

FORT SAM HOUSTON News Leader

MARCH 13, 2015
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**JBSA
HOTLINES**



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877-995-5247**

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

**JBSA Domestic Abuse Hotline
367-1213**

**JBSA Duty Chaplain
221-9363**

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



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AMEDD FLIGHT PARAMEDIC PROGRAM PAGES 10-11

Military medicine, Veterans Affairs ramp up sharing patients in San Antonio

By Dewey Mitchell
BAMC Public Affairs

In a move that helps veterans, and active-duty military patients and their families, local Veterans Affairs and military medical facilities have dramatically increased their work-share agreements over the past two years and they are seeking to add more.

Brooke Army Medical Center, the Air Force's 59th Medical Wing and the South Texas Veterans Health Care System have a combined 15 sharing agreements that give patients quicker access to health care by redirecting them to treatment facilities with convenient appointment slots.

Current agreements between BAMC and STVHCS cover a wide range of services, including equipment sterilization, medical services, surgical services, the Integrated Disability Evaluation System, transition services at the Center for the Intrepid, as well as ear, nose and throat surgery.

For BAMC, the most recently approved sharing agreement covers ENT surgical services, where the number of VA patients seen has increased dramatically since October 2013.

"The services provided and workload performed under these sharing agreements provides valuable wartime skill sustainment for Department of Defense medical professionals, fuels 37 graduate medical education programs and enhances access to care for VA beneficiaries while simultaneously optimizing federal funding," said Col. Evan M. Renz, BAMC commander.



Photo by Robert Shields

Vietnam veteran Stanley E. Thomas (right) works out at the Center for the Intrepid at Brooke Army Medical Center on Joint Base San Antonio-Fort Sam Houston with the help of physical therapy assistant Mike Okikawa. Thomas is one of a growing number of veterans being treated in Department of Defense medical facilities in San Antonio thanks to more work sharing agreements between Veterans Affairs and DOD facilities.

Agreements cover surgical services including but not limited to general surgery, ear, nose and throat, gynecology and orthopedic surgery.

Similar agreements between the 59th MDW and STVHCS cover blood bank services, sterilization, IDES, radiation oncology, surgical supervision and medical services including, but not limited to, endoscopic ultrasound, sleep studies, dermatology laser treatments and dialysis treatments.

Patients with access to the 59th MDW's North Central Federal Clinic also benefit from the program.

"Work share agreements between the VA, BAMC and the 59th Medical Wing improve efficiency

and effectiveness across a multitude of military healthcare services," said Maj. Gen. Bart Iddins, 59th Medical Wing commander.

"We are saving taxpayer dollars at a time when responsible stewardship of government resources is paramount. Appointment slots, that would otherwise remain vacant, are now filled," Iddins said.

"Military medicine is focused on providing world-class, high quality, safe healthcare to our number one customer: the patient. We remain patient-centered in all we do, and work share agreements bolster this commitment."

Looking ahead, the San Antonio Military Health System,

See VETERANS, P9

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Army Emergency Relief kicks off 2015 campaign

“Army Emergency Relief – Making a Difference” is the 2015 AER campaign theme and the campaign runs through May 15 with the goal of creating greater awareness of the benefits of AER, as well as providing Soldiers the opportunity to donate to their fellow Soldiers.

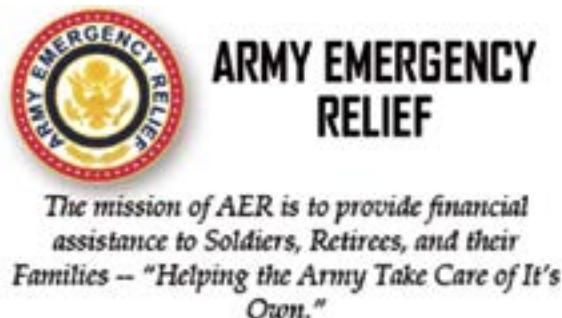
“Making a difference is a great theme at many levels for this year’s campaign,” said retired Army Lt Gen. Robert Foley, AER director. “For leaders, it provides incentive for creating an environment that encourages Soldiers to embrace AER when faced with an unexpected financial emergency. For Soldiers, it provides reinforcement that AER will always be there when needed for financial assistance.”

Army Emergency Relief

is a private non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their Families.

Since it was founded in 1942, AER has provided more than \$1.7 billion to more than 3.6 million Soldiers, families and retirees. Last year, AER provided nearly \$74 million dollars in assistance to more than 51,000 Soldiers and families, which includes \$8.8 million for 3,500 scholarships to spouses and children of Soldiers.

“The 2015 campaign goal at Joint Base San Antonio-Fort Sam Houston is \$200,000,” said Barron M. Henry, Army Emergency Relief officer for the Army Support Activity. “This year’s theme symbolizes AER’s commitment to meeting the need of Soldiers, in a



crisis situation.

The kickoff event is at 1 p.m. March 24 at the Military & Family Readiness Center at building 2797 on Stanley Road.

“We take great pride in our commitment to be there when we are needed,” said retired Army Gen. Dennis J. Reimer, AER president. “Since inception, we have provided more than \$1.5 billion in assistance. But our support does not stop there. We continually look

at new and innovative ways to improve our policies and programs and expedite the process of providing assistance.”

“In the last five years, nine new categories of assistance have been added to include dependent dental care, replacement vehicles, heating, ventilation and air-conditioning and appliance repair, rental vehicles, relocation travel, cranial helmets and infant car seats,” Foley said.

Additionally, AER has reciprocal agreements in place with the other military aid societies. Soldiers and Families not near an Army installation can also receive AER assistance at the nearest Air Force, Navy, Marine Corps or Coast Guard installation with the respective military aid society or from the American Red Cross call center at 877-272-7337. Additional program information is available at <http://www.aerhq.org>.

All service members and their family members are eligible to request assistance from the Joint Base San Antonio-Fort Sam Houston AER office at 221-1612 or 221-0994 or by speaking to their commander or first sergeant.

(Source: Army Emergency Relief)

JBSA Air Force Assistance Fund campaign kicks off March 23

The 2015 Air Force Assistance Fund Campaign at Joint Base San Antonio locations kicks off March 23 and will run until May 1.

Air Force bases worldwide are participating in this fundraising event which raises money for four Air Force charities

- Air Force Aid Society, Air Force Enlisted Village, Air Force Villages Charitable Foundation and the General and Mrs. Curtis E. LeMay Foundation.
- The Air Force Aid Society: Provides Airmen and their families worldwide with emergency financial assistance, education assistance and various base-

level community enhancement programs.

- The Air Force Enlisted Village: Supports Teresa Village in Fort Walton Beach, Fla., and Bob Hope Village in Shalimar, Florida, near Eglin Air Force Base. The fund provides homes and financial assistance to retired enlisted members’ widows and widowers who are 55 and older. It also supports Hawthorn House in Shalimar which provides assisted living for residents, including 24-hour nursing care.
- The Air Force Villages Charitable Foundation: Donations support independent and assisted

living needs for retired officers and their spouses, widows or widowers and family members. Communities are located in San Antonio, Texas.

- The General and Mrs. Curtis E. LeMay Foundation: Provides rent and financial assistance to widows and widowers of officer and enlisted retirees in their homes and communities through financial grants of assistance.

Air Force officials are using a three-campaign grouping where all Air Force bases are assigned to one of the following three six-week campaign periods

New this year is

an updated Air Force Assistance Fund website at <http://www.afassistancefund.org> which features information about all of the affiliate charities, a link to the donation forms, videos, assistance stories and FAQs.

