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



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ARMY SOLDIER SHOW VISITS SCHOOL **PAGE 5**



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OLD GUARD FIFE AND DRUM CORPS, ARMY DRILL TEAM VISITS BAMC



Photos by Robert Shields

Patients and staff at Brooke Army Medical Center on Joint Base San Antonio-Fort Sam Houston were treated to a special performance by members of the United States Army Old Guard Fife and Drum Corps (above) and the Army Drill Team (left) at the Medical Mall in the San Antonio Military Medical Center April 21. The Old Guard Fife and Drum Corps is the only unit of its kind in the armed forces, and is part of the 3rd U.S. Infantry Regiment (The Old Guard), stationed at Fort Myer, Va. The musicians of this unit recall the days of the American Revolution as they perform in uniforms patterned after those worn by the musicians of Gen. George Washington's Continental Army. The U.S. Army Drill Team is a precision drill platoon with the primary mission of showcasing the U.S. Army both nationally and internationally through breathtaking routines with bayonet-tipped 1903 Springfield rifles.

Biomedical equipment technician father graduates son in same career field from METC

By Lisa Braun
 METC Public Affairs

Growing up, Christian Frizzell showed little interest in what his father, Chief Master Sgt. Charles Frizzell, did as a biomedical equipment technician in the Air Force.

Throughout high school Christian participated in Junior ROTC and knew he wanted to

join the military or attend a service academy. He was also very good at math, a sign to his dad that he might one day become an engineer.

During Christian's junior year of high school his dad became an instructor and Air Force Service Lead for the BMET program at the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston.

Christian would occasionally visit his dad at work and, having grown up around the field, actually knew some of the Air Force instructors who hinted he should follow in his father's footsteps. But his dad never pushed him to become a BMET.

In fact, the elder Frizzell explained, "I wanted him to make

Commentary: Are we ever off duty?

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

As we in the U.S. military continue to renew our commitment to the profession of arms, the headline of this article asks a compelling question for everyone who wears the cloth of the nation. Though I believe the question has an easy answer, let us not downplay the significance of asking it at every level of professional development.

Most serving in the armed forces understand the deeper meaning of the question, as well as the commitment to the profession and the American people that go along with it. Therefore, most military professionals would provide the short answer: "No, we are never really off duty."

Indeed, we are a more effective and a more disciplined force when we live by the high standard of always on duty or never off duty – you choose and use the term that best resonates with you. I prefer the latter as it conveys a more subtle and steady narrative that is less prone to technical interpretations. To others, the short answer of no may not process as quickly.

My hope for that particular audience is that by the end of this article, the meaning of the question and resulting answer shall provide a better understanding of why it is, individually and organizationally, advantageous for us all to live by such a standard of ethical, moral and professional behavior.

Maintaining a never off

duty posture is not a new idea or the result of a recent study. It has been and should always remain an integral part of our total composition as members of the profession.

A disciplined, dedicated and structured military career embodies certain individual traits and attributes, such as professional behavior, integrity, respect and bearing, which collectively provide an internal beacon to guide us.

However, living by such a high military standard does not mean we have to sacrifice every aspect of an otherwise normal life, such as obligations to family, exercising appropriate periods of rest and so forth. But it does mean that, regardless of time or circumstance, we are always fulfilling our obligations as professionals, whether during or after working hours.

To be human is to be imperfect, and it is safe to say that none of us is consistently flawless in meeting a pre-eminent standard such as never off duty.

We all face temptation and periods in our careers and personal lives where we may be drawn to convenience, greediness, even luxury, resulting in shortfalls. It is an individual decision to take the right or wrong road.

When wrongful temptation overrides service members' decisions (the wrong road), our integrity should be immediately challenged by our better selves, our teammates, our profession and even our nation's citizens.

Depending on the severity of the decision made, significant setbacks can result for the profession,



Photo by Master Sgt. Kap Kim

Marine Corps Sgt. Maj. Bryan Battaglia, the senior enlisted advisor to the chairman of the Joints Chief of Staff, speaks to a room of deployed troops March 15, 2014, at Bagram Air Field, Afghanistan.

including degradation in faith and confidence with the public, injury and even loss of life.

This is where those who act less than honorably tarnish and scar the reputation of our profession of arms. Maintaining a conviction of never off duty instills a disciplined standard of living and will help guide decisions that may help avoid poor planning or bad decisions.

By virtue of qualifying to join the Armed Forces, I strongly consider those achieving the title of Soldier, Marine, Sailor, Airman or Coast Guardsman to have reached a high watermark in their lives. The profession benefits greatly from the diversity, skills and determination toward excellence our service members bring. We all want not only to be good in our service, but also great in our duty.

The majority in our formations do it right. They challenge themselves to live by the moral and professional standard of never off duty. And most believe if this standard is

not carried to its fullest, individuals and teams can break down in discipline, morals and ethics, thereby drawing discredit, failure or embarrassment to one's unit, branch of service, country, family and self.

A true serving professional understands the severity of that breakdown and will exhaust every effort to avoid it. Furthermore, I find that service members who truly understand never off duty become exceptional role models and mentors to all others.

At various points along our military career and glide path, maybe even as early as basic training, some key legacy phrases may help as reminders of why one is never off duty: "You get paid 24 hours a day," "You can be recalled at any time" and the one I think resonates best, "Don't think the rules stop or the standards drop at 5 p.m. just because it's the end of the work day; there is no time card to punch."

Each phrase conveys that when we volunteer to serve the nation, it is a

24/7 obligation, and our obligations and responsibilities as members of the profession of arms never expire.

All five service branches have unique cultures and identities, and as such, they define, understand and implement never off duty in different ways that ensure members achieve and maintain standards. But regardless of service branch, duty assignment, geographical location or military occupational specialty, there are commonalities and consistencies for maintaining professional behavior, ethics and proper representation of the nation.

Operating in a mindset of never off duty in our everyday lives should prove professionally lucrative. Allowing this operating principle into our professional lives will raise our ability to sidestep temptation and poor personal actions or choices.

Regardless of one's military status – whether taking annual leave or liberty, attending school, appearing at a social function, serving an internship, moonlighting in an after-hours job, shopping for groceries or conducting combat actions against an enemy force – never off duty provides that disciplined methodology to our military lives. It is a behavior rooted in moral soundness and high values, with cause and effect.

It maintains a standard and positively impacts professional focus and conduct. It is reachable and sustainable for everyone, every day, every time. We are a much better organization with it than without it. We are never off duty.

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News Briefs

Closure of Ludington Road

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

BAMC Health And Safety Fair

Brooke Army Medical Center will host a Health and Safety Fair 10 a.m. to 2 p.m. Friday in the Fort Sam Houston Main Exchange parking lot. There will be information booths, giveaways, food trucks and entertainment. Interactive displays include the Joint Base San Antonio-Fort Sam Houston Fire Department fire house, Union Pacific Railroad and the Akeroyd Blood Donor Center Blood Mobile and much more. Call 916-5160 for more information.

JBSA Spouse Appreciation Day

Spouses play a vital role in keeping military families strong, so there is a spouse appreciation celebration at the Joint Base San Antonio-Fort Sam Houston Golf Course from 3-7 p.m. May 7. There will be door prizes, refreshments and complimentary services such as massages and pedicures. This event is to thank spouses for the jobs they do every day supporting our military families and the community. This event is free and is sponsored by THE GUNN AUTOMOTIVE GROUP, Spa D'Sante, Fletcher's Jewelry, Fort Sam Houston Spa and Rudy's BBQ. No federal endorsement of sponsors intended. For more information, call 652-5763.

937th Training Group Assumption Of Command

Col. Steven C. Caberto assumes command of the 937th Training Group at a ceremony at 3:30 p.m. May 11 at the Anderson Hall Auditorium, MIF 4, building 1364, 3488 Garden Avenue on Joint Base San Antonio-Fort Sam Houston. Dress is uniform of the day for military members and business attire for civilians. Caberto was previously the commander of the 559th Medical Group, at JBSA-Lackland.

