NCO of the Year Award

Tech. Sgt. Michael Fitzell

59th Medical Support Squadron, JBSA-Lackland

USAF Clinical Excellence Award - Company Grade Category

Capt. Rebecca Burson

959th Medical Group, JBSA-Fort Sam Houston

Some JBSA-Fort Sam Houston road close Sunday 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. Sunday, 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 Saturday and Sunday and include the Alamo Half Marathon, Alamo 10K, Alamo 5K and H-E-Buddy Kids Classic, with all events ending inside the Alamo-dome.

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>.

What is the MEDCOM Ombudsman Program?

By Caitlin Morrison
Warrior Transition Command
Public Affairs

The U.S. Army Medical Command Ombudsman Program was established in 2007 to ensure that all Soldiers and their families have an impartial resource to consult outside of their chains of command.

This list of frequently asked questions explore the role and responsibility of Ombudsmen:

What does an Ombudsman do?

The Ombudsman's role is that of an independent, neutral mediator between Soldiers/families and their chains of command.

Ombudsmen were originally designated as a resource for wounded, ill and injured Soldiers/families who are assigned to a Warrior Transition Unit, but expanded to include non-WTU Soldiers/families who need assistance as well. The program has assisted 54,239 Soldiers/families since its inception.

Typical issues encountered by Ombudsmen include difficulty with appointments, orders, medical evaluation boards, requests for second opinions, housing and other medical-related issues. Much of the job entails communication with all parties involved and explaining the intricacies of the different Army programs.

By functioning as an independent intermediary, Ombudsmen help Soldiers navigate the complexities of the

system and locate appropriate resources.

Who are the Ombudsmen?

Ombudsmen are Army civilians who have a desire to work directly with Soldiers. Most Ombudsmen are retired senior noncommissioned officers who can relate to the experiences of their current Soldiers and thus create an important bond of mutual experiences.

New Ombudsmen participate in a two-week training course at Joint Base San Antonio-Fort Sam Houston, which is part of the cadre course given to all incoming cadre working at WTUs. Thus, the cadre and Ombudsmen, who are going to be working together at WTUs, can build relationships, which is important for mediation.

Where are Ombudsmen located?

There are currently 52 Ombudsmen located at 29 sites in the United States, Puerto Rico and Europe, where Soldiers/families can call or visit. The Ombudsman communicates directly with the Soldiers and other concerned parties to ensure proper resolution of the issues.

Although Ombudsmen are located in medical treatment facilities and WTUs, they report to the MEDCOM chief of staff instead of the local chain of command. Ombudsmen serve as a liaison between MEDCOM, the Soldier/family and the MTF/WTU commander.

Ombudsmen have a collaborative relation-

ship with the MTF Patient Advocacy Office and the MEDCOM Medical Assistance Group to assist with the resolution of issues.

How can Soldiers not near an MTF or WTU contact an Ombudsman?

Anyone needing assistance with a medical-related issue can call the MEDCOM 24/7 Wounded Soldier & Family Hotline. Representatives document the issue in detail for the appropriate office for resolution.

The hotline can be reached at 800-984-8523. Anyone can also contact an ombudsman via email.

For more information on the Ombudsman program, visit the website at <http://armymedicine.mil/Pages/ombudsman.aspx>. The JBSA-Fort Sam Houston Ombudsman can be contacted at 916-6621/8690/2578/9223.



Some temporary, seasonal, intermittent employees eligible for FEHB program

By Janis El Shabazz
Air Force Personnel Center
Public Affairs

Some temporary, seasonal and intermittent employees are now eligible for coverage under the Federal Employees Health Benefits program, said Office of Personnel Management officials.

Temporary, seasonal or intermittent employees who anticipate working 130 or more hours per month for 90 consecutive days are now eligible to receive the same coverage and government contribution to premiums as full-time employees.

"This expansion of coverage furthers the goal of ensuring that all full-time employees are eligible to enroll in FEHB," said Erica Cathro, an Air Force Personnel Center human resources specialist at Joint Base San Antonio-Randolph. "This change provides newly eligible employees a way to attain minimum essential

coverage, which will also satisfy the Affordable Care Act individual shared responsibility requirement."

Newly eligible employees can enroll within 60 days of being notified of eligibility by the Benefits and Entitlements Service Team.

Newly hired temporary, seasonal and intermittent employees who are eligible will also have a 60-day window to enroll.

Coverage is effective the first day of the pay period after the employee makes his or her enrollment election.

Once employees are eligible for FEHB they will also be eligible to apply for coverage under the Federal Long Term Care Insurance Program.

For more information about FLTCIP, visit <http://www.ltcfeds.com>.

Air Force Personnel Center staffing specialists will ensure eligible employees hired for these types of appointments are aware of the ben-

efit option at the time of hire, based on the work schedule information their selecting official provides.