Everyone is encouraged to check out the site and learn more about how your donations help the Air Force family. Whether active duty or retired, officer or enlisted, Air Force Assistance Fund is there for the Airmen, by the Airmen to take care of our own.

(Source: Air Force Aid Society)

Air Force Assistance Fund Project Officers

Air Force mission partners on Joint Base San Antonio need to assign a unit project officer and provide the point of contact to the location specific installation project officer listed below.

JBSA Project Officer
808-1394

Installation Project Officers
JBSA-Fort Sam Houston
808-0169
295-8516

JBSA-Lackland
925-5844
671-8272

JBSA-Randolph
652-7185
652-1646



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



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

News Briefs

502nd Air Base Wing Commander's Calls

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, will hold a series of commander's calls at JBSA locations. The first is at 10 a.m. March 24 at the Academic Support Building, building 1467, 3216 Corporal Johnson Road on JBSA-Fort Sam Houston. The next is at 10 a.m. March 27 at Arnold Hall on JBSA-Lackland. The final commander's call is at March 30 at Fleenor Auditorium on JBSA-Randolph.

Friday Night Jazz Returns

Friday Night Jazz returns to the Fort Sam Houston Theater at 8 p.m. Friday with jazz trumpeter Rick Braun and contemporary jazz saxophonist Steve Cole. An outdoor patio will be setup for guests to socialize and mingle before both concerts. The patio opens at 6 p.m., doors open at 7 p.m. and the show starts at 8 p.m. Tickets are \$50 at the door.

5th Recruiting Brigade Change Of Responsibility

The U.S. Army 5th Recruiting Brigade conducts a change of responsibility ceremony at 10 a.m. Wednesday at the Quadrangle on Joint Base San Antonio-Fort Sam Houston. Command Sgt. Maj. Manuel D. Atencio will pass his duties and responsibilities to Command Sgt. Maj. Stephen M. Badley in a traditional Army ceremony. Col. Cedrick A. Farior, commander, 5th Recruiting Command, will preside over the event.

Lincoln Military Housing Closures

The Lincoln Military Housing Office will be closed from noon to 3 p.m. Wednesday for training. The office will also be closed all day March 27 for an annual awards ceremony and will resume normal business operations March 30. In the event of an maintenance emergency, call 225-5564. For all other emergencies, call 911.

TxDOT, JBSA Partner On Travel Options Study

The Texas Department of Transportation and Joint Base San

264th Medical Battalion NCO achieves national recognition in cytotechnology

By Kirk Frady
U.S. Army Medical Command
Public Affairs

Army Staff Sgt. Kevin Atiase, a medical cytotechnology instructor assigned to Company B, 264th Medical Battalion at Joint Base San Antonio-Fort Sam Houston, was one of only two individuals from across the entire United States to be certified by the International Academy of Cytology in 2014.

Since its inception in 1954, only 10,000 cytotechnologists from 67 countries have achieved this certification from IAC. That is an average of 166 per year worldwide or 2.5 individuals per country per year. IAC certification is long considered the "gold standard," in global certification for cytotechnologists.

By earning credentials from the IAC,



Courtesy Photo

Staff Sgt. Kevin Atiase, medical cytotechnology instructor (far right) instructs students in cytotechnology at the Army Medical Department Center and School at Joint Base San Antonio-Fort Sam Houston.

laboratory professionals demonstrate their competence to carry out their responsibilities in this critical profession not just in their country of residence but also around the globe.

Atiase was born and raised in a small town in the Volta region of Ghana. He obtained an associate degree in medical laboratory technology from the University of Ghana in 1998. Shortly after graduation,

he immigrated to the United States.

Atiase enlisted in the Army in 1999 as a 91K (medical laboratory technician), but due to his medical background, he was awarded the military occupational specialty without having to attend initial entry training.

His family lives in Ghana and he is working on getting U.S. citizenship for his son and wife. Atiase is an avid

mountain bike rider and spends numerous hours volunteering for various community organizations and gathering used clothing and shoes for the children of Ghana.

His future plans include bringing Pap smear screening to his homeland in Ghana which has the potential to save millions of lives. Atiase is enrolled in a master's degree program at the George Washington University,

focused on molecular diagnostics.

Cytology is the medical and scientific study of cells. It refers to a branch of pathology, the medical specialty that deals with making diagnoses of diseases and conditions through the examination of tissue samples from the body.

Cytology examinations may be performed on body fluids (examples are blood, urine, and cerebrospinal fluid) or on material that is aspirated (drawn out via suction into a syringe) from the body. Cytology also can involve examinations of preparations that are scraped or washed (irrigated with a sterile solution) from specific areas of the body. For example, a common example of diagnostic cytology is the evaluation of cervical smears (referred to as the Papanicolaou test or Pap smear).

Putting a face on suicide prevention training

By Tech. Sgt. Joshua Strang
AETC Public Affairs

The Air Force recently changed its annual suicide prevention training from a computer-based course to face-to-face training.

The new, in-person training, which went into effect Feb. 11, replaces the annual computer-based training for active-duty and Reserve Airmen, while civilians have the option to attend the face-to-face training or complete the comput-

er-based training.

The goal is to have all Airmen attend face-to-face training by the end of 2015.

"The Air Force Community Action Information Board and the Air Force Learning Council directed this change in format to enhance the effectiveness of suicide prevention training," said Lt. Col. Mitzi Thomas-Lawson, mental health branch chief for Air Education and



Photo by Tech. Sgt. Joshua Strang

Maj. Jennifer Tomlinson (standing), deputy chief of the Air Education and Training Command Medical Readiness Division, serves as facilitator during the AETC Medical Services and Training directorate annual Air Force Suicide Prevention training March 4 at Joint Base San Antonio-Randolph. The face-to-face training replaced the computer-based training Feb. 11.

Reserve Sailors clean up graffiti in Alamo City neighborhood, share spirit of Navy service

By Chief Petty Officer L.A. Shively
NOSC San Antonio Public Affairs

Reserve Sailors from the Navy Operational Support Center San Antonio's Operational Support Unit took an afternoon to wipe out graffiti in an Alamo City neighborhood recently as part of the centennial the Navy Reserve is celebrating this year.

Navy Reservists are honoring a centennial of service that began 100 years ago March 3, 1915.

Fourteen Sailors spent a gray, drizzly afternoon painting over graffiti and picking up trash in a concrete gully located in a central part of town.

"Being in the Navy in San Antonio means doing things like what we were doing today," said Petty Officer 2nd Class Shawn Millender.

"You can't have Military City USA without the Navy," he said, stressing the joint environment of San Antonio, which recog-

See GRAFFITI, P7



Photos by Chief Petty Officer L.A. Shively
Petty Officer 3rd Class Christi Flores covers graffiti in a central San Antonio neighborhood, a community service project the Sailor volunteered to get involved with. Flores is a Navy Reservist with the Operational Support Unit drilling at the Navy Operational Support Center San Antonio.



Petty Officer 3rd Class Nathaniel Flores paints over graffiti on a sign near a gully in a central San Antonio neighborhood. Removing graffiti was a community service project the Sailor volunteered to get involved with. Flores is a Navy Reservist with the Operational Support Unit drilling at the Navy Operational Support Center San Antonio.

GLOW IN THE PARK EVENT DRAWS THOUSANDS

The first Glow In the Park 5K was held at Joint Base San Antonio-Fort Sam Houston Saturday, starting at the MacArthur Parade Field.

More than 3,400 participants of all ages from across JBSA participated, including military students from JBSA-Lackland and the Medical Education and Training Campus at JBSA-Fort Sam Houston, as well as families with children of all ages.

Participants wearing costumes and glow lights made it a festive event, which started with a pre-run party including music, zumba, dancing, limbo and hula hoop contests. A post-run party completed the event with food, costume contests, music and dancing.