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Toft dual-hatted as Army Support Activity, 502nd Force Support Group commander

By Steve Elliott
JBSA-Fort Sam Houston
Public Affairs

Col. Steven A. Toft assumed command of the Army Support Activity on Joint Base San Antonio-Fort Sam Houston in an April 8 ceremony at the U.S. Installation Management Command's Central Region Headquarters.

Toft is also commander of the 502nd Force Support Group at JBSA-Fort Sam Houston. In addition, 502nd FSG Command Sgt. Maj. Bryan K. Witzel will be the command sergeant major for the ASA.

"The Army Support Activity and the 502nd Force Support Group are separate, distinct organizations," Toft said. "Command Sgt. Maj. Witzel and I lead both organizations, but neither organization is subordinate to the other. We are dual hatted and lead each organization independently of the other.

"On any Army installation, the functions of the ASA are inherent in the Army Garrison, as such, I am the Army's centrally selected commander to command Army installation functions at JBSA-Fort Sam Houston and JBSA-Camp Bullis," Toft added. "As with any change of Army leadership, the Army Support Activity will be guided by Army values."

JBSA-Fort Sam Houston was significantly affected by the 2005 Base Realignment and Closure Commission

recommendations.

Besides adding major organizations like the Army's Installation Management Command and the Mission and Installation Contracting Command, JBSA-Fort Sam Houston also became the home of military medicine with the establishment of the Medical Education and Training Campus – a state-of-the-art Department of Defense health-care education campus that trains enlisted medical personnel for the Army, Navy and Air Force.

BRAC 2005 established 12 joint bases representing DOD's efforts to optimize the delivery of installation support across the services. Fort Sam Houston became part of Joint Base San Antonio along with Randolph and Lackland Air Force Bases.

"Due to joint basing, the Army withheld command and control of core Army functions and did not transfer them to the Air Force," Toft said. "These ASA functions fall under the oversight of the U.S. Army Installation Command. ASA functions are executed in accordance with Army regulations, policies and procedures, in conjunction with the Army senior commander's vision, intent and guidance."

While the Air Force, as the lead service, delivers most installation services on JBSA, not all installation services transferred.

As a result, the



Photo by Ed Dixon

Col. Steven A. Toft (left), 502nd Force Support Group commander, passes the Army Support Activity colors to incoming Command Sgt. Maj. Bryan K. Witzel, after receiving it from Thomas J. Schoenbeck (second from right), U.S. Army Installation Management Command Central Region director, during the ASA assumption of command ceremony April 8 at Joint Base San Antonio-Fort Sam Houston, while ASA civilian director Frank E. Blakely looks on. Toft is dual-hatted as the ASA and 502nd FSG commander.

Army created the Army Support Activity-Fort Sam Houston in October 2010 to provide those services that did not transfer. Those services include Casualty Assistance Center, Army Substance Abuse Program, Army Emergency Relief, Sexual Harassment/ Assault Response Program, Survivor Outreach Services, the Warrior and Family Support Center, the Soldier and Family Assistance Center, Legal Services, the Army Continuing Education System, Training Support Center, Mission Training Complex and Range Operations at

JBSA-Camp Bullis.

Frank E. Blakely II served as ASA manager since Oct. 1, 2010, and directed the Army organization to deliver Army-retained installation support services in partnership with the then-502nd Mission Support Group. Blakely took over the ASA the same day the Air Force assumed operational control of the former Army installation, a move directed by the 2005 BRAC round. All real property transferred to the Air Force and more than 1,100 civilians became Air Force employees under the 502nd ABW.

"Without the support of Lt. Gen. Perry Wiggins (commander of U.S. Army North (Fifth Army) and senior Army commander of JBSA-Fort Sam Houston) and Air Force Brig. Gen. Bob LaBrutta (commander, 502nd Air Base Wing and JBSA), we would not be here today," said Thomas J. Schoenbeck, director at IMCOM Central Region, at the assumption of command ceremony. "This is a new phase in the Army Support Activity and it will now synchronize better with JBSA-Fort Sam Houston."

"As the new commander of the ASA, I am positioned to effectively and efficiently execute ASA missions while synchronizing with 502nd ABW installation support," Toft said. "This transition was driven and supported by IMCOM, ARNORTH and the 502nd ABW and is ongoing."

"So much has been accomplished in the past five years under severe budget constraints," Schoenbeck added. "With the Army Support Activity and the 502nd Force Support Group under one leader, we will have much more efficiency here."

"It's a great day to be a Soldier at JBSA-Fort Sam Houston," Toft said at the ceremony. "I'm very pleased – and truly honored and humbled – to have the confidence of so many military leaders. We will make sure JBSA-Fort Sam Houston is always a post Soldiers can take pride in."

Orthotic tech helps military working dog walk again

By Air Force Staff Sgt.
Michael Ellis
59th Medical Wing Public Affairs

“He’s done so much for us and for his country, it’s the least we can do,” said the veterinarian treating the four-legged canine whose military tenure has been longer than herself.

Army Maj. Andrea Henderson, veterinarian at the Department of Defense Holland Military Working Dog Hospital at Joint Base San Antonio-Lackland, first started treating MWD SStash last October. A degenerative disease led to one of MWD SStash’s hind legs needing surgery.

Prior to being injured MWD SStash worked as a patrol dog providing security at Osan Air Base, Republic of Korea, ensuring the safety of its more than 7,000 personnel. Throughout his 7-year career, he also provided personal security for various working dog handlers making him a vital asset to 51st Security Forces Squadron.

After being injured he was transferred to the DOD’s premier, state-of-the-art MWD hospital. A brace was ordered from a commercial company; however, inactivity led to severe muscle loss and the leg brace no longer fit properly.

Henderson visited the specialists from the 59th Medical Orthotic Lab to see if they could assist with MWD SStash’s recovery.

Master Sgt. Sean McClintock, NCO in charge of the 59th MDW



Photo by Air Force Staff Sgt. Michael Ellis
Master Sgt. Sean McClintock, NCO in charge of the 59th Medical Wing Orthotic Lab, displays the brace he modified for Military Working Dog SStash at the Holland Military Working Dog Hospital on Joint Base San Antonio-Lackland April 2.

Orthotic Lab, took on the challenge of modifying the brace.

Although the request was unusual and the first of its kind for the 59th MDW Orthotic Laboratory, McClintock used his expertise and previous experience to start creating a prototype harness to stabilize the brace. While previously stationed in Japan, McClintock modified a brace for a cat.

MWD SStash developed an infection after his first surgery not long after his arrival. The originally unmodified brace kept slipping and damaging his wounds, which prolonged his recovery.

Once the wounds healed enough, McClintock outfitted his leg brace with the harness he created in his shop.

“The harness has multiple adjustment

mechanisms that will keep the leg brace in position and no longer slip,” McClintock said. “Hopefully it will help him to start walking again, which will help his recovery tremendously.”

Normally military working dogs spend no more than a month at Holland Hospital. However, MWD SStash’s treatment lasted four months.

Henderson explained how she felt honored to be able to give back to a military veteran who has done so much for the service.

“He’s going to be retired because of his injury. Without the level of treatment that we provide, a lot of dogs wouldn’t make it,” Henderson said. “At least now he’ll be able to relax and enjoy retirement.”

3 x 9.75 AD

Army Soldier Show wows Camelot Elementary School students

By Jessica Ryan
IMCOM Public Affairs

Camelot Elementary School students, parents and teachers received a sneak preview performance of the U.S. Army Soldier Show April 15 at the Fort Sam Houston Theatre on Joint Base San Antonio-Fort Sam Houston.

About 275 students, from kindergarten to second grade, teachers and parents were invited to see a dress rehearsal of the live Broadway-style performance produced by Army Entertainment, a U.S. Army Installation Management Command operation.

This year's theme is "We Serve." The show explores what it means to be a "Soldier for Life" in and out of uniform.

Karen Kohler, a family specialist at Camelot Elementary School, says that it was a unique occasion for the students.

"Our students typically don't get an opportunity to see a show like this since our school has limited opportunities outside of the school district," she said.

Camelot Elementary School is a part of San Antonio's Northeast Independent School District. Although the elementary school is located less than 10 miles from JBSA-Fort Sam Houston, military children make up only five percent of the school's population according to Kohler.

Assistant vice principal Ashley Scott mentioned that the field trip was an opportunity for

students to learn more about the Army life in an entertaining way.