BEST representatives have identified and notified all affected employees who were already onboard. Supervisor certification of hours is required for enrollment in FEHB.

Employees who believe they are eligible for FEHB who have not been formally notified should consult their supervisor.

For more information about this and other personnel issues, visit the myPers website at <http://mypers.af.mil>. For FEHB eligibility and enrollment information, select "Search All Components" from the drop down menu and enter "28434" in the search window.

Air Force retirees who do not have a myPers account can find instructions to create an account at <http://www.retirees.af.mil/shared/media/document/AFD-120510-068.pdf>.

WARRIORS, FAMILIES TREATED TO FREE HAIRCUTS

Monica Nichole Vargas (left) and Sarah Martinez (right), stylists with Zoe Studio hair salon, set up their salon at the Warrior and Family Support Center at Joint Base San Antonio-Fort Sam Houston Feb. 10 to give free haircuts to wounded warriors and their families. Vargas said they volunteered to do this because it was their way of saying thank you for the sacrifice the warriors and their families have made.

Vargas gave Pitou Tan (seated left) a "bob" haircut, while Staff Sgt. Marco Orihuela (seated right), Company B, Warrior Transition Battalion, opted for a traditional military fade from Martinez.



Photo by Army Staff Sgt. Corey Baltos

Cole Middle School student 'Old Pat,' designs project to honor assist Caisson Section

By L.A. Shively
JBSA-Fort Sam Houston Public Affairs

Each day, hundreds of vehicles come through the Wilson Gate at Joint Base San Antonio-Fort Sam Houston, the drivers hardly noticing the lone grave just south of the access point.

If someone does notice, chances are he or she does not know about "Old Pat," who is buried there.

Cole Middle School student Mike Harger wants to change that.

Old Pat was the most beloved horse ever stabled at Fort Sam Houston, according to records at the Joint Base San Antonio-Fort Sam Houston Museum. He was retired from active service in 1939. Old Pat died March 2, 1953 at the age of 45 and was buried with honors two days later.

An eighth-grader, 13-year-old Harger is already a Life Scout and while researching his Eagle Scout project came across Pat's story. With his mother Tracey Harger's help, Harger designed a project to share Pat's story and assist the JBSA-Fort Sam Houston Caisson Section's mission.

"He likes animals and another boy had done an Eagle Scout project with the Caisson Section that Mike assisted with - refurbishing the training sled for the horses," Tracey said. "Mike had already been at the stables, saw the horses and already had the connection."

Mike and his mother approached Capt. Shawn Lynch, the commander of the Military Honors Platoon and Caisson Section, and they came up with the idea to build a table with a glass top that would house a three-dimensional map of the Fort Sam Houston National Cemetery.

"When people come to brief a funeral, they might not understand where they have to go," Harger explained. "With the 3-D map, it will be easier."

When the table was finished, the Caisson Section hosted a ceremony where Lynch presented Harger with an Army certificate of appreciation and a coin. The table is now in use at the Caisson Section.

But building the table was only



Photo by L.A. Shively
Mike Harger, a Life Scout, poses in his scout uniform. He has earned 44 merit badges.

phase one of Harger's project.

"We weren't sure whether the table would be a big enough project for an Eagle Scout to do and that's when the Pat tie-in came," Tracey said.

Mother and son came up with an idea for a story board that explains why a grave, located just inside the Wilson Gate, honors a horse named Pat.

Mike researched Pat with the assistance of Jacqueline Davis, director of the JBSA-Fort Sam Houston Museum. They looked at the information that was available and decided what to include on the story board.

"We picked out some good pictures, using Jackie as a reference. Mike and I did the write up. Jackie sent it back with corrections and a family friend who happened to be a graphic artist - Michele Grandon - volunteered to lay out the story board," Tracey said, adding that they found information and a photo for a smaller plaque to replace the one missing on marker.

The story board and plaque were recently placed on Pat's grave.

"Now the story is there about who

Pat is and why Pat's buried there," Tracey said. "Previously visitors had to go to the museum to understand why the grave is there, but now the information is at the grave site."

Harger's Eagle Scout project also gave the teen a chance to see the Military Honors Platoon and Caisson Section conduct a funeral. As part of the research for the project, Lynch invited Harger to watch the Caisson Section set up and perform a funeral.

"Mike got to see how the whole unit has it down to a perfectly synchronized dance," Tracey said.

Harger also learned a trick for cleaning rust from horseshoes by using cola.

"We were de-rusting and cleaning horseshoes so that we could give them to the volunteers," Hargers said. "We called them 'thank you shoes' or 'thank shoe.'"

Donations provided funding for each phase of the project: the table, story board and plaque. Harger also raised funds for flowers that will be available for the memorial ceremony at Pat's grave site.