Photo by Terrye Heagerty



News Briefs

Continued from P3

Antonio 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 goal is to describe the benefits, both for employers and employees, of alternative scheduling such as telecommuting, flex-time, compressed work weeks, and ridesharing options such as carpooling, vanpooling and using public transportation. Input from customers is the foundation of the study and will also let us know how we can better support our employees. The survey is anonymous and only takes a few minutes to provide valuable feedback. The survey link is <http://tinyurl.com/JBSAcommute>. For more information, call 652-3477 or 652-5307.

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 TRI-CARE 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.

Army Listening Session

The future of Joint Base San Antonio-Fort Sam Houston is the topic of a community listening session from 1:30-3:30 p.m. March 31 at the Freeman Coliseum Expo hall, 3201 E. Houston St. This session, open to everyone, will allow Army leaders to hear what he community thinks about potential force reductions in San Antonio. For more information, visit <http://www.arnorth.army.mil>.

Women in Leadership: Navy Medicine Training Support Center one of few Navy all-female leadership triads

By Petty Officer 1st Class Jacquelyn D. Childs
Navy Medicine Education and Training Command Public Affairs

During March, the nation takes time to reflect on achievements by women past and present. Like any other commemoration day or month, Women's History Month is established not as a time to simply honor women alone but to distinguish the power a truly diverse work force can bring to any organization.

The U.S. Navy is no different and recognizes the importance of acknowledging and utilizing people's differences and strengths.

At Joint Base San Antonio-Fort Sam Houston, the hospital corpsmen attend the Navy's largest "A" school, which combined with the advanced technical and professional studies, hosts more than 6,000 Sailors a year. The Navy leadership is responsible for these Sailors, on top of more than 600 staff and instructors. This responsibility falls on one of the few all-female leadership "triads" in the Navy.

Commanding Officer Capt. Denise L. Smith, Executive Officer Capt. Jamie M. Hammer and Command Master Chief Melissa Foster make up the triad, the three senior officials at the top of the chain of command.

The three Sailors have years of service and experience in varying environments and circumstances and have seen progression

and changes over the years from very different perspectives in both leadership and professional roles.

"I've been in the Navy more than 24 years," said Foster, a master chief hospital corpsman. "My first female CO was a line officer at my 20-year mark, my first female XO was a line officer at my 23-year mark and my first female CMC was at 22 years. Most of my commands have been all-male leadership."

Although they agree there has been an increase in female leadership in more recent years, Smith and Hammer actually come from a Navy community where the shift in dynamics outside of the leadership roles has been quite the opposite.

"As a nurse, our percentage has always been higher than our male counterparts," Smith said. "From that perspective, there are a growing number of male nurses and we're getting close to a 50/50 ratio. So from my professional standpoint, there is a change, but it's with the growing of male nurses in the corps."

The significance of the Navy Nurse Corps in women's history cannot be overlooked.

The first records of women serving on naval vessels were contracted nurses during the War of 1812. The first women to officially become members of the Navy were the "Sacred Twenty," the first group of the Navy Nurse Corps, which was estab-



Photo by Petty Officer 1st Class Jacquelyn D. Childs

Commanding Officer Capt. Denise L. Smith (center), Executive Officer Capt. Jamie M. Hammer (second from left) and Command Master Chief Melissa Foster (third from right) make up the triad, the three senior officials at the top of the chain of command of the Navy Medicine Training Support Center.

lished in 1908. Nurses were the only females officially in the Navy until World War I. The first female promoted to the rank of rear admiral was Alene Duerke in 1974, the director of Navy Nurse Corps.

These women paved the way for people of all genders and backgrounds to experience ample opportunities in the Navy.

"I feel that in the Navy we have a lot more leadership opportunities than if you're a nurse in the civilian side," Hammer said. "The progression for women becoming CEOs and things is a little bit slower."

"We're seeing more and more females in those leadership roles which I think is a good thing," Smith said. "I think it balances things. Gender is just gender, but it's the separate qualities that come to-

gether that make things work."

The three provide a positive example to their Sailors and demonstrate the endless possibilities they have in the Navy.

"Generally speaking, we're giving people the opportunity to see something in their leadership that they might not have seen before," Foster said. "Especially with us being at a training command, the influence that we have on very young Sailors is that you can be a leader. You can be a CO, XO or CMC. Like many inspirational leaders, the three don't focus on gender, but provide the same advice and guidance to all their Sailors.

"I was asked the other day what was one thing I would tell female Sailors to help them," Hammer said. "My answer was, 'Have respect for yourself. Don't let anyone take that respect

away.' But I would say that to both males and females."

The message each of them strive daily to convey to their male and female Sailors, especially those new to the Navy attending school, is to work hard and stay focused on the things they want to achieve and to not let anything stand in their way.

"Always reach for the stars," Smith said. "Don't hold yourself back if you want to achieve a goal. There's going to be obstacles. There's going to be things that might set you back, but if you're working hard and you're committed to that goal, you will achieve it. Don't take 'no' for an answer. You have to believe in yourself. There is always risk involved."

"Something this triad has done is to really

GRAFFITI from P4

nizes all branches of the military, including the Navy, with special events throughout the year.

“Of course we live here, so it gives us the chance to make the city a little bit nicer,” Millender added, explaining that community service is the other side of the coin of a military career.

“This is a good way to stay engaged at home,” Millender said. “When people see the Navy involved in the community, they might feel it would be a good opportunity for themselves or their children to be in the Navy, too.”

“I love to do stuff like this graffiti wipeout,” said Petty Officer 3rd Class Tia Davis, who is from Toledo, Ohio originally, and moved to join her sister in San Antonio. “I love people to see the military at work – hands on, doing

things to help the community.”

Davis is a nurse in the civilian world and would love to be a corpsman in the Navy, so she is studying hard to get the rating.

“I won’t give up,” she said, adding that she chose the Navy because of the camaraderie and discipline, plus she wanted a challenging career.

“The centennial is a great opportunity to be part of something that gives back to the community,” said Petty Officer 3rd Class Gene Huertas Agosto, who hails from New Jersey.

Huertas Agosto said he felt the Navy has provided a stable environment for him and his daughter and the core values that he learned from his service in the Navy – honor, courage and commitment – are different than what he learned growing up.

“I wanted a second chance at a better life,”

the corpsman said.

Huertas Agosto said he’s always been interested in medicine and helping people and the Navy gave him an opportunity to do just that.

Although the Alamo City is not near a large body of water such as the Atlantic or Pacific, Petty Officer 3rd Class Nathaniel Flores, a San Antonio native, enlisted in the Navy because he loves water – the ocean.

“It’s a passion of mine,” Flores said. “I always wanted to do many things with the Navy and I have the opportunity to do so.”

He said he is looking toward becoming involved with the Navy’s Coastal Riverine Force, but meanwhile, wiping out graffiti in a nearby neighborhood is also an opportunity to be of service to the community.

“I am proud to be a part of it,” Flores said. “It’s a good feeling.”

U.S. Army South Soldier draws on military experience to write novels

By Sgt. Mahlet Tesfaye
Army South Public Affairs

“I have been writing since fourth grade.”

Capt. Frank Wacholtz, U.S. Army South Headquarters and Headquarters Company commander, has more than 25 years of writing experience and is working on his fourth novel.

Wacholtz has published three science fiction/fantasy novels and wrote the first book of his science fiction trilogy titled “Rise of Innocent” before he joined the Army in 2008. His second book, titled “Test of Innocents,” and the last book, titled “End of Innocents,” were written and published after joining the military.