"I like how our students were able to watch Soldiers perform on a live stage," Scott said. "They saw Soldiers who look like them and who they can relate to."

During the performance, the children saw the cast sing and dance to both classic and contemporary songs. Current hits like Mark Ronson's chart-topping "Uptown Funk" brought an immediate reaction from the children. Some students began dancing and singing along in their seats.

"Uptown Funk" was my favorite song," said Melody Barragan, a second grader. "I listen to that song every day on



Photo by Tim Hipps

Spc. Tierra Kirts (center) and Sgt. Janelle Edwards (right) greet Camelot Elementary School students after an April 15 dress rehearsal for the 2015 U.S. Army Soldier Show "We Serve" at the Fort Sam Houston Theatre on Joint Base San Antonio-Fort Sam Houston.

YouTube."

Many children were also impressed with the choreography. Jendry Cepeda, a first grader, said his favorite parts

were when the performers did back flips and other advanced dance moves.

Valeria Sosa, mother of second grader Chris-

topher Sosa, got teary during one scene and told her son why those moments resonated with her.

"My son asked me, 'Are you going to cry mom?' I told him that it was just sad that Soldiers deploy and they don't have their families with them," said Valeria Sosa.

Kelly Crosby watched the performance with her daughter Kaelyn Crosby, a second grader. Kelly and her husband are veterans and hope that their daughter learned more about military life.

"Kaelyn was very young when my husband was deployed," Kelly said. "I hope that she learned about the Army and what it means for Soldiers to serve."

3 x 4.75 AD

3 x 4.75 AD

News Briefs

Continued from P3

Telephone Sponsorship Access No Longer Authorized

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

JBSA-Fort Sam Houston Prepares For Command Cyber Readiness Inspection

From Aug. 31 through Sept. 4, the Defense Information Systems Agency will conduct a Command Cyber Readiness Inspection for the Joint Base San Antonio-Fort Sam Houston area of responsibility. The inspection focus will be on unclassified (NIPRNet) and classified (SIPRNet) networks and supporting traditional security practices. To ensure JBSA-Fort Sam Houston passes successfully, every unit and network user is responsible for being knowledgeable on proper cyber security, traditional security and physical security practices. For more information, contact your unit's G2/S2/Security Manager.

USAISR observes Medical Laboratory Professionals Week

By Steven Galvan
USAISR Public Affairs

Col. (Dr.) Michael D. Wirt, commander of the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston, recently proclaimed April 20-24 as Medical Laboratory Professionals Week.

"Medical Laboratory Professionals Week is a time of recognition for the medical laboratory professionals and board-certified pathologists who play a vital role in every aspect of health-care," Wirt said during the proclamation signing ceremony April 20.

Since 1975, Medical Laboratory Professionals Week has been observed during the last full week of April and is designed to provide the profession the opportunity to raise public awareness, appreciation and under-



Photo by Steven Galvan

standing of laboratory employees. Staff Sgt. Khanesha Murrell and personnel at the Comparative Pathology Branch of

Spc. Shawn Lackey models a decorated lab coat during the April 22 lab coat decorating contest of the U.S. Army Institute of Surgical Research Medical Laboratory Professionals Week. Lackey won the "best catwalk model."

There are six re-

search areas at the USAISR where medical laboratory professionals are assigned including bone tissue injury, clinical trauma, hemostasis, resuscitation, soft tissue injury and trauma informatics.

Chang said that as team members of one of the largest industries in the United States, the dedicated efforts of laboratory professionals often go unnoticed by the general public, as well as by the very institutions employing their services.

"Beyond meeting this public need, the celebration of Medical Laboratory Professionals Week will increase recognition for the profession as it improves the individual practitioner's sense of self-worth," said Staff Sgt. Gina Chang, NCO in charge of the Laboratory Support Section.

"As the various professional groups within laboratory practice work together on this project, the sense of unity and purpose necessary to further the goals of the laboratorians are reinforced," Chang added.

There are six re-

search areas at the USAISR where medical laboratory professionals are assigned including bone tissue injury, clinical trauma, hemostasis, resuscitation, soft tissue injury and trauma informatics.

USAISR holds Fiesta-themed program awareness fair

By Steven Galvan
USAISR Public Affairs

The U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston held a Fiesta-themed program awareness fair April 10 to promote awareness on the various National, Department of Defense, local community and internal formal and informal programs.

Eighteen programs covered during the fair included safety, health, sexual harassment/assault response and prevention, equal opportunity, the voluntary protection program, burn education, Better Opportunities for

Single Soldiers and the Army Surgeon General's Health Promotion Triad to name a few.

The idea for the Program Awareness Fair came about when the VPP communicator team of Stephanie Truss, safety officer; Maria Dominguez, occupational health nurse; and Staff Sgt. Jason Williams were looking for ways to promote VPP.

"At the same time, Staff Sgt. Khanesha Murrell (a member of the USAISR Sexual Harassment/Assault Response and Prevention program) noted that April was Sexual Assault Awareness Month," Truss said. "We decided

that it would be a great way to promote and feature not just these two programs, but every program within the USAISR and the local community."

Truss said the intent of the fair was to provide a new creative way to promote awareness of the various programs and their point of contacts while having fun.

"We wanted the staff to walk away with some new information and or a refresher with a smiling face," she said.

In order to promote a method of ensuring that attendees visited every table at the fair, a card



Photo by Steven Galvan

Maria Dominguez (right), a U.S. Army Institute of Surgical Research occupational health nurse, provides information on the Army Surgeon General's Health Promotion Triad during the USAISR Program Awareness Fair April 10 at Joint Base San Antonio-Fort Sam Houston.

See FIESTA, P16

Volunteers needed to test gender-neutral physical standards

By Capt. Jennifer Richard
AETC Public Affairs

The Air Force is looking for Airmen from the Joint Base San Antonio area to voluntarily participate in one of the two high-visibility physical standards studies required to potentially open the last six Battlefield Airmen career fields to women and to ensure gender-neutral standards across all Air Force specialties.

The Physical Tests and Standards Study runs through July 18 and the Re-validation of Strength Qualification Standards Study runs through Aug. 1.

The Physical Tests and Standards Study will establish fitness standards for training and operational levels for Battlefield Airmen career fields and

will consist of familiar physical tests like running, pull ups, push ups, as well as combat-related simulations like swimming, carrying life-size dummies, rock climbing, and climbing walls.

The Re-validation of Strength Qualification Standards Study will ensure scientifically-based, operationally-tied fitness tests and standards for entry into all career fields and will consist of familiar entry physical tests, to include those that measure strength.

Volunteers can come from a variety of backgrounds – active duty, Guard or Reserve, female and male. All participants must be between the ages of 18 years and 45 years old, must have a current passing physical fitness test (all four components),

current preventive health assessment/medical clearance, willing to attempt physical tasks and must complete a safety and medical screening questionnaire.

For Airmen interested in volunteering to participate in the Physical Tests and Standards Study, Airmen must be willing to commit for a consecutive two-week period between through June 13 or for one week between June 22 to July 18. Airmen should gain permission from their supervisors and then contact the AF Fitness Testing and Standards Unit by emailing T2@us.af.mil or calling 652-2043.

For Airmen interested in volunteering to participate in the Re-validation of Strength Qualification Standards Study, Air-



Courtesy photo

men must be willing to commit for four hours each day May 28 and 29; additional opportunities are available between July 11 to Aug. 1. Airmen should gain permission

from their supervisors and then contact Katie Linnenkohl at kastville@humanperfsys.com. The studies to develop and validate physical and mental standards will

provide data for the Air Force's Women in Service Review implementation plan.

Following the 2013 decision of then-Secretary of Defense Leon Panetta and Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey to rescind the 1994 Direct Ground Combat Definition and Assignment Rule, each service has been studying physical and mental requirements to ensure they are career-specific, operationally relevant and gender neutral by September 2015.

In the Air Force, currently 99 percent of career fields are open to both men and women; the remaining one percent of positions are in ground combat and/or special operations career fields.

Air Force begins testing phase for women in combat roles

In April 2015, the Air Force began conducting the physical evaluations required to explore opening the last six career fields currently closed to women.