"I raised more than \$1,000," Harger said, explaining that he'd visited congregations during each of the services at one of the base chapels and stood in front of the parishioners presenting his ideas and plans for the project.

"I learned how everybody loved Pat," Harger continued. "I learned about leadership - that leaders need to make sure their volunteers are fed properly - with pizza - and that their help was appreciated."

"It was fun meeting all of the people, getting donations, taking care of the volunteers and most of all, honoring Pat," Mike said. "I like to help others."

Harger's project will conclude at 1:30 p.m. March 2 with a memorial ceremony at Pat's grave site that will include the 323rd Army Band "Fort Sam's Own" Mission Brass. People will be able to get a flower, place it on the grave and then sit for the service.

Mike Harger is also the son of Col. Rick Harger, commander of the 410th Contracting Support Brigade.

Harger said he will now apply for the rank of Eagle Scout.



Photo by Tracey Harger
Mike Harger receives an Army certificate of appreciation and a coin from Capt. Shawn Lynch, commander of the Military Honors Platoon and Caisson Section, after completing the first phase of his Eagle Scout project - a glass top table - for the Caisson Section. The table houses a three-dimensional map of the Fort Sam Houston National Cemetery to help guide families as they pay their last respects to their loved ones.



Photo by L.A. Shively
"Beloved Pat" is the title for the story board that was erected next to Pat the horse's grave site, located just south of the Wilson Gate at Joint Base San Antonio-Fort Sam Houston.



Photo by L.A. Shively
Mike Harger's Eagle Scout project included replacing the photo and information that had been removed from the marker at the gravesite of "Old Pat."



Photo by Tracey Harger
Mike Harger researches background for his Eagle Scout project with assistance from Jacqueline Davis, director of the Joint Base San Antonio-Fort Sam Houston Museum.



Photo by Tracey Harger
Mike Harger stands in front of the transport vehicle for the Caisson Section horses that are on their way to a military honors funeral ceremony at the Fort Sam Houston National Cemetery.



Photo by Tracey Harger
Mike Harger stands with one of the horses that is part of the Caisson Section. He was eating a sweet roll when the horse nuzzled him.

Basura Bash kicks off at Salado Creek Saturday

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

The annual cleanup of Salado Creek is held 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 onsite and drop offs will not be allowed. All 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.

Texas launches toll-free number to help older Texans, people with disabilities

By Melissa Gale
Texas Department of Aging and Disability Services

The Texas Department of Aging and Disability Services has launched a toll-free number to help qualifying Texans connect with long-term care services.

The telephone number is 855-937-2372. It has been set up to help older adults (60 and up) who currently receive Medicaid and/or Medicare, people of all ages with disabilities and caregivers.

The growing population of aging Texans, in addition to the approximately four in 10 Texans who have some type of disability, has created demand for the new number. According to the 2010 census, Texas has the third largest aging population (65 and older) in the United States. More than 3 million Texans are over the age of 65 and that number is expected to more than double to 7.5 million by 2040.

See TDA, P15

President proclaims National African American History Month

“We pause to reflect on our progress and our history – not only to remember, but also to acknowledge our unfinished work. We reject the false notion that our challenges lie only in the past, and we recommit to advancing what has been left undone,” President Barack Obama said in his proclamation issued Jan. 30 declaring February as National African American History Month.



President Barack Obama

The proclamation reads:

“For generations, the story of American progress has been shaped by the inextinguishable beliefs that change is always possible and a brighter future lies ahead. With tremendous strength and abiding resolve, our ancestors – some of whom were brought to this land in chains – have woven their resilient dignity into the fabric of our Nation and taught us that we are not trapped by the mistakes of history. It was these truths that found expression as foot soldiers and Freedom Riders sat in and stood up, marched and

agitated for justice and equality.

“This audacious movement gave birth to a new era of civil and voting rights, and slowly, we renewed our commitment to an ideal at the heart of our founding: no matter who you are, what you look like, how modest your beginnings, or the circumstances of your birth, you deserve every opportunity to achieve your God-given potential.

“As we mark National African American History Month, we celebrate giants of the civil rights movement and countless other men and women whose names are etched in the hearts of their

loved ones and the cornerstones of the country they helped to change. We pause to reflect on our progress and our history – not only to remember, but also to acknowledge our unfinished work. We reject the false notion that our challenges lie only in the past, and we recommit to advancing what has been left undone.

“Brave Americans did not struggle and sacrifice to secure fundamental rights for themselves and others only to see those rights denied to their children and grandchildren. Our nation is still racked with division and poverty. Too many children live

in crumbling neighborhoods, cycling through substandard schools and being affected by daily violence in their communities. And Americans of all races have seen their wages and incomes stagnate while inequality continues to hold back hardworking families and entire communities.