“I usually get a very positive response from people who read my book,” Wacholtz said.

“I get to see the smiles on people’s faces when they tell me, ‘Hey, I really like the section where such and such happened.’ That always puts a smile on my face and I think, ‘Good, I got that piece right.’”

Spc. Sean Conner, a medic with Army South, is one of his Soldiers who read his book and said he appreciates his style.

Conner found out about Wacholtz’ book when talking with a fellow Soldier and after reading “Rise of Innocents,” he found the book to have a sense of humor.

“Capt. Wacholtz’ book is different. A lot of authors, when you start reading their book, you kind of predict where you are going with the story,” Conner said. “You can’t do that with his book, which is nice. It will keep you guessing and in suspense.”

Wacholtz has been in the Army more than six years and has enjoyed his time serving.

Although Wacholtz is serving as a company commander, he makes time each week to work on his books which he claims are his retirement plan.

“When other people get up on Tuesday and Thursday mornings and do other things, I get up and write for an hour and work towards my retirement,” Wacholtz said.

As a science fiction/fantasy fan, Conner had conversations with Wacholtz about his book and his thought process on how he writes his books.

Wacholtz admits that being in the military has influenced some aspects of his characters and scenes in his books, especially his experiences from his de-

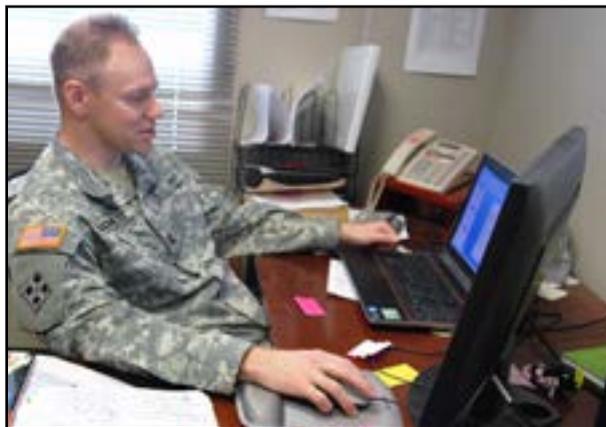


Photo by Sgt. Mahlet Tesfaye

Capt. Frank Wacholtz, U.S. Army South Headquarters and Headquarters Company commander, works at his office. Wacholtz has written and published three science fiction/fantasy novels, two of them since he joined the Army.

ployment to Afghanistan.

“I took some of the imagery like the way the walls were during the time I spent in the Afghanistan villages and brought it to the book,” Wacholtz said. “The military also helps

me understand the physics of how battles work, the way firearms function and how people react to combat.”

Wacholtz admits there are difficulties of being a full-time Soldier and rais-

ing a family while trying to write a book. That’s why he depends on the support of his family.

“My wife helps me publish my books,” Wacholtz said. “She helps me by making sure everything looks right from the artwork on the cover to getting the book ready for publishing.”

Wacholtz is working on his fourth book, based on a short story he wrote when in college. The story is about humans landing on a strange planet and the planet copying people. The book raises the question of what would the government sacrifice in the name of security.

“My intent is to make people think, ‘What is your security worth? What are you willing to give up for security? Where do you draw the line?’”

VETERANS from P1

which integrates Army and Air Force health care services in the local area, is currently discussing several potential new agreements with local VA facilities.

These include expanded OB/GYN services; STVHCS is currently paying for newborn deliveries at civilian medical facilities. BAMC has the capacity to perform this work and the increased number of deliveries would be valuable for the OB/GYN residency program. With talks progressing, the organizations have agreed in principle and now must work out the details, draft the agreement and submit for approval.

Other areas being discussed for possible work-sharing include radiology services, vascular surgery, in-patient behavioral health and hyperbaric oxygen therapy.

“The South Texas

Veterans Health Care System has a strong partnership with DOD and we look forward to pursuing other opportunities in the future to continue to provide the best health care possible to both VA and DOD beneficiaries,” said Dr. Julianne Flynn, STVHCS chief of staff.

There are also discussions for sharing initiatives with the Texas Valley Coastal Bend Veterans Health Care System, which could potentially involve the provision of surgical and medical services to VA patients living south of San Antonio.

This VA system covers a large, mostly rural area with a shortage of civilian specialty and sub-specialty providers. Talks are still in the early stages, but BAMC has agreed to take cases as space permits on a fee-for-service reimbursement method according to federal fee schedules.

BAMC Department of Pathology, Area Laboratory Services receive re-accreditation

By Capt. James A. Taylor Jr.
Brooke Army Medical Center

The Brooke Army Medical Center's Department of Pathology and Area Laboratory Services received re-accreditation Feb. 13 from the College of American Pathologists and the American Association of Blood Banks.

Both the CAP and AABB laboratory accreditation programs are recognized as being equal to or more stringent than the government's own inspector program. More than 83 percent of the top major teaching and large, community hospitals choose the CAP as their accrediting agency.

“As the largest labo-

ratory in the military health system with a volume of more than 4.1 million tests annually, quality is a key component of everything we do,” said Laboratory Director Col. (Dr.) Jeff Saenger. “Accreditation is recognition of what we strive for daily – to be the Defense Department's premier, customer-focused, laboratory center of excellence.”

During the CAP inspection process, designed to ensure the highest standard of care for all patients, 16 inspectors from the Tufts Health System and two from the AABB spent three days examining the laboratory's records, quality control procedures, staff qualifica-

tions, laboratory equipment and the facilities' safety program and record, as well laboratory management.

The inspection results showed that DPALS improved more than 43 percent versus the 2012 inspection and a cumulative 57 percent since 2010 – all while simultaneously completing the Base Realignment and Closure process and renovation.

This realignment resulted in a 39 percent workload increase between 2012 and 2014 alone. With 52 separate checklists and more than 10,000 total checklist requirements, BAMC proved itself an MHS standard-bearer. None of the identified findings

affected patient care or quality and all were quickly rectified.

LAP inspections are peer-based, and are therefore educational for the inspectors as well. The team left taking many ideas and laboratory best practices with them.

“I was so impressed with your institution; especially the collaboration between different military divisions (Army, Air Force, and Navy) and the civilian employees, said inspector Deborah Bozek. “I was fortunate to have the opportunity to see what a wonderful job you all do to maintain quality patient care with dignity and respect.”

The Flight Paramedic Program, which began at the U.S. Army Medical Department Center and School at Joint Base San Antonio-Fort Sam Houston in 2012, is designed to provide flight medics such as the ones pictured here with additional paramedic and critical-care training and civilian certifications.

Photo courtesy of Army Medical Department



NCOs help AMEDD Flight Paramedic Program get off the ground

By Pablo Villa
Army NCO Journal

Medical and technological advances have given modern-day Soldiers who have been injured on the battlefield access to an elite level of immediate trauma care from their fellow Army physicians and combat medics. But the trek from the battlefield to the next round of care has been a perilous journey – the injured Soldier is typically extricated from harm's way and into an aircraft, but often without a doctor present and with fewer resources onboard.

A 2012 study of 4,600 deaths in Iraq and Afghanistan showed that 87.3 percent of Soldiers died while en route to a military treatment facility.

A recently installed pro-

gram at the U.S. Army Medical Department Center and School at Joint Base San Antonio-Fort Sam Houston aims to bridge that gap. And the program's NCOs are expected to be a large part of its success.

The program, which began in 2012, is designed to provide flight medics with additional paramedic and critical-care training and civilian certifications. It meets this end by incorporating high-tech lessons from civilian medical professionals.