When the law prohibiting women in ground combat roles was rescinded, 99 percent of the positions within the Air Force were already inclusive of women. The current study is working to open the last 1 percent, which amounts to a little more than 4,300 special operations positions.

“Ultimately, the initiative to eliminate any remaining gender-based assignment restrictions will improve our readiness and the Air Force's

ability to recruit and retain the most effective and qualified force,” said Secretary of the Air Force Deborah Lee James.

The Air Force has conducted focus groups, assessments, and operational observations as part of the review and implementation plan directed by Secretary of Defense Chuck Hagel in June 2013. The thorough review required to meet the directive by Hagel, allowed the Air Force to review standards for all Airmen in the career fields previously restricted to women.

“The Air Force is using a scientific approach to directly tie and validate standards to mission

requirements,” said Brig. Gen. Brian Kelly, director of Military Force Management Policy. “This testing and evaluation phase will develop the final physical test components that best predict operational success for these specific career fields.”

The testing is slated to take place at Joint Base San Antonio-Lackland, Texas. Approximately 200 male and female volunteers will be recruited for the testing. Local Airmen from the Lackland area who are interested in participating will be the first selected to participate.

“This effort marks the

See COMBAT, P17

3 x 4.75 AD



Chief Master Sgt. Charles Frizzell (left) presents his son, Airman Christian Frizzell, with his graduation certificate during his biomedical equipment technician class graduation ceremony April 10 at the Medical Education and Training Campus. Airman 1st Class Frizzell is starting his new career at Wright-Patterson Air Force Base, Ohio. His father, also a BMET, is assigned as the senior enlisted advisor to the commander at the 374th Medical Group at Yokota Air Base, Japan.

GRADUATE from P1

his own way, do what he wanted to do, and not live under any perceived shadow or sense of entitlement as my son.”

When Christian began the recruiting process for the Air Force, they looked at jobs that Christian was interested in as well as translate into a worthwhile career field outside the military.

But when it came time

to finally sign a contract and submit his job list, he surprised his dad.

“He told me he put BMET number one,” Frizzell said with pride. “When I asked him why, he said because of me, because of his lifelong

positive interaction with the field, the shop atmosphere and respect surrounding the field, and the fact the job was well regarded on the outside.

“It’s a great feeling to know what you do professionally, as well as how you portray it to your children, ultimately resonates with them in such a positive way,” Frizzell added. “It also cemented an investment our family had made in both the Air Force and the BMET field some 23 years ago that could potentially go another 30 years.”

In fact, the family’s BMET line runs even deeper. Christian’s grandfather is a medical facility director of operations which involves a lot of interaction with BMETs in the civilian sector.

However, when Christian received notification that he had a spot in the BMET program, his dad knew he had to find another job.

“I could not serve as the Air Force Service Lead with Christian as a student,” explained Frizzell. So he applied for and received his current position as the senior enlisted advisor to the commander at the 374th Medical Group at Yokota Air Base, Japan.

“My last day at METC was five days after Christian and his class started



Photos by Lisa Braun

Airman 1st Class Christian Frizzell, Medical Education and Training Campus student, receives a hug from his father, Chief Master Sgt. Charles Frizzell, following his biomedical equipment technician class graduation ceremony April 10.

their BMET training at METC,” Frizzell said.

As it turns out, those five days were historic. “I believe we are just the second father-son BMET team the Air Force has seen. However, we are the only father-son BMET team to actually serve together at the BMET school,” he said.

At Christian’s class graduation ceremony April 10, Frizzell was given the opportunity to present his son with his graduation certificate.

“I was so proud, both as a father and as a se-

nior BMET in the career field, to do that. It is, without a doubt, both a personal and professional highlight that I will never forget.”

Going forward, Frizzell said he will definitely advise Christian whenever needed, but at the same time he will allow him the opportunity to learn and experience certain things on his own to help him grow as a well-rounded airman and adult.

“No doubt he will face obstacles, but I will always be there to help.”

New tuition assistance tool attuned to troops’ educational needs

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

The Department of Defense continues to invest in its service members and has introduced a new online informational tool tailored to their unique school programs and educational needs, the Defense Department’s

chief of voluntary education said in a DOD news interview April 22.

Dawn Bilodeau discussed a new online tool called “Tuition Assistance DECIDE.”

“Tuition Assistance DECIDE, or TA DECIDE, as we like to call it,” she said, “is a tool tailored to the unique needs of our service members.” It’s

designed to support their decision-making in areas such as selecting schools or choosing programs to enroll in, she explained. It came online April 17.

“Our military students tend to be part-time students – they’re not going to school full-time,” Bilodeau said, “and Tuition Assistance DECIDE is really designed to enable

them to search through schools that service members are attending just like them.”

TA DECIDE can provide information on everything, Bilodeau said, from completion rates – likelihood of completing a course – to cost or graduation rates from a particular school.

“The benefit of using this particular tool is

that you know that the schools that are in there are trustworthy, because we vetted them,” she said. “They’ve signed an agreement with Department of Defense that they’re going to adhere to certain principles of excellence.”

TA DECIDE is accessible at <http://www.dodmou.com>, the website for the memorandum of under-

standing that participating education institutions sign.

“You can click on ‘Tuition Assistance DECIDE,’ and it will take you right to the tool,” Bilodeau said.

Bilodeau described TA DECIDE as an informative tool for comparing more than 2,600 schools that are eligible for tuition as-

See TUTION, P16

Warrior transition units consolidate from 25 to 15

By David Vergun
Army News Service

There are 25 warrior transition units in the United States and overseas. That number will decrease to 15 by Aug. 1, 2016, said Col. Chris Toner, the commander of the Army's Warrior Transition Command and assistant surgeon general for Warrior Care and Transition. Toner spoke April 17 during a Pentagon media roundtable.

The reason for the decline in WTUs is because combat casualties have come down substantially, he said. At its height during the 2008 and 2009 timeframe, there were 45 WTUs with more than 12,500 Soldiers in the program.

Today, there are 3,654 Soldiers in the WTUs, a number that is expected to level out to about 3,000 in the years ahead, absent war, Toner said. Those 3,000 are expected to primarily be sick or injured Soldiers, a normal number, considering the size of the Army, including the Reserve component.

Of the 3,654 Soldiers in the WTUs, about 48 percent are active duty and 52 percent are Guard and Reserve, he said.

Serving those Soldiers are 3,192 cadre and clinicians, so the ratio of Soldiers to caretakers is approaching 1:1. The Army is constantly assessing those numbers to get the balance right, he said.

The remaining 15 WTUs will be located at each of the Army's divisions and corps. One will also serve Fort Benning, Ga., which has a large

demobilization center.

Another will be attached to Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston and one to Walter Reed National Military Medical Center, Md. There will also be a WTU in Hawaii and Germany.

Inactivating WTUs are at: Fort Gordon, Ga.; Fort Knox, Ky.; Fort Leonard Wood, Mo.; Fort Sill, Okla.; Joint Base Langley-Eustis, Va.; Fort Polk, La.; Fort Wainwright, Alaska; Joint Base Elmendorf-Richardson, Alaska; Fort Meade, Md.; and Naval Medical Center, San Diego.

Should conflict break out with large numbers of casualties, the existing 15 WTUs would be able to almost immediately handle 8,100 Soldiers total with the same high-level quality of care. There would be no problem in rapidly increasing the cadre, Toner said.

Due to uncertainty in the world right now, "it's important to be able to reverse quickly if we have to," Toner said.

To reverse quickly, Toner said the facilities for the 10 WTUs that are being stood down will be repurposed, but will continue to be compliant with the Americans with Disabilities Act so they can rapidly revert to WTUs if necessary.

ADA compliance and other aspects needed for care in the facilities will be monitored and inspected periodically, he said. The U.S. Army Installation Management Command at JBSA-Fort Sam Houston is involved in the process.

The decrease of WTUs will impact about 300

civilian jobs. In past WTU inactivations, the Army was successful at priority-placing employees at medical treatment facilities or elsewhere. Toner said the Army is working to make that happen again.

The decrease of WTUs from 25 to 15 will not affect existing community care units, or CCUs, of which there are 11. The CCUs launched in October and they have 577 Soldiers, of which 39 are active-duty and the rest Reserve-component.