“But the trajectory of our history gives us hope. Today, we stand on the shoulders of courageous individuals who endured the thumps of billy clubs, the blasts of fire hoses, and the pain of watching dreams be deferred and denied. We honor them by investing in those around us and doing all we can

to ensure every American can reach their full potential.

“Our country is at its best when everyone is treated fairly and has the chance to build the future they seek for themselves and their family. This means providing the opportunity for every person in America to access a world-class education, safe and affordable housing, and the job training that will prepare them for the careers of tomorrow.

“Like the countless, quiet heroes who worked and bled far from the public eye, we know that with enough effort, empathy, and perseverance, people who love

their country can change it. Together, we can help our Nation live up to its immense promise. This month, let us continue that unending journey toward a more just, more equal, and more perfect Union.

“Now, therefore, I, Barack Obama, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim February 2015 as National African American History Month. I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate programs, ceremonies, and activities.

“In witness whereof, I have hereunto set my hand this thirtieth day of January, in the year of our Lord two thousand fifteen, and of the Independence of the United States of America the two hundred and thirtieth.”

Barack Obama

(Source: DOD News, Defense Media Activity)



AMEDDC&S from P6

mitted, deployed, or forward stationed in more than 140 countries,” Jones said.

The general added that the academy was recognized by the U.S. Army Training and Doctrine Command as an Institution of Excellence.

“That is a direct result of the outstanding leadership of Command Sgt. Maj. Walls,” Jones said.

“He made significant improvements to the curriculum which is taught to more than 2,500 students each year.”

Jones highlighted some of Walls’ accomplishments while serving as the commandant of the Academy. He said as a result of Walls’ personal attention to detail, the Academy scored 100 percent on the U.S. Army Training and Doctrine Command accreditation survey, reduced the no-show rate

at the Academy from 34 percent to 11 percent, which helped alleviate the backlog of those waiting to enroll.

Walls thanked everyone that supported him throughout his military career.

Jones welcomed King and said, “You have an important task ahead. I know your experience in leadership positions from squad leader to command sergeant major, your combat service and in a broad variety of

assignments around the world have prepared you well for the job.”

King entered the Army in 1987 and completed basic training at Fort Knox, Ky., and Advanced Individual Training as a combat medic on JBSA-Fort Sam Houston. He previously served as the 18th Medical Command (Deployment Support) command sergeant major at Fort Shafter, Hawaii. King has served in numerous stateside and overseas assign-

ments, including deployments in support of Operation Iraqi Freedom and Operation Enduring Freedom.

King thanked his family for attending the ceremony which included his wife, Cecilia and his children, Cecilia, Lissmarys and Alex, Jr., as well as his parents, Earl and Elvia King.

King thanked also Walls for his friendship and said, “Today, I stand honored as the Commandant of the

NCO Academy.”

King thanked the academy staff for everything they do and he said, “As the incoming commandant, I have little to say and much to prove.”

In recognition of 32 years of Army service, Jones presented Walls with the Legion of Merit award and a U.S. flag in honor of his service. The flag was flown in Afghanistan, Indiana, at the Alamo and on JBSA-Fort Sam Houston.

Air Force Medicine: a vision for the future

By Lt. Gen. (Dr.) Thomas W. Travis
Air Force Surgeon General

The U.S. Air Force's core missions are air and space superiority, intelligence surveillance and reconnaissance, rapid global mobility, global strike and command and control.

These are almost identical (but in different terms) to the missions the Air Force had in 1947. But we now do these missions in three domains: Air, Space and Cyberspace.

In the Air Force I grew up in, the "operators" were primarily pilots

and navigators. There are many more types of "operators" these days, as air power is projected through the various domains in very new ways.

Air Force Medicine is adapting and innovating to better support the airmen who safeguard this country 24/7, 365 days a year. In that regard, Air Force Medicine is now focusing on human performance. This is not a huge shift for us.

Since the Air Force Medical Service began in 1949, Air Force medics have focused on occupational and population health and prevention. We are simply taking it to the next level. Our AFMS Strategy embraces this, and to focus on this as a priority, we recently changed the AFMS Vision: "Our Supported Population is the Healthiest and Highest Performing Segment of the U.S. by 2025."

This is an audacious but achievable goal, which is focused on health rather than healthcare and is clearly connected to the imperative to assure optimal performance of airmen. Every airman (or other service member)

has human performance demands placed on them by virtue of their operational and mission tasks – and these demands have changed, rather than decreased, due to the technologies employed in current mission environments.

In view of the evolving Air Force, the AFMS is evolving to ensure that as many of our supported service members are available to their commander as possible, able to perform the exquisite set of skills that are now required of them.