Though the program is open to E-3s to E-8s, it is NCOs who provide stability and ease the transition from previous flight-medical teachings to the current best practices, said Master Sgt. Michael Cluette, the NCO in charge of the Flight Paramedic Program.

"The flight paramedics who we graduate now will be the future of where aviation medicine goes. So the transition point will be extremely important for those who are graduating here," Cluette said. "You have to be that mature noncommissioned officer to do that."

The impetus for the Flight Paramedic Program was an Army physician's nagging feeling. Lt. Col. (Dr.) Robert Mabry authored a study of service members injured on the battlefield in Iraq and Afghanistan from 2001 to 2011.

The study, published in the *Journal of Trauma and Acute Care Surgery* in 2012, found that of the 4,596 battlefield fatalities analyzed, 87.3 percent died of their injuries before reaching a military treatment

facility, or MTF. Of those pre-MTF deaths, 24.3 percent were deemed potentially survivable.

Although battlefield medicine has vastly improved during every war since, World War II, Mabry said that, 24.3 percent statistic cited in his study — those whose lives might have been saved — kept nagging him.

"That's where we can make the biggest difference in improving patient outcomes," he said.

What Mabry found is that no one owns responsibility for battlefield care delivery, meaning that "no single senior military medical leader, directorate, division or command is uniquely focused on battlefield care," he said. "The diffusion of responsibility is a result of multiple agencies, leaders and units of the service medical departments

each claiming bits and pieces with no single entity responsible for patient outcomes forward of the combat hospitals."

Commanders on the ground own the assets of battlefield care — medics, battalion physicians, physician assistants, flight medics and all the equipment. But they are "neither experts in, nor do they have the resources to train their medical providers for forward medical care," he said.

What Mabry concluded from his studies and field experience was that the solution to the gap in care cannot be addressed with a "single-bandage" approach.

A solution, he said, would require "evidence-based improvements in tactical combat casualty care guidelines, data-driven

research, remediation of gaps in care and updated training and equipment."

And to supervise those medics, their training, and the medical evacuation equipment and procedures, there would need to be a specially trained and qualified physician in charge of that pre-hospital phase, he said.

Mabry illustrated the power of patient outcome data by tracking a National Guard medevac unit from California whose members were mostly critical-care trained paramedics in their day jobs — working for the California Highway Patrol and other EMS agencies. They deployed to Afghanistan in 2010, taking their civilian EMS model with them, he said.

"I compared their patient outcomes to the standard medevac outcomes and found a 66 percent reduction in mortality using the civilian medic system," he said.

As a result of that outcome, the Army has revamped its training of flight medics.

The Flight Paramedic Program began in earnest at JBSA-Fort Sam Houston in 2012 under the 187th Medical Battalion and through a partnership with the University of Texas Health Science Center at San Antonio.

The flight medic course taken by 68Ws is six months long and is followed by the two-month critical-care course. The critical-care course includes six weeks of embeds with various hospitals throughout San Antonio as well as with San Antonio AirLIFE, which provides Soldiers with a close look at the high-tech application of medicine in the civilian world.

"Your EMT basic course in the civilian world is about 140 hours of training," said Maj. Matthew Nichols, director of the Flight Paramedic Program. "Paramedic training is 1,000 to 1,200 hours, and you already have to be an EMT basic. So that just goes to show you how advanced [the program's civilian-inspired] paramedic training is. It's above and beyond all the extra pharmacology, anatomy, physiology, hemodynamics, all that kind of more in-depth

medical training they get in the paramedic course. Then they go on to an eight-week critical-care course, which is two weeks in the classroom of even higher-level, very intense, very fast-paced critical-care transport medicine akin to what ICU nurses do. They get to see how it is applied by professionals in that field. It's definitely a much higher level above the EMT basic level."

That closer look at the civilian side of trauma care is also something that was highlighted in Mabry's study, which stated that civilian trauma systems evolved after the Vietnam War as a result of Army medics and nurses who returned from the conflict and took on civilian jobs.

Mabry said that as a result of this war experience, sick or injured civilians in the United States are transported to a trauma center by an aircraft, accompanied by a critical-care flight paramedic and a critical-care flight nurse, both of whom are highly trained and experienced.

"So the thought is, if a guy who is in a motorcycle accident two hours outside San Antonio is going to get a certain level of care in the back of an aircraft en route to a major hospital in San Antonio, then our Soldiers who have been wounded on the battlefield deserve the same, or as close to the same as we can provide within the Army," Nichols said.

To accomplish that, Nichols said, the Army is taking the expansive knowledge base available in its hospitals out to the point of injury. Handing flight paramedics the knowledge and training needed to make the proper interventions — and just as importantly, the knowledge to perhaps not intervene — is expected to help decrease mortality numbers.

"A lot of people think that an ambulance driver in the U.S., that's all they do — they pick up someone and they transport them to the hospital so the doctor can take care of them," Nichols said. "But, no, those EMTs and those paramedics are conducting care. And the more care they are able to give with



Photo courtesy of Army Medical Department

Army flight paramedics help evacuate a "wounded" service member during an exercise. The long-term goal of the Flight Paramedic Program is to transition all of the Army's flight medics to become critical-care paramedics.

their knowledge and their skills, the more likely that that person transported is able to survive their injuries.

"Increasing the level of care provided in back of the aircraft with the critical-care flight paramedic alongside the ECCN (en-route critical care nurse) will help these long transports from point A to point B," he said. "If anything goes south in that period of time, medically, then you have someone in the back who will be able to treat them better.

"The aircraft can only go so fast, so you can't really ask them to go much faster to get them to the hospital. So the paramedic and the nurse in the back of the aircraft are trained to be able to handle those situations and basically mitigate life loss."

The long-term goal of the Flight Paramedic Program is to transition all of the Army's flight medics to become critical-care paramedics.

Through May 2014, 124 Soldiers have become nationally registered paramedics and 115 have graduated the Army's critical-care course. Another iteration of the course began in July and is expected to conclude in March. Plans for expansion are being made in 2015. The quickening pace of training goes

on despite the expected draw-down of troop levels in Iraq and Afghanistan in order to be prepared for disaster missions at home as well as for any future conflicts.

In the meantime, the transition to a new kind of flight medic training isn't leaving legacy medics behind.

"I'm one of the legacy F3s (flight medics)," Cluette said. "It isn't so much that we didn't know how to use the combat gauze or how to stop a bleeder or put our hands in someone's chest. What we don't get as the legacy individuals is a lot of the why-not-to-do-it or why-we-are-doing-it."

"We know the physiology from Baby Whiskey Land (medic school), we get the anatomy from Baby Whiskey Land, but what we don't get is when to do it, when not to do it," Cluette said. "We just go by the numbers, and the thought process for the legacy [medic] is, 'When fear gets in your head, training takes over.' You know just to follow the numbers, because I was trained to do it that way.

"The paramedic, we are now telling them, 'Yeah, you were trained this way. But I need you to understand why you're doing it, what you have to do if it doesn't work and understand

why it's not working in order for you to fix it.' An EMT might understand he may have to do it, but I may do it way too early or unnecessarily simply because I didn't get enough of the understanding that what I was currently doing was enough."

The bridging of the gap when flight medics of the old and new discipline come together will be eased by NCOs, Cluette says.

"NCOs will bolster that leadership to help coach and mentor the F3s when those Soldiers move out and junior Soldiers come in" Cluette said.

"They will provide that leadership to help coach and mentor them on how to interact with each other. Because in an aviation company for flight medics it kind of varies, so if I'm a F2 (critical care flight paramedic) and I'm an E-3, and I have a F3 who is an E-5 or an E-6, and I'm having to train them, you have to be mature enough in order to understand that isn't a leadership, this is a professional mentorship where I have somebody teaching me something that I need to know to help save lives on the battlefield. NCOs can do that."