The CCUs allow Soldiers to receive care in remote communities. A number of the Soldiers are terminally ill and it is important for them to be with their Families and within their communities, Toner said.

A huge success of the WTU program is the addition of ombudsmen to the program beginning in 2007, Toner said.

These are independent problem solvers "who don't report to me," he said. They have been successful at not only problem solving but handling complaints where Soldiers believed they were being treated unfairly.

Taking care of all Soldiers and veterans, particularly those who are sick, injured and wounded, is "a sacred trust," Toner said.

Soldiers have taken advantage of the services offered by ombudsmen. In 2010, one of every 299 Soldiers presented an issue to his or her ombudsman.

By 2015, that number had fallen to one in 553 Soldiers, he said.

Toner attributed the reduction in complaints to a variety of program

improvements, including Soldier, Family and civilian assistance centers put into warrior campuses "that render a multitude of Soldier care," he said.

Also, the training and education programs for cadre and senior leaders was redesigned and in the spring of 2014, more rigorous cadre selection criteria went into effect to ensure that only the best were chosen, he said. The Army is looking to tighten those standards even further.

Besides that, Toner said he personally visits and inspects each WTU at least once every 18 months. With the reduction to 15 WTUs, he said he expects to be able to visit each one every 12 months.

There are also quarterly town-hall meetings and inspections by the Army inspector-general and teams from the Department of Defense to ensure quality remains high, he said.

Another testament to the program's success is that over the life of the WTU program, 66,000 Soldiers were assigned to WTUs and of those, 29,000 improved enough to be able to return to the force, he said.



Photo by Sgt. 1st Class Clydell Kinchen

Defense Secretary Ash Carter (right) and Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, conduct a news conference at the Pentagon April 16.

Secretary of Defense discusses top national security priorities

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

Secretary of Defense Ash Carter discussed his top priorities and other defense issues at an April 16 Pentagon news conference along with Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff.

The secretary said his first priority is to help President Barack Obama to make the best possible national security decisions and then to implement those decisions.

Second, he said, is to ensure the strength and health of Defense Department personnel around

the world, and the third priority is the future of the department's course, its people and its technology.

To achieve these priorities, Carter said, he's traveled to Afghanistan and Kuwait to meet with American personnel working there, and he has worked with Congress to secure the resources needed to protect the country and continue to build the force of the future while gaining stability in the defense budget.

"I've spoken with our partners in the State Department and other

See SECDEF, P17

3 x 2.35 AD

FIESTA



Photo by Army Staff Sgt. Corey Baltos

Army North Soldiers present spent cannon shells to King Rey Feo LXVII Jon Gary Herrera, King Antonio XCIII Mark Johnson Jr. and Fiesta President Fernando Reyes April 19 at the conclusion of the Joint Base San Antonio-Fort Sam Houston Fiesta Ceremony at MacArthur Field.

Performers from the U.S.

Army Soldier Show float past paradegoers on the San Antonio Riverwalk as part of "A Salute to Military" Fiesta party April 20. The party led up to the Texas Cavaliers' River Parade, which honored military families and wounded warriors with a reception, Fiesta medals and entertainment by the 323rd Army Band, Army Fife and Drum Corps and Army Drill Team.



Photo by Daniel Elkins

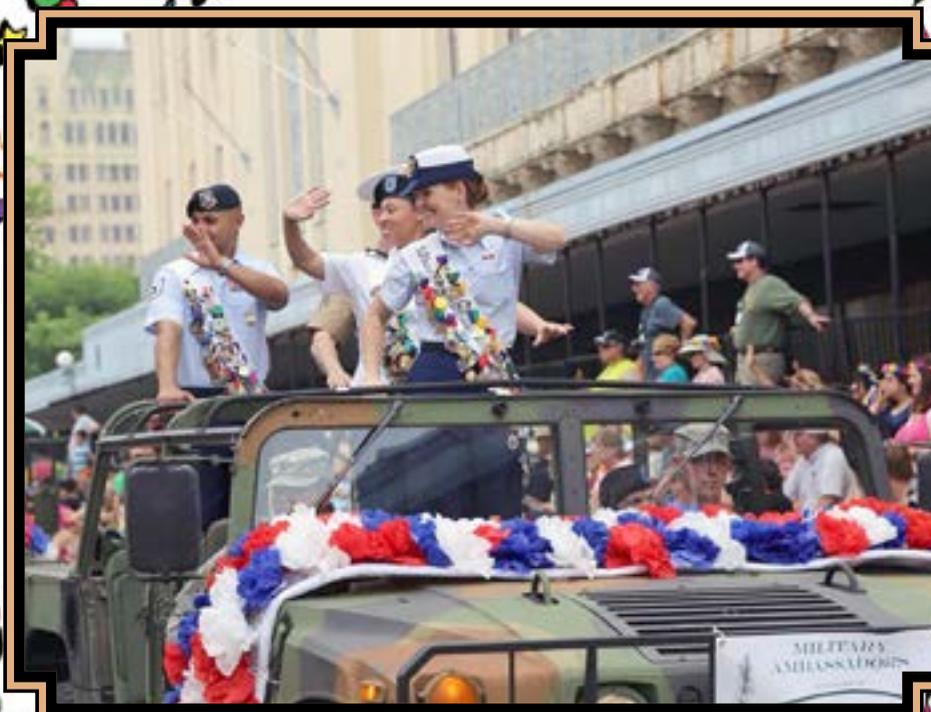


Photo by Airman 1st Class Alexandria Slade

Members of the Joint Base San Antonio Ambassadors wave to the crowd during the Battle of Flowers Parade Friday in downtown San Antonio as part of Fiesta 2015.



Photo by Esther Garcia

Riding in a HUMVEE with a replica of the Combat Medic Statue in back, Maj. Gen. Steve Jones, commanding general, U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence, and AMEDDC&S, HRCoE, Command Sgt. Maj. Andrew Rhoades, wave to the crowd at the 2015 Flambeau Parade held April 25. Drivers are Spc. Salfo Konkoko and Pfc. Jason Finegan of the Training Support Company, 32nd Medical Brigade.



Photo by Esther Garcia

Jon Herrera, El Rey Feo and members of his court pose with Soldiers assigned to 32nd Medical Brigade at the annual Viva Brigade Fiesta 2-mile run held in the early morning hours of April 15. This event began nine years ago as a way to introduce Fiesta to the young men and women who are attending medical training on Joint Base San Antonio-Fort Sam Houston. Almost 4,000 Soldiers were lined up on MacArthur Parade Field to welcome Fiesta royalty.

2015



Photo by Sgt. 1st Class Wynn Hoke

Members of the U.S. Army Drill Team perform in the U.S. Army North Quadrangle April 19 as part of the 2015 Fiesta celebration.



Photo courtesy Army North Public Affairs

Joint Base San Antonio Fiesta Ambassadors use a "selfie stick" to get a candid shot from the "A Salute to Military" Fiesta party April 20. The party led up to the Texas Cavaliers' River Parade, which honors military families and wounded warriors with a reception, Fiesta medals and entertainment by the 323rd Army Band, Army Fife and Drum Corps and Army Drill Team.

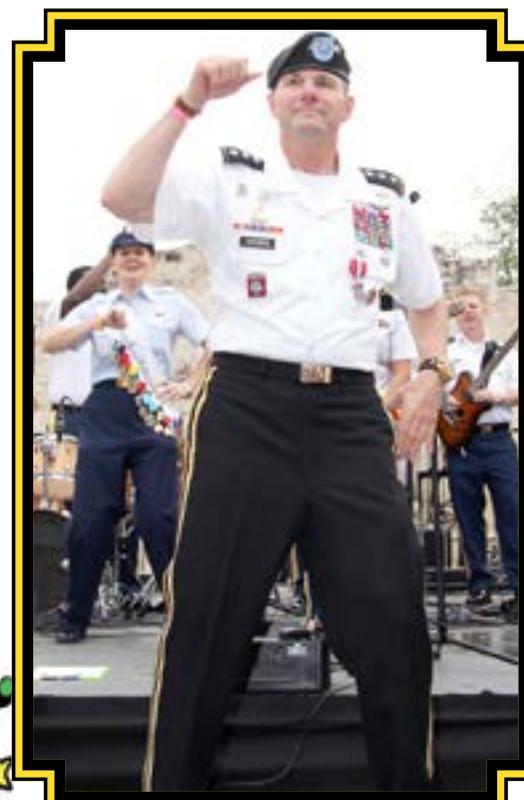


Photo by Army Staff Sgt. Corey Baltos

Lt. Gen. Perry Wiggins, commanding general, U.S. Army North (Fifth Army) and senior Army commander on Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis, shows off his dancing skills April 16 during Fiesta Fiesta downtown.