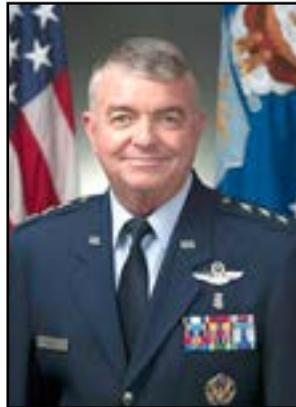
Health in the context of mission equates to performance, and every medic or healthcare team must know how the mission might affect the health of the individual or unit and how medical support affects the mission.

I think this is just as relevant for other beneficiaries – to include family members and retirees, who also have performance goals in their day-to-day activities.

Toward that goal, we have begun either embedding or dedicating medics to directly support missions such as special operations, remotely piloted aircraft, ISR and explosive ordnance disposal, which have had a clearly positive impact on those airmen, their mission effectiveness and their families. We are moving rapidly to make this "mission specific" support a more widespread practice.

At the clinic level, our intent is to provide customized prevention, access and care for patients, recognizing specific stresses associated with career specialties.

Our goal is to prevent physical or mental injuries where possible, and, if



Lt. Gen. (Dr.) Thomas W. Travis is the Surgeon General of the Air Force, Headquarters U.S. Air Force, Washington, D.C.

unable to prevent, then to provide rapid access to the right team for care and recovery to full performance. As a result, mission effectiveness and quality of life should improve, and long-term injuries or illnesses are mitigated to provide for a healthier, more active life, long after separation or retirement. Concomitantly, long-term healthcare costs and disability compensation should also decrease.

Patient safety and quality care are foundational to supporting our beneficiaries in their quest for better health and improved performance. In order to improve both safety and quality, we are committed as part of the Military Health System to becoming a high-reliability healthcare system. This is a journey being undertaken by healthcare systems across the country.

To achieve this goal, we need a focused commitment by our leadership and staff, instilling a culture of safety and quality, constant measurement of the care we provide, combined with robust process improvement at all levels. These key tenets will

enable the AFMS to achieve the principles of high reliability seen in aviation and nuclear communities, and are aimed at eliminating medical errors.

To that end, we are committed to strengthening our performance-improvement programs and training all medics as "process improvers." This will require advanced training for key leaders and staff, driving process improvement activities from the executive suite down to the front lines of our clinics and wards.

A great example of this is Wilford Hall Ambulatory Surgery Center's "Gateway Academy," designed to equip mid- and senior-level leaders with the knowledge and skills to lead in an innovative environment.

Another area where we are pursuing process improvement is obstetric care. All military treatment facilities with maternal-fetal care have implemented standardized checklists and operating instructions created by a team of AFMS obstetric care subject matter experts. The consistency provided by these clinically proven guidelines allows medical staff to work in any Air Force OB department with the confidence that the processes are the same regardless of location.

Additionally, these experts have worked with Air Force Medical Modeling and Simulation Training to implement state-of-the-art mobile emergencies simulator training for all staff that cares for OB patients. This technology promotes teamwork and communication, enabling a systematic approach aimed

at managing infrequent, yet high-risk, obstetric emergencies.

Air Force Intensive Care Unit representatives also are working on updated checklists and bundles to ensure standardized evidence-based practices and soon will begin to work hand-in-hand with the other military branch's medical services to decrease variability throughout the entire MHS.

In addition, we are working to enhance communication across the AFMS. Because medical errors often involve miscommunication between medical staff, our inpatient facilities have teamed with the Joint Commission's Center for Transforming Healthcare to develop a comprehensive strategy using a Targeted Solutions Tool to prevent patient handoff communication failures.

All AFMS inpatient facilities are participating in this program. Coupled with this initiative are programs such as Team-STEPPs and Time Outs, which our staffs use to facilitate open feedback and training. A culture of safety requires that all AFMS members are empowered and understand their responsibility to report any unsafe condition or error.

After more than 13 years of war, in which the MHS attained the lowest died-of-wounds rate and the lowest disease/non-battle injury rate in history, the AFMS is envisioning future conflicts and adjusting our concepts of operations to prepare to provide medical support in situations that could be very different than what we have faced in

the current long war.

Among many efforts, we are focusing on enroute care (aeromedical and critical care evacuation), expeditionary medical operations and support to personnel during combat operations. Future contingencies may require longer transport times of more acute casualties without the benefit of stabilization in fixed facilities, as we have had in Iraq and Afghanistan.

We have to consider worst-case scenarios, which will prepare us well for less challenging circumstances. By enhancing clinical skills through partnerships with busy, high acuity civilian medical centers such as our training programs in Baltimore, Cincinnati, St. Louis and, most recently, Las Vegas, regular sustainment training for all team personnel and developing new medical capabilities, we are committed to being just as ready or more ready at the beginning of the next war as we were at the end of the current one. Our nation expects no less – and our warriors deserve no less.