(Editor's note: The Army News Service contributed to this story.)

SUICIDE from P3

Training Command. “The desired outcome is to provide Airmen an opportunity to discuss suicide prevention concepts.”

In a message located in the Suicide Prevention Training Facilitator Manual, Lt. Col. Kathleen Crimmins, Air Force Suicide Prevention Program Manager, explained the need for the change in training.

“Our previous computer-based training was a good way to standardize the information and make it readily available,” wrote Crimmins. “But it missed an opportunity for leaders and their Airmen to address the problem on a personal level.”

The new training, which is outlined in detail in the facilitator manual, is designed to provide for good discussion and give each member a chance to talk openly.

“The face-to-face training is an hour in length, which includes a 24-minute vignette-based video,” Thomas-Lawson said. “Discussion groups should have between eight and 20 members and should not exceed 30 participants.”

Training facilitators are chosen within individual units and Crimmins’ message states that com-

manders should choose their best mentor-leaders and supervisors to lead the small group discussions.

A recent training attendee, Tech. Sgt. Katrina Rollins, a medical administrator with AETC Medical Services and Training, said the facilitator-led interaction was much more beneficial for her than the CBT.

“With the CBT, you kind of just sit there and click through some slides,” Rollins said. “Being part of a group discussion, seeing how everyone perceives the issues and having the facilitator bring up more discussion really changes the training for the better.”

Similar to the CBT, the face-to-face training will be an annual mandatory requirement and, according to Thomas-Lawson, the goal for AETC is to have 95 percent or more active-duty Airmen trained using the new format by May 26. Once complete, training will be documented by unit training managers in the Advanced Distributed Learning Service.

All training, to include the facilitator manual and training videos, can be accessed at the Wingman Online website at <http://wingmanonline.org>.

NMETC from P6

listen to the junior Sailors,” Foster said. “They do have a voice. Sometimes the suggestion from the most junior Sailor is what we need to move ourselves forward.”

The Navy Medicine Training Support Center is an echelon four command and reports directly to the Navy Medicine Education and Training Command, which manages Navy Medicine’s

formal education and training programs.

Both are part of the Navy Medicine team, a global health care network of Navy medical professionals around the world who provide high-quality health care to eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ships, in the air, under the sea and on the battlefield.

Courts-martial, crimes and punishment in Joint Base San Antonio

The Joint Base San Antonio Judge Advocate General completed four Air Force courts-martial and one Army court-martial in the months of November and December 2014. The results of a court-martial are not final until the clemency and/or appeals process is completed.

All courts-martial are open to the public and upcoming courts-martial can be viewed at the U.S. Air Force Judge Advocate General's website at <http://www.afjag.af.mil/docket/index.asp>.

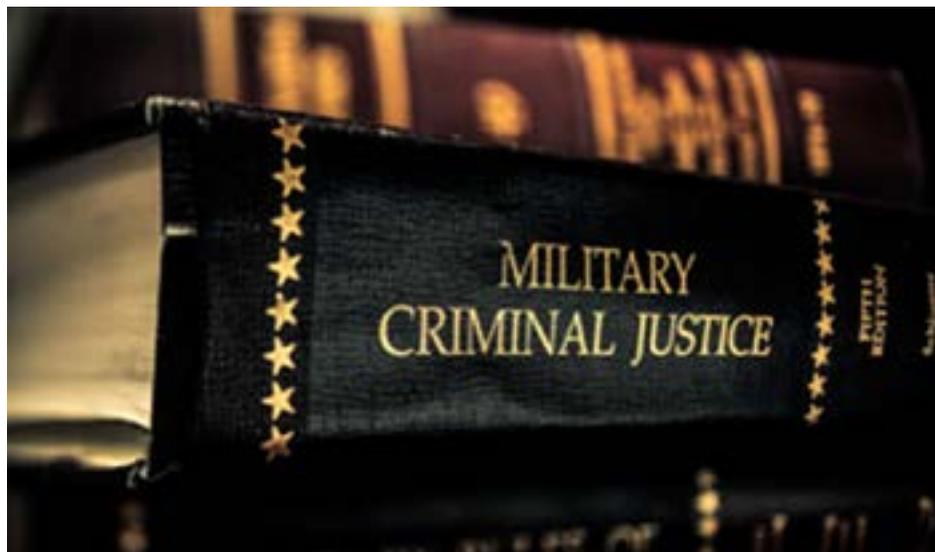
Airman Albert Lopez, from the 802nd Security Forces Squadron at JBSA-Lackland, was tried by a summary court-martial Nov. 18, 2014. Lopez pled guilty to one charge and two specifications of being absent without leave in violation of Article 86 of the Uniform Code of Military Justice. He was sentenced to 15 days confinement, 30 days restriction to base, reduction to the grade of airman basic, forfeiture of two-thirds of pay for one month and a reprimand.

Master Sgt. Russell Ware from the 802nd SFS at JBSA-Lackland was tried by a general court-martial consisting of a military judge from Nov. 17-20, 2014. Ware pled not guilty to one charge and two specifications of abusive sexual contact in violation of Article 120 of the UCMJ. Ware was found guilty of one specification of abusive sexual contact as well as a lesser included offense of assault and battery with respect to the second specification. Ware was sentenced to five months confinement,

reduction to the grade of senior airman and the forfeiture of all pay and allowances.

Master Sgt. Michael Squires from the 25th Air Force at JBSA-Lackland was tried by a general court-martial consisting of a military judge from Dec. 8-9, 2014. Squires was charged with one charge and one specification each of indecent recording, indecent viewing and indecent photographing in violation of Article 120c of the UCMJ. Pursuant to a pre-trial agreement, Squires was found not guilty of the offenses, but guilty of the lesser included offense of attempted indecent recording. Squires was sentenced to a bad conduct discharge, 24 months confinement and reduction to the grade of airman basic. Pursuant to the pre-trial agreement, the length of confinement cannot exceed six months.

Tech. Sgt. Andrea Bell from the 322nd Training Squadron at JBSA-Lackland was tried by a special court-martial consisting of officer members from Dec. 16-18, 2014. Bell pled not guilty to one charge and two specifications of dereliction of duty for developing and conducting a personal, intimate or sexual relationship with two trainees. Bell was found not guilty of one specification and found guilty of one specification for developing and conducting a personal or sexual relationship with a trainee. He was sentenced to restriction to base for two months, hard labor without confinement for three months, reduction to the



grade of staff sergeant and a reprimand.

Army Staff Sgt. Victor M. Lopez of Headquarters Company, Headquarters Battalion, U.S. Army South at JBSA-Fort Sam Houston was tried by general court-martial consisting of a judge alone Nov. 21, 2014. Lopez pled guilty to three specifications of violation of Article 134 of the UCMJ for possessing and distributing child pornography and for adultery. The military judge accepted Lopez' plea. After considering all matters in aggravation and mitigation and listening to arguments by both government and defense, the military judge sentenced Lopez to 23 months confinement, reduction to E-1 and a dishonorable discharge. Lopez was subsequently transferred to a military confinement facility in San Diego, Calif., to serve the confinement portion of his sentence.

From November to December 2014, JBSA Air Force commanders administered 56 non-judicial punishment

actions under Article 15 of the UCMJ.

The punishments imposed reflect the commander's determination of an appropriate punishment after considering the circumstances of the offense and the offender's record. Officers may not be reduced in rank as a punishment.

A suspended punishment does not take effect unless the offender engages in additional misconduct or fails to satisfy the conditions of the suspension. The suspension period usually lasts for six months unless a lesser amount is specified.