Photo by Johnny Saldivar

Brig. Gen. Bob LaBrutta, commander of the 502nd Air Base Wing and Joint Base San Antonio, speaks to the audience April 21 during the U.S. Air Force Band of the West's Fiesta In Blue concert at Trinity University's Laurie Auditorium.



Photo by Esther Garcia

Col. Eric Edwards (left), chief of staff of the U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence at Joint Base San Antonio-Fort Sam Houston, and Command Sgt. Maj. Andrew Rhoades place a bouquet of flowers at the foot of the Vietnam Memorial at the Vietnam Chapter Memorial Service for Veterans held April 26 in San Antonio.

4 x 9.75 AD

Sexually transmitted infections: Are you at risk?

By Miranda Andrews and Nikki Jordan

Disease Epidemiology Program
U.S. Army Public Health Command

The U.S. Centers for Disease Control and Prevention estimates more than 20 million new sexually transmitted infections occur annually in the United States, contributing to roughly 110 million total infections and \$16 billion in medical costs each year.

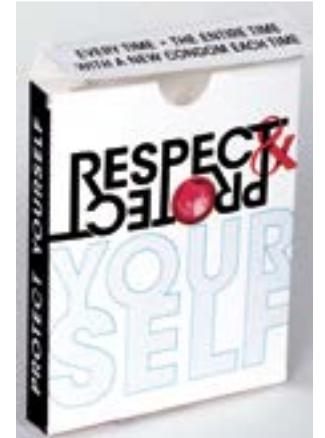
Common STIs include human papillomavirus, chlamydia, trichomoniasis, gonorrhea, herpes simplex virus, syphilis, hepatitis B and human immunodeficiency virus. About half of new STIs occur in youth who are 15-24 years old.

STIs are also common among the military active duty population, where more than one-third of service members are under 25. Risk factors for infection and disease trends tend to mirror those observed nationally.

Depending on the STI, symptoms can include painful urination, itching, discharge, painful or swollen testicles, bleeding between menstrual cycles, painful intercourse, abdominal or pelvic pain or rashes. More often, an STI may not have noticeable symptoms.

Chlamydia, for example, is known as the “silent infection,” and fails to show symptoms in about 80 percent of infected women and 50 percent of infected men.

Likewise, syphilis is another STI that often goes unnoticed in early stages. It is on the rise



Graphic courtesy U.S. Army Public Health Command
Prevention of sexually transmitted infections starts with you.

in both civilian and military communities, especially among men who have sex with men.

And having an STI can make it easier to get another. In several major U.S. cities, about half of men who have sex with men with syphilis are co-infected with HIV. Periodic STI testing is often the best way to identify infections.

Common high-risk behaviors include having unprotected sex, inconsistent condom use, multiple partners, one night stands, soliciting sex and being under the influence of alcohol or drugs.

Technology such as “hook-up” apps has also increased STI risk by linking anonymous partners for casual sex. Online profiles can be deceptive, setting you up for a dangerous situation and leave lingering uncertainty about STIs. The anonymous encounters make it challenging to notify a partner of a positive

See STI, P16

DOD regulations prohibit eating popular health bar with hemp seeds

By Rachael Tolliver
Fort Knox Public Affairs

For anyone who relies on protein bars as an afternoon or after workout snack, be warned about nonmilitary-friendly ingredients in their all-natural selections.

“Strong & Kind” bars which include Hickory Smoked, Roasted Jalapeno, Honey Mustard, Thai Sweet Chili, and Honey Smoked BBQ flavors, contain hemp seeds in their ingredients. These seeds may contain low levels of tetrahydrocannabinol, a chemical found in marijuana, which the military believes may be detectable in drug screening tests.

This ingredient is not included in the Kind fruit and nut bars. A complete list can be found at <http://www.kindsnacks.com>.

The military’s position on the consumption of hemp seeds, or its derivatives, follows laws and guidelines set forth by U.S. law enforcement agencies.

Army Regulation 600-85, paragraph 4-2 (p) states that, “Soldiers are prohibited from using Hemp or products containing Hemp oil.” And the “Violations of paragraph 4-2 (p) may subject offenders to punishment under the Uniform Code of Military Justice and/or administrative action.”

Air Force Instruction 90-507, paragraph 1.1.6 states “Studies have shown that products made with hemp seed and hemp seed oil may contain varying levels of tetrahydrocannabinol (THC), an active ingredient of marijuana, which is detectable under the Air Force Drug Testing Program. In order to ensure military readiness,



Courtesy photo

“Strong & Kind” bars which include Hickory Smoked, Roasted Jalapeno, Honey Mustard, Thai Sweet Chili, and Honey Smoked BBQ flavors, contain hemp seeds in their ingredients. These seeds may contain low levels of tetrahydrocannabinol, a chemical found in marijuana, which the military believes may be detectable in drug screening tests.

the ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited. Failure to comply with the mandatory provisions of this paragraph by military personnel is a violation of Article 92, UCMJ. Violations may result in administrative disciplinary action without regard to otherwise applicable criminal or civil sanctions for violations of related laws.”

Department of Defense regulations are based on several considerations, some of which are U.S. laws. In this case, the U.S. Drug Enforcement Agency categorized hemp seeds, “if they contain THC...” as an illegal product. (<http://www.dea.gov/pubs/pressrel/pr100901.html>)

Additionally, the Department of Justice issued a ruling on what products containing THC were exempt from being treated as an illegal drug under the Controlled Substances Act.

In part, the ruling reads: “Specifically, the interim rule exempted THC-containing industrial products, processed

plant materials used to make such products, and animal feed mixtures, provided they are not used, or intended for use, for human consumption and therefore cannot cause THC to enter the human body. (http://www.deadiversion.usdoj.gov/fed_regs/rules/2003/fr0321.htm)”

As such, the military services have written their policies to adhere to and to enforce these laws. The bottom line is military members may not consume hemp seeds or hemp oil.

So how can a product designed for consumption legally contain hemp seeds?

In 2004, the Ninth Circuit Court of Appeals issued a unanimous decision, which DEA did not appeal to the U.S. Supreme Court, protecting the sale of hemp-containing foods. Those foods generally contain naturally occurring THC at less than the USDA guideline of 1 percent.

Industrial hemp remains legal for import and sale in the U.S., but U.S. farmers still are not permitted to grow it.

According to University of California at Berkeley, most of the THC found in hemp seeds are located in the seed hulls, which are removed during processing. Today’s hemp seeds are processed to reduce levels of THC to negligible quantities, but 15 years ago industrial hemp had higher THC levels and the seeds were prepared differently for processing.

The school’s wellness site also said that companies producing hemp today do so under a voluntary TestPledge program, indicating they follow quality control practices to limit THC concentrations, so that consumers will not fail a drug test.

Dr. Christopher States, the associate dean for research in the department of pharmacology and toxicology at the University of Louisville School of Medicine, said a person would have to consume a large amount of hemp seeds to test positive for noticeable amounts of THC.

He explained that the cannabis plant developed as marijuana is grown

so the THC level is high but it has a low level of cannabidiol. However, cannabis grown as hemp is raised with lower THC but will have a higher level of cannabidiol.

“There is a lot of data out there that says the amounts of THC in hemp seeds is negligible unless someone eats over 300 grams, which would be about two-thirds pound of hemp seeds,” he noted. “And hemp seeds are a healthy source of protein with negligible traces of THC also hemp has cannabidiol oil which is what researchers are now using for epilepsy.”