With our vision of health and performance in mind, the Air Force Medical Service is committed to providing the best prevention and care possible to a rapidly changing Air Force, both at the home base and deployed. I am confident that we are on course to ensure medically fit forces, provide the best expeditionary medics on the planet and improve the health of all we serve to meet our nation's needs.

*(Recently published in
U.S. Medicine)*

U.S. Army Nurse Corps celebrates 114 years of service, dedication

By Col. Betsy Vane
Army Nurse Corps historian

The Army Nurse Corps celebrated 114 years of service and dedication to caring for America's military Feb. 5 and have stood shoulder to shoulder with Sailors, Airmen, Marines and Coast Guardsmen, both active duty and retired, and their families to protect and preserve those who wear the cloth of our nation.

The Army Nurse Corps is the oldest military nursing corps in the United States and the first women's component in the armed forces.

Throughout its history, Army nurses have demonstrated the courage to care, connect and change, earning the respect and gratitude of the American people.

The mission of the Army Nurse Corps is to provide responsive, innovative and evidence-

based nursing care integrated within the Army Medicine Team to enhance readiness, preserve life and function and promote health and wellness for all entrusted to their care.

In order to meet this mission, the Army Nurse Corps continues to expand its roles in support of the nation's healthcare needs and adapt to the demands of a transforming Army.

The Nurse Corps boasts a long and illustrious history, becoming part of the Army Medical Department in 1901 when the Army Reorganization Act was passed into law.

In 1906, the San Francisco earthquake sent Army nurses on their first of many civil relief missions.

During World War I, Army nurses served in base, evacuation and mobile surgical hospitals around the globe,



as well as on hospital trains in France and transport ships carrying the wounded across the Atlantic.

This began nurses' involvement in the en-route care of wounded Soldiers. By WWII, Army nurses were involved in developing the concept of post-operative recovery wards in Europe and in providing airborne en-route care from combat zones aboard fixed-wing aircraft.

During America's involvement in Korea and Vietnam, Army nurses

advanced their practice through trauma care specialization, including triage and resuscitative services. They also supported helicopter ambulance transportation from battle locations.

The Army Nurse Corps has served in every major conflict in which the United States has taken part for the past 114 years. Today, the brave men and women who comprise the Army Nurse Corps team serve as a critical factor in the outcome of the health of our service members and their families.

They will continue to propel their critical skill sets forward as both the Army and Army Medicine transform from a health-care system to a system for health.

For more information, visit the Army Nurse Corps web page at: <http://armynursecorps.amedd.army.mil>.

BAMC CELEBRATES ARMY NURSE CORPS ANNIVERSARY



Photo by Robert Shields

Brooke Army Medical Center's Deputy Commander of Nursing Col. Richard L. Evans (right) and nurse 2nd Lt. April Locher cut the cake during the Army Nurse Corps 114th Anniversary Feb. 5 in the BAMC auditorium.

TDA from P12

The new number streamlines the process for those seeking information about long-term care services, which include personal care, nursing care, help around the house, and help for caregivers.

"Texans who take advantage of the new number will speak with a trained professional who can help identify their needs and put them in touch with service providers in their area," said Jon Weizenbaum, DADS commissioner. "We

think this approach will help Texans receive the services they are eligible for much more efficiently."

When Texans call the number, they will be routed to a representative at the nearest Aging and Disability Resource Center based on the ZIP code they enter. ADRCs provide information and help connect individuals to state and federal benefits. They are linked to hundreds of service providers statewide and can help Texans enroll for services if requested.

This service is free and ADRC representa-

tives are available from 8 a.m. to 5 p.m. Monday through Friday.

Additionally, the new number will help existing Medicare/Medicaid recipients ensure they are receiving all the long-term care services they are eligible for.

Unlike the Texas 2-1-1 number, which provides broad referral services for all Texans seeking assistance, this new toll-free number is dedicated to older adults, people with disabilities and caregivers who need long-term care services.

Carter 'will help keep our military strong,' president says

Ash Carter, a former deputy defense secretary who received a 93-5 affirmative vote by the U.S. Senate to succeed Chuck Hagel as defense secretary Feb. 12, received a welcome back and praise from President Barack Obama.

"Ash Carter served as a key leader of our national security team in the first years of my presidency, and with his overwhelming bipartisan confirmation by the Senate today, I'm proud to welcome him back as our next secretary of defense," Obama

said in a White House statement issued Feb. 12. "With his decades of experience, Ash will help keep our military strong as we continue the fight against terrorist networks, modernize our alliances, and invest in new capabilities to keep our armed forces prepared for long-term threats."

As secretary of defense, the president continued, "Ash will play a central role in our work with Congress to find a more responsible approach to defense spending that makes the department

more efficient, preserves military readiness, and keeps faith with our men and women in uniform and their families.