Joint Base San Antonio-Fort Sam Houston (16)

The Article 15 actions include, but are not limited to:

Dereliction and damage of military property – An airman was drinking while underage with a Common Access Card with the data altered. The airman received 14 days restriction to base, seven days extra duty, a forfeiture of \$100 and a reprimand.

Use of marijuana – An airman first class tested positive for marijuana and received a reduction to airman and a reprimand.

Dereliction – An airman first class visited with prior service personnel without receiving written approval and received a reduction in rank to airman and a reprimand. At the same location, an airman basic was caught drinking while underage with a prior service member without receiving written approval and received seven days restriction to base, seven days extra duty and a reprimand. Another airman at the location was caught drinking while underage and visiting members on a temporary duty assignment without receiving written approval and received a reduction to airman basic, restriction to base for seven days, seven days extra duty and a reprimand.

Dereliction and failure to go – Two airmen basic missed curfew and then one did not show up for an appoint-

ment. The airman basic who missed the meeting received 14 days restriction, seven days extra duty and a reprimand. The other airman basic received forfeiture of \$357 and a reprimand.

Larceny – An airman stole multiple items from the Army and Air Force Exchange Service on two different occasions and received a suspended reduction to airman basic, 14 days extra duty, forfeiture of \$200 pay per month for two months and a reprimand.

Absent without leave – A technical sergeant was absent from the appointed place of duty for three days and received a suspended reduction to staff sergeant and a forfeiture of \$1,547.

JBSA-Lackland (37)

The Article 15 actions include, but are not limited to:

Fraternization and dereliction – A captain engaged in an unprofessional relationship with a master sergeant. The captain received forfeitures of \$1,000 pay per month for two months and a reprimand. The master sergeant received forfeitures of \$650 pay per month for two months and a reprimand.

Violation of lawful order and failure to obey – A technical sergeant failed to wear eye protection while operating a motorcycle and refused to dismount the motorcycle when ordered to do so by Security Forces personnel. The technical sergeant received a suspended re-

CRIME from P14

duction to staff sergeant and a reprimand.

Larceny – An airman basic was caught stealing items from AAFES and received 30 days suspended restriction to base and a suspended 30 days extra duty as well as forfeiture of \$765 pay and a reprimand. Another airman basic was caught stealing from AAFES and received forfeitures of \$300 pay with a second month of \$300 forfeitures suspended and a reprimand.

Dereliction and false official statement – An airman basic was caught drinking while underage and lying about it and received 14 days restriction to base and extra duty, forfeiture of \$330 and a reprimand.

Use of marijuana – An airman basic tested positive for marijuana and received 13 days restriction and extra duty, forfeiture of \$357 and a reprimand. A senior airman tested positive for marijuana and received a reduction to airman first class, suspended forfeiture of \$1,017 pay per month for two months and a reprimand.

Use of Adderall – A

master sergeant tested positive for Adderall and received a reduction to technical sergeant and a reprimand.

Use of Oxycodone – A staff sergeant tested positive for oxycodone and received a suspended reduction to senior airman, forfeiture of \$1,213 pay per month for two months and a reprimand.

False official statement – A staff sergeant submitted a false and forged document in an application for an award and lied about it. The staff sergeant received a reduction to senior airman, suspended forfeiture of \$1,213 and a reprimand.

AWOL and false official statement – An airman left a physical training test before it was completed and falsified the remainder of the test form. The airman received a reduction to airman basic, 30 days extra duty, suspended forfeiture of \$765 and a reprimand.

AWOL and drunk and disorderly – An airman basic did not show up for duty and was found drunk and disorderly in the dormitories. The airman received 45 days restriction to base and extra duty, forfei-



ture of \$765 pay per month for two months and a reprimand.

Failure to obey – An airman first class trainee sent a military training instructor a Facebook friend request and received a reduction to airman, 20 days restriction to base and a reprimand.

Failure to obey and assault and battery – A master sergeant broke a no-contact order and unlawfully struck another person multiple times. The master sergeant received a suspended reduction to technical sergeant, forfeiture of \$1,843 pay per month for two months and a reprimand.

Underage drinking and dereliction – An airman first class hid from

Security Forces members who were searching for him after he was caught possessing and drinking alcohol while underage. The airman first class received a suspended reduction to airman, forfeiture of \$858 and a reprimand.

Drunk on duty – A staff sergeant was drunk on duty and received a reduction to senior airman, 30 days extra duty and a reprimand.

Dereliction – A staff sergeant engaged in an unprofessional relationship with a subordinate and received a reduction to senior airman, suspended forfeitures of \$1,213 pay per month for two months and a reprimand.

AWOL – An airman first class was late to duty on two separate

occasions and received a reduction to airman basic and a reprimand.

Dereliction – An airman first class hid from Security Forces personnel while they were searching a dormitory room and received a suspended reduction to airman, 14 days restriction to base and extra duty and a reprimand.

Dereliction and failure to obey – An airman basic twice violated curfew and engaged in the unauthorized use of a government vehicle and received 45 days restriction to base and extra duty, forfeiture of \$765 pay per month for two months and a reprimand.

Dereliction – A staff sergeant processed deployment orders with an approved date and received a suspended re-

duction to senior airman and a reprimand.

AWOL – A senior airman was late reporting for duty and lied about what time the duty began as well as when a briefing ended. The senior airman received a reduction to airman first class, 15 days extra duty and a reprimand.

JBSA – Randolph (3):

Incapacitation for duty – A second lieutenant was incapacitated for duty and received forced forfeitures of \$500 for one month with a second month of forfeitures suspended and a reprimand.

Assault and battery – A senior airman unlawfully grabbed and slammed another person into an air mattress and received a suspended reduction to airman first class and a reprimand.

Violation of lawful order – A technical sergeant plagiarized a professional military education assignment and received a suspended reduction to staff sergeant, forfeiture of \$1,547 pay per month for two months and a reprimand.

(Source: Joint Base San Antonio Judge Advocate General)

Stop faking it; learn to clean up your diet in three easy steps

By Claudia Drum
U.S. Army Public
Health Command

It is time to stop faking it. Stop faking your way through a diet consisting of highly processed, pre-packaged foods with long ingredient lists.

Ever wonder why you crave sugar or salt? Highly processed foods oftentimes add in extra sugar or salt to make their products more enticing – not to mention – addicting.

Celebrate this year's theme for National Nutrition Month – “Bite Into a Healthy Lifestyle” – by committing to cleaning up your diet and your palate with these three easy steps:

1. Simplify. Compare the ingredient lists on your pre-packaged foods and choose the product with the fewest number of ingredients. The product with the fewest number of ingredients usually contains less fat, saturated fat, sodium or sugar and it more closely resembles its original form, making it more wholesome.

2. Go natural. Enjoy more fruits and vegetables through-

out the day. Fresh fruits and vegetables are “nutrient dense” – meaning they are packed with nutrients, but at a lower calorie cost.

Eating five or more whole fruits and vegetables a day has been linked to a reduced risk of certain types of cancer, Type 2 diabetes, heart disease, high blood pressure and even weight gain. Choose a variety of colorful fruits and vegetables – fresh, frozen or canned without added salt or fat – to maximize your nutrition intake.

Here are some easy ways to increase your fruit and vegetable intake during the day:

- **Breakfast:** Replace your usual glass of orange juice with a fresh orange and/or top your cereal or yogurt with fresh berries or a banana.
- **Lunch:** Pack a large, green salad topped with lean protein, such as a hard-boiled egg, grilled chicken or beans, extra veggies and a small amount of light vinaigrette dressing.
- **Snack time:** Replace your usual bag of chips with a medium-sized piece of fruit

and save 100 calories.