However, Capt. (Dr.) Christopher DiPiro at Ireland Army Community Hospital, said while there are very low amounts of THC in hemp seeds and although most people will not test positive after consuming the seeds, studies have shown 20 percent of those tested might test positive after eating them.

He added that consuming hemp seeds is not harmful beyond the possibility of a failing a drug test.

Businesses dealing with DOD must be aware of requirements like AR 600-85 paragraph 4-2, (p). Because of this regulation, AAFES does not carry “Strong and Kind” bars, said Chris Ward, a public relations specialist for AAFES, but they do carry the basic “Kind Bars.” And DeCA public affairs specialist Rick Brink added that while, commissaries carry Kind Bars, they have also chosen not to carry Kind & Strong bars because of the hemp seed content.

“We strive to ensure products do not conflict

with published DOD guidance,” Ward explained.

Joe Cohen, a spokesman for the Kind Company, said in correspondence with the Fort Knox public affairs office that the reasons the hemp seeds are included in the those particular bars is for nutritional benefits. In keeping with the company’s goal of including only ingredients that someone could understand and that were good for the body, when the company came out with its Strong & Kind bars, it added hemp seeds.

“Hemp seeds contribute protein, fiber and other important nutrients such as potassium and phosphorus to our Strong & Kind bars,” Cohen explained. “Hemp, when combined with the protein from almonds, peas and pumpkin seeds, provide all nine essential amino acids.”

Even though the DEA and DOJ have published final rules on the consumption of THC-containing hemp, there is a small window provided by the USDA at less than one percent for THC component. (<http://www.usda.gov>)

“Our Strong & Kind bars adhere to USDA testing and have a THC level of .001 percent. As referenced by the Congressional Research Service, a level of about 1 percent THC is considered the threshold for cannabis to have a psychotropic effect or an intoxicating potential,” Cohen said.

However, the bottom line is military guidance says the consumption of hemp products is off limits and as such, military personnel and DOD civilians are prohibited from eating such foods.

JBSA-Fort Sam Houston recognizes top volunteers

Volunteers, both young and old, were honored during a ceremony April 21 at the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center.

The annual Volunteer of the Year Awards ceremony pays tribute to the thousands of volunteers who contribute more than 100,000 hours of service each year to help JBSA and local communities.

Volunteers of the Year were selected in five categories:

individual, youth, family, small group and large group and four Volunteer Excellence Awards were presented. The VEA is a lifetime achievement award authorized by the U.S. Air Force chief of staff that recognizes persons who perform outstanding volunteer community service of a sustained, direct and consequential nature.

Brig. Gen. Bob LaBrutta, commander of the 502nd Air Base Wing and JBSA, along with Robert

R. Naething, deputy to the commanding general, U.S. Army North (Fifth Army), presented the awards to the recipients.

Winner in the large group category was the Coalition of Sailors Against Destructive Decisions, from the Navy Medicine Training Support Center. The Brooke Army Medical Center "Deco Galz" won in the small group category. Carl and Rieko Johnson won in the family group.



Christian Schreckhise, a 17-year-old student at Cole High School, won in the youth category for helping to promote the U.S. Army Medical Command Performance Triad program.



Christine Schreckhise won in the individual category for her work with the Spouses' Club of the Fort Sam Houston Area.



David Harness won the Volunteer Excellence Award for his volunteer work with the San Antonio Food Bank, American Cancer Society, Meals on Wheels, Friends of Homeless Outreach Center, as a first responder mentor and at his church.



Jasper Blake won the Volunteer Excellence Award by demonstrating his dedication to numerous charitable causes by contributing time and funds to the Texas Juvenile Justice Department, Baptist Children's Home, Air Force Enlisted Foundation, the George Gervin Center, Eagle Scouts, San Antonio Food Bank, Haven for Hope and many others.



Lori Campbell won the Volunteer Excellence Award for her work as a volunteer, leader and trainer. For more than 24 years, she has volunteered in military communities all over the world. In the photo, Diane Renz accepted the award for Campbell.



Stephanie Bock won the Volunteer Excellence Award as a leader in various organizations. She has contributed more than 1,400 hours to various community projects and fundraising efforts.

Photos by Ed Dixon

Safe motorcycle riding begins with basic rider course

By David DeKunder
Joint Base San Antonio-Randolph
Public Affairs

For many service members, riding a motorcycle gives them the freedom to experience the open roads and travel the country.

Unfortunately, being on a motorcycle also exposes riders to several risks, which could lead to injuries or death if proper safety procedures aren't followed.

Before getting on a motorcycle, safety officials at Joint Base San Antonio locations have said that service members need to be aware of several state laws and military regulations and practice safety and common sense on the road.

Airmen are required to follow regulations on motorcycle safety in Air Force Instruction 91-207 that is accessible through the Air Force Portal, said Vernon Vinson, 502nd Air Base Wing safety specialist at JBSA-Fort Sam Houston.

The regulation requires service members take the Basic Rider Course, a two-day motorcycle operating training course offered weekly at the Lackland

Training Annex at JBSA-Lackland Thursday and Friday.

The course covers the basics of motorcycle riding and safety that riders need to know, from learning the controls of a motorcycle to braking to avoiding hazards and dangerous situations on the road.

After taking the basic course, riders are then required to take an intermediate training course within a year and take a refresher course every five years. Riders who need to take any of the courses should contact their unit's motorcycle safety representative.

Vinson said AFI 91-207 requires riders to wear personal protective equipment while operating a motorcycle, whether they are on or off duty. Personal protective equipment includes a helmet, long-sleeved shirt or jacket, gloves, trousers, eye protection and footwear.

Vinson stressed the importance of wearing a helmet by pointing to statistics on motorcycle accidents provided by the Texas Department of Transportation in 2013.

That year, 495 motorcycle riders and passengers were killed on state roadways, with 53 percent of those fatalities, 262, involving riders or passengers who did not wear helmets.

He said motorcycle riders should be able to respond to road and traffic conditions on a moment's notice.

"Be aware of your surroundings at all times because a situation can change in a second," Vinson said.

He said that advice should also apply to motorists.

"For drivers, watch and look twice," Vinson said. "Be attentive to your surroundings. The only protection all motorcycle riders have is what they are wearing. In a vehicle you are protected by a steel cage."

Vinson said riders should operate a motorcycle appropriate for their physical size and strength, which allows them to easily reach and manipulate the controls. Also, he said, riders should regularly maintain their bikes.

Marvin Joyce, 502nd Air Base Wing occupational health and safety spe-



Photo by Air Force Staff Sgt. Marissa Garner

Student motorcyclists practice leaning into curves during the Basic Rider Course April 24 at the Joint Base San Antonio-Lackland Training Annex. The free course is taught by volunteer instructors who undergo an intensive two-week instructor course before becoming qualified to teach.

cialist at JBSA-Randolph, said there are several reasons motorcycle accidents occur.

Those reasons, Joyce said, include riders who are not familiar with their motorcycle and equipment, riders who do things on their motorcycles that are beyond their skill levels and capabilities they have been trained for and not wearing personal protective equipment.

Before going on the road, Joyce said riders should be familiar with their motorcycle and

equipment and wear the required clothing to protect themselves from the elements.

"Personal protective equipment can help (a rider) from getting a sunburn, which can lead to heat-related symptoms like heat exhaustion and heat stroke," Joyce said.

For long trips, Joyce said riders should plan the ride and when to take breaks.

"Riders should take frequent breaks not only to see the scenery, but to allow their body to recover

from riding on a motorcycle for a long period of time," he said.

Joyce said riders should stay hydrated by drinking plenty of fluids when they are on the bike.

Joyce warned riders not to drink alcoholic beverages while riding a motorcycle. According to the Motorcycle Safety Foundation, riders who consume alcohol are five times more likely to be involved in an accident.

He said active-duty service members who don't follow AFI 91-207 when operating a motorcycle could face disciplinary action from their commander.

Joyce said following the rules will make for a safer riding experience.

"I want them to enjoy riding as much as I do, but do it in a safe and responsible way where they're not injured or in a hospital," he said.

For questions on motorcycle safety, contact the JBSA-Fort Sam Houston Safety Office at 471-3841, the JBSA-Randolph Safety Office at 652-1842 and the JBSA-Lackland Safety Office at 671-5028.