"We have the strongest military in the history of the world," Obama added, "and with Secretary Carter at the Pentagon and our troops serving bravely around the world, we're going to keep it that way."

Hagel will remain in office as defense secretary until Carter is sworn in.

(Source: DOD News, Defense Media Activity)

INSIDE THE GATE

communication styles together. Call 221-0349 to register.

Anger/Stress Management

Tuesday, 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, 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 let-

ters 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 Monday. 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 Thursday 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.

JBSA Glow In The Dark 5K

Brush on your neon war paint, don your glow-in-the-dark running shoes and light up the night at the first-ever Joint Base San Antonio Glow in the Park 5K run March 7 at the MacArthur Parade Field on JBSA-Fort Sam Houston. Get warmed up at the pre-run party with games and activities at 5:30 p.m., runners will leave the starting line at 7 p.m. Participants can show their dance moves at the illuminated after party.

Open to all Department of Defense ID card holders of all ages. Bring the strollers, kids and the whole family to have fun and glow the night away. Register online at <http://www.the5kglowrun.com> for \$10 or at the event for \$15. All participants will receive a goody bag with a t-shirt, glow gear and a bib number. For more information, call 857-8385.

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.

'The Murder Room' At Harlequin Dinner Theatre

The Harlequin Dinner Theatre starts their 2015 season with "The Murder Room" by Jack Sharkey. This is a fast-paced British farce, with a kooky plot full of ups and downs, mistaken identities, hysterical characters, lots of action and witty, clever dialogue. Who is trying to kill who, how and where? It runs through Feb. 28 and is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor is implied

or intended. For more information, call 222-9694.

Spouse Information Fair

The Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center holds a military spouse information fair from 9 a.m. to noon March 12 at building 2797. This free information fair is for spouses and family members to meet with support agencies from throughout JBSA. For more information, call 221-2705.

Helping Us Grow Securely Playgroup

The interactive playgroup for parents and children up to age 5 meets 9-11 a.m. Tuesdays at the JBSA-Fort Sam Houston Middle School Teen Center. No registration required. Call 221-0349 or 221-2418.

Take Aim at Sportsman's Range

Hours for the Sportsman's

See **INSIDE, P17**

ARMY NORTH DEPUTY CG VISITS WITH SLED HOCKEY TEAM



Maj. Gen. Simeon Trombitas (left), U.S. Army North (Fifth Army) deputy commanding general, meets with members of the San Antonio Rampage sled hockey team Feb. 7 in the locker room at the Ice & Golf Center at Northwoods in San Antonio before their game against the Colorado Avalanche sled hockey team. Both teams have wounded warriors representing the military community.



Photos by Sgt. 1st Class Wynn Hoke

Maj. Gen. Simeon Trombitas, U.S. Army North (Fifth Army) deputy commanding general, participates in the honorary puck drop Feb. 7 to start the sled hockey game between the San Antonio Rampage and Colorado Avalanche sled hockey teams during a tournament held at the Ice & Golf Center at Northwoods in San Antonio.

OUTSIDE THE GATE

Our Soldiers' Run

The Alamo Chapter of the Association of the U.S. Army hosts a 5- and 10-kilometer run at 7:30 a.m. March 15 beginning at the Texas A&M-San Antonio campus, One University Way in San Antonio. Cost is \$35. For more information, visit <http://www.alamoua.org/osr> or call 385-8248 or 808-224-6795.

U.S. Naval Academy Women's Glee Club

The internationally-acclaimed U.S. Naval Academy Women's Glee

Club performs at the Music from St. Mark's Concert Series at St. Mark's Episcopal Church, located at 315 E. Pecan St. at 7 p.m. March 20. Admission is free and tickets are not required. Doors open at 6:30 p.m. The Naval Academy Women's Glee Club travels regularly around the country, representing the Naval Academy and the naval service. For more information on USNA Women's Glee Club, visit <http://www.usna.edu/music>.

'No Soldier Left Behind'

The Brave Diamond Warriors Productions presents a play titled "No Soldier Left Behind" at 8 p.m. April 16 and 17 at the Carver Community Cultural Center, 226 N. Hackberry St. Tickets are \$25, \$35 and \$5, with children 12 years

old and under admitted free. Call 207-2234 for reservations.

New San Antonio Women's Basketball Team

The San Antonio Crusaders is a women's professional development league basketball team that starts their season May 2, competing in Mid-South Division of the Women's Blue-Chip Basketball League. The Crusaders will compete against Dallas Lady Diesel, Houston Sparks, Shreveport Suns and Texas Storm. The WBCBL league was founded in 2004 as a way to provide highly competitive basketball for women in the United States and give them exposure to play at the next level. The Crusaders will be competing at the Antioch Sports Complex, 314 Eross Street in San Antonio.