• **Dinner:** Double up on your veggies and eat fresh fruit for dessert.

3. Be proactive, not perfect. Eating healthy isn't about being perfect 100 percent of the time – it has more to do with knowing yourself and planning ahead so you can better handle those situations that can offset even the best of intentions.

For example, when dining out, expect to be served larger than normal portions. To prevent overeating when dining out and help you control your calories:

- Eat only half of what's on your plate, share a dish or order. Focus on internal cues – how full you feel – rather than what's still left on your plate.
- Skip dessert or share it.
- Drink water instead of regular soda, sweetened tea or alcohol. Your body doesn't recognize the calories that come from sweetened or alcoholic beverages, making it easier to rack up



Illustration courtesy U.S. Army Public Health Command

Eating five or more whole fruits and vegetables a day has been linked to a reduced risk of certain types of cancer, type 2 diabetes, heart disease, high blood pressure even weight gain.

“empty” calories.

• When ordering a salad, ask for high-fat condiments such as dressing, cheese, etc., to be placed on the side so you can control the portions and

save hundreds of calories.

(Editor's note: Claudia Drum is a registered dietitian nutritionist with the U.S. Army Public Health Command)

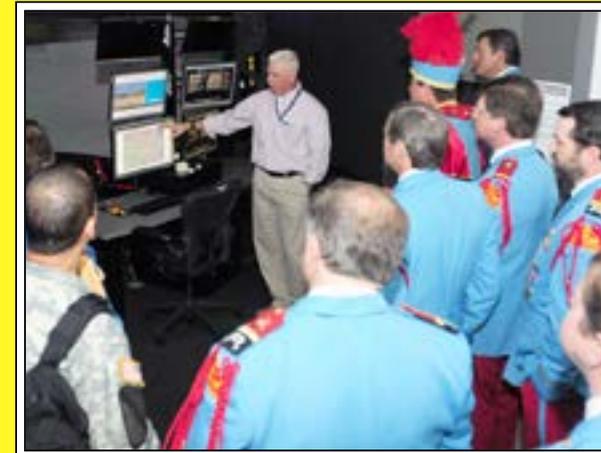
TEXAS CAVALIERS VISIT WOUNDED WARRIORS AT WFSC, CFI



A member of the Texas Cavaliers give a Fiesta medal to Pfc. Terence Jones, an infantryman from 1st Brigade, 25th Infantry Division, out of Fort Wainright, Alaska, during a visit to the Center for the Intrepid and the Warrior and Family Support Center on Joint Base San Antonio-Fort Sam Houston March 3 in anticipation of the upcoming annual Fiesta celebration in San Antonio. The Cavaliers delivered their annual selection of Fiesta medals and tickets for the staff, wounded warriors and families at the WFSC as well as the other Army units on post.



Members of the Texas Cavaliers present Fiesta tickets to Lt. Gen. Perry Wiggins during their visit March 3 to the Warrior and Family Support Center. Wiggins is the commanding general for U.S. Army North (Fifth Army) and senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis.



Photos by Sgt. 1st Class Christopher DeHart

Members of the Texas Cavaliers are given a tour of the Center for the Intrepid and its facilities during their visit March 3. The Texas Cavaliers are a local organization created in 1926 committed to bettering the lives of San Antonio children through numerous programs and events throughout the year.

INSIDE THE GATE

Anger/Stress Management Programs

Tuesday and March 24 from 1-3 p.m. at the Family Advocacy Program, 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 221-5967.

Active Parenting Of Teens

Wednesday and March 25 from 1-3 p.m. at the Family Advocacy Program, building 3387. This class will give parents the confidence and courage to meet the challenges while savoring the joy of their children's teen years. Call 221-5967.

Dads: The Basics

March 20 from 1:30-4:30 p.m. at the Family Advocacy Program, building 3387. This class is intended to give new or expectant fathers some basic information about becoming a dad and their role as a father. Participants gain helpful lists, guides, and information related to pregnancy, parenting and communicating with your spouse. Call 221-5967.

Parenting Order Legal Clinic

March 27 from noon to 2 p.m. at the Joint Base San Antonio-Randolph Military & Family Readiness Center, building 693 at 555 F Street West. Officials from the Judge Advocate General's office and Texas Attorney General's office will answer questions about family care plans, visitation, paternity and child support. Bring any court order available to the clinic. Call 652-6781 for more information.

Cowboys for Heroes

March 28 from 11 a.m. to 4 p.m. at the Joint Base San Antonio-Fort Sam Houston Equestrian Center. Lasso up some fun for the 10th Annual Cowboys for Heroes event, featuring free authentic cowboy cooking on 1800s-style chuck wagons, live horseback riding performances, mutton busting, family hay rides, pony rides, two mechanical bulls, trick roper, photo opportunities and much more. Open to all Department of Defense ID cardholders. Registration for youth mutton busting is required and must be done day of the event. This event is sponsored in part by THE GUNN AUTOMOTIVE GROUP. No Federal endorsement of sponsor implied or intended. For more information, call 857-8385.

Take Aim at Sportsman's Range

Hours for the Sportsman's Range at Joint Base San Antonio-

Camp Bullis are 10 a.m. to 2 p.m. Saturdays and Sundays, 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.

Military and Family Life Counselors

Military and Family Life Counselors address a variety of issues such as stress, anxiety and deployment health. 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 Joint Base San Antonio-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.

Thrift Shop

The Thrift Shop at Joint Base San Antonio-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.

Loan Locker/Lending Closet

The loan locker provides temporary loans of household items to incoming and departing permanent party personnel (first priority), students (second priority) and temporary duty, retirees and civilians (third priority) assigned to the area. Items available include: high chairs, pack and plays, strollers and booster seats, pots and pans, dishes, silverware, coffee pots, baking dishes, irons, ironing boards, toasters, vacuum cleaners, tables and chairs. Bring a copy of your orders. There is a 30-day time limit. To utilize the Lending Closet at Joint Base San Antonio-Fort Sam Houston, call 221-1681. The Loan Locker at JBSA-Randolph is open Wednesdays 9 a.m. to 2 p.m., call 652-5321 for details.

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

10 a.m. - Buddhist Services,

Saturday, 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>.

Secretary of Defense honors Navy Reserve as centennial observance continues

The Navy Reserve is beginning a yearlong celebration of its centennial, and Defense Secretary Ash Carter offered his congratulations March 3 to "this great American institution for 100 years of distinguished service in defense of this country."

In every conflict since World War I, reserve sailors have served with courage and distinction, making vital contributions to the history of the Navy and the nation, Carter said in a statement.

"That tradition continues," the secretary said. "I thank each of our reserve sailors and their families for their service and sacrifice. And I thank all the civilian employers and communities that support our reservists."

"The men and women of the Department of Defense celebrate the Navy Reserve's heritage this year," Carter continued. "We salute the reserve sailors serving around the world today. And we commend the Navy Reserve for being ready always."

(Source: DOD News, Defense Media Activity)

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. Sunday 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.

Warrant Officer Association Meeting

The next 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. 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.

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.

Military Salute At The Brisco Museum

The Briscoe Western Art Museum, located at 210 W. Market St. in San Antonio, offers a military salute program that allows year-round free admission for active duty military and up to four members of their family. The program begins Saturday from noon to 4 p.m. with entertainment by the 323rd Army Band "Fort Sam's Own" Intrepid Winds combo, guided tours, snacks and refresh-

ments. For more information, visit <http://www.briscoemuseum.org>.

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 Erross Street in San Antonio. For more information, visit <http://sacrusadersball.com> or <https://www.facebook.com/sanantoniocrusadersball>.