6 x 3 AD

INSIDE THE GATE

Couples Enrichment

Monday and May 11, 18, 2-4 p.m., Military & Family Readiness Center, building 2797. Class centers on reconnecting with a partner. Part one will discuss gender differences and communicating effectively, while part two focuses on commitment and part three strives to enhance intimacy. Call 292-5967.

LINKS Class

Tuesday, May 12, 19, 26, 1-3 p.m., Family Advocacy Program portable building 3387, 3030 Patch Road. This class focuses on reconnecting with a partner through discussion on gender

differences, communication and intimacy. Call 292-5967.

Active Parenting Of Teens

Thursday, May 14, 21, 28, 2-4 p.m., Family Advocacy Program portable building 3387, 3030 Patch Road. This class will give parents the confidence and courage to meet the challenges while savoring the joy of their children's teen years. Call 292-5967.

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. 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 the 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.

CPAC Closures

The Joint Base San Antonio-Fort Sam Houston Civilian Per-

sonnel Advisory Center will close from 2-4 p.m. the first Thursday of each month for professional development training. For more information, call 221-1425.

School Liaison Services

The School Liaison Services is a Department of Defense program designed to improve the educational environment and academics of K-12 family members whose parents are members of the military. The program reaches out to all branches of the military to provide a link between military families and both on and off the installation schools and provide services that enable families to be more involved in their child's education. For more information, call 221-2214 at Joint Base San Antonio-Fort Sam Houston, 671-3722 at JBSA-Lackland and 652-5321 at JBSA-Randolph.

TUITION from P8

assistance benefits.

"It allows service members to search by a whole host of parameters," she said. For example, Bilodeau explained, service members interested in an associate's degree or in a certain program such as accounting or cybersecurity can search by those filters and come

up with schools that meet the criteria they see as important.

Bilodeau emphasized TA DECIDE is really tailored toward the unique needs of DoD students.

Though the GI Bill Comparison Tool includes 33,000 education and training providers, she said, all of those schools have not agreed to the Defense Department's

terms, as the schools in TA DECIDE have.

While Defense Department officials are "really happy" with the launch of this new tool, Bilodeau said, there's always room for improvement.

"We definitely want to hear feedback from all service members, as well as counselors or even our school partners that are in the field and

other federal interagency partners," she said. "We do have some planned enhancements to make it better, but we're always willing to hear some new thoughts as well."

Bilodeau, who has more than 15 years of experience in voluntary education, said she would have loved to have had the TA DECIDE Tool as a counselor in the field.

"It allows you to have a one-on-one conversation with that service member about their unique needs," she said, noting that it helps in navigating the vast amount of information on the Web about schools and universities.

Every year, Bilodeau noted, 300,000 service members go to school using tuition assistance.

"Can you imagine hav-

ing a tool that helps them to facilitate those conversations?" she added.

"The great thing about this tool," she said, "is it takes and leverages information that is publicly available from federal entities – recognized sources, we like to say – so service members can feel confident the information they're looking at is trustworthy and is the facts."

STI from P12

STI test.

All STIs are preventable, many are curable and all can be treated to manage symptoms. Prevention starts with communicating with intimate partners and taking charge of one's sexual health. Effective ways to reduce your risk include:

- Using a condom correctly every time when engaging in oral, vaginal or anal sexual activity
- Reducing the number of sexual partners and the number of high-risk

partners, situations and sex acts

- Being in a mutually monogamous relationship with an uninfected partner
- Talking to a medical provider about getting tested (every three to six months)
- Getting the HPV and Hepatitis B vaccines

If you are concerned about your STI risk, you can request testing through your primary care clinic. Military treatment facilities offer free, confidential testing, treatment and counseling for TRICARE beneficiaries. Local

public health departments also offer low cost testing and treatment. In some cases you can even collect the sample at home.

For additional information regarding STIs or HPV and Hepatitis B vaccination, contact your primary care provider or Preventive Medicine. People can also visit the Centers for Disease Control and Prevention websites at <http://www.cdc.gov/std/default.htm> and <http://www.cdc.gov/hpv/vaccine.html>.

Remember, prevention starts with you.

FIESTA from P6

printed with the icons of the programs was given to the participants at the entrance to the event.

As the participants visited each table a signature was given to check off that event on the card. Once all of the events were checked off, the participant's card was placed with the other completed cards for a drawing of a prize.

"The event was a success," Truss said. "We had more than 200 participants and 118 staff members completed their

cards for the drawing."

Truss went on to say that based on emails and comments from the staff, the fair went very well and the different methods of disseminating the information of the different programs was much appreciated.

"We are already working on having another one at the same time next year," she said. "We are hoping to make it into an annual event. We received recommendation on other programs to add and we will continue to grow and improve."

Some of the comments

made via email to Truss included "Great event, I learned a lot of information in a short amount of time" (Beatrice Stevens); "Thank you so much. I wanted to thank you for taking the lead on this. All of your hard work is appreciated" (Alberto Mares); "I would like to congratulate you and your team on the Awareness Fair. It was well organized and each of my team members learned something new" (Susan West); and "I really enjoyed this Awareness Fair! Thank you for all the information" (Patricia Garza).

OUTSIDE THE GATE

DAV RecruitMilitary Veterans Career Fair

A hiring event for veterans and military spouses takes place from 11 a.m. to 3 p.m. Thursday at the Norris Conference Center, 618 NW Loop 410, near the Wonderland of the Americas Mall. RecruitMilitary expects 55 employers, franchisors, educational institutions, and government agencies to be at the fair. Disabled American Veterans and RecruitMilitary are

inviting veterans who already have civilian work experience, personnel who are transitioning from active duty to civilian life, members of the National Guard and reserves, military spouses, and other military family members. There will be national, regional and local job opportunities, as well as entrepreneurial and educational offerings. To pre-register, visit <https://events.recruitmilitary.com/events/san-antonio-all-veterans-job-fair-may-7-2015>.

New San Antonio Women's Basketball Team

The San Antonio Crusaders is a women's professional development

league basketball team that starts their season Saturday, 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://sacrusadersball.com> or <https://www.facebook.com/sanantoniocrusadersball>.

Texas Military Polo Club

Interested in a challenge and know how to ride a horse? The Texas Military Polo Club is offering polo lessons. For more information, call 512-484-4384 or visit <http://www.facebook.com/texasmilitarypolo>.

Military Salute At The Briscoe 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. For more information, visit <http://www.briscoemuseum.org>.



FOR SALE: Hand-crafted metal table with black marble top, 37 inches by 16 inches by 32 inches, cost \$379 new, sell for \$75; new Penmate Ultra Vari Dog Kennel, 40 inches by 27 inches by 30 inches, stainless steel windows and door,

cost \$163, sell for \$76; 1 1/2-ton car jack, \$20; metal chase lounge with wheels, reclining adjustable back, black finish, with new cushion \$76; new iridium Oakley sunglasses, similar to Juliet style, more than \$350 new, 99 percent ultraviolet protection, with new hard case, \$76. Call 313-0061. **FOR SALE:** Spirit Fitness XBR25 stationary bike, cost \$1,000 new, used a few times, excellent condition, \$675. 210-618-2029.

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>.



COMBAT from P7

most stringent process yet by which we are developing occupationally specific physical standards, scientifically measured against operational requirements to match mission needs," Kelly said. "All the services and United States Special Operations Command are working with various scientific and research agencies to review occupational standards to

ensure they are specific and current, operationally relevant and are gender neutral."

"This is not about raising or lowering occupational standards," said Kelly. "The key is to ensure we have set the right standards for the occupation based on mission requirements. The effort is built upon science and experience, to ensure we continue to maintain our readiness and preserve the quality

and capability of our All Volunteer Force."

"This process is about scientifically measuring operational requirements with a focus on training and standards which correlate to the demands of combat," said Brig. Gen. Giovanni K. Tuck, director of operations. "We owe it to our Airmen we send downrange to make sure they've got the best training and equipment to be successful, no matter where

they serve."

After the Air Force reviews and validates the scientifically based standards, James will coordinate her recommendation on currently closed career fields and positions with SOCOM and the other services.

"The science behind these standards will inform and further refine the measures used to find the right people for these career fields.

This validation will