For more information, visit <http://sacrusaderball.com> or <https://www.facebook.com/sanantoniocrusadersball>.

Van Autreve Sergeants Major Association

The Sgt. Maj. Of the Army Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month at the Longhorn Café, 1003 Rittiman Road. All active duty, Reserve, National Guard and retired sergeants major are invited. Call 539-1178.

Enlisted Association

Chapter 80 of the Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the JBSA-Lackland Gateway Club. Call 658-2344.

INSIDE from P16

Range at JBSA-Camp Bullis are 10 a.m. to 2 p.m. Saturday and Sunday, weather permitting. Cost to shoot is \$10 per Department of Defense ID cardholder and \$15 per non-DOD ID cardholder. A DOD ID cardholder can purchase an annual pass for \$60. Cardholders are allowed to sponsor two non-DOD ID cardholder guests. Guests must be in the same vehicle as the sponsor. Call 295-7577.

Thrift Shop

The Thrift Shop at Fort Sam

Houston is operated by the Spouses' Club of the Fort Sam Houston Area and profits go towards scholarships and grants. The shop is open Wednesdays, Thursdays and first Saturday of each month from 9:30 a.m. to 2:30 p.m. for shopping and 9:30 a.m. to 1 p.m. for consignment from Department of Defense ID card holders. Donations also accepted. The shop is located at 3100 Zinn Road, one block south of Outdoor Recreation and one block behind the Family Medicine Clinic. Call 221-5794.

Military and Family Life Counselors

Military and Family Life Counselors address a variety of issues such as stress, anxiety and deployment. MFLCs are licensed mental health professionals who provide situational, problem-solving counseling anonymously and confidentially. No written records are kept and it is free to military and family members. Contact a MFLC at JBSA-Fort Sam Houston at 517-6666 general number, 243-4143 for Army students and 488-6804 for Air Force and Navy students; at JBSA-Lackland, call

540-5025 or 540-5030 for adults, 627-0054 or 540-5033 for children and youths; and at JBSA-Randolph, call 627-1223 or 426-1412 for adults, 627-0338 or 627-0525 for children and youths.

Immigration, Naturalization

An Immigration and Naturalization Service representative will answer questions about immigration and citizenship from noon to 2 p.m. on the second Tuesday of every month at the JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Call 221-2418 or 221-2705.

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

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. - Jumma, Friday,

AMEDD

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

LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday,

AMEDD

BUDDHIST SERVICES

1 p.m. - Buddhist Services, Sun-

day, 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>.

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>.



59th Medical Wing's Gateway Academy graduates first class of innovators

By Joe Bela

59th Medical Wing Public Affairs

The inaugural class of the 59th Medical Wing's Gateway Academy at Wilford Hall Ambulatory Surgical Center graduated Jan. 14, marking a first for an organization whose quest is to bring innovative thinking to patient health care.

The Gateway Academy launched in November 2014. Developed by the 59th MDW's Gateway Innovation Center, the curriculum is designed to teach innovative problem

solving techniques, inspire people to challenge the status quo, and teach leadership skills that foster empowerment, trust and respect.

"We are on a mission to enhance our world-class health services by embracing a culture of patient-centered care, quality and patient safety," said 59th MDW Commander Maj. Gen. Bart Iddins. "In order to accomplish this, we must also empower all members of the 59th Medical Wing and ensure a culture of dignity and respect that extends

throughout the entire organization."

Iddins also expressed the greatest sources for ways to improve customer service "come from within" and regardless of rank, age or experience it's necessary to value all sources in order to be successful.

"The academy falls in line with the 59th MDW's recently adopted strategic map, which emphasizes the patient. The wing is taking a hard look at the way daily business is done and seeking to improve every aspect of

"We are on a mission to enhance our world-class health services by embracing a culture of patient-centered care, quality and patient safety."

59th Medical Wing Commander Maj. Gen. Bart Iddins

patient care," said Maj. Janet Blanchard, chief of the Gateway Innovation Center.

Course attendance extends over a period of nine non-consecutive days. Students receive instruction from a myriad of experts in innovation, process improvement, leadership and customer service. In addition,

each participant must conduct an improvement project over the course of the class.

"Being a part of the first class was truly an invaluable opportunity," said Tech. Sgt. Meredith Bricker-King, inaugural class member. "We learned vital skills that are force multipliers for enhancing

human capital, perfecting the patient experience and minimizing unnecessary system waste."

"Although not a new concept, there is a renewed focus on improving the patient experience and not accepting less than a perfect experience," Blanchard said. "Gone are the days when 'the way we've always done it' was acceptable."

"The only way to move forward with providing preeminent medical care is to empower our people to make the necessary changes," Iddins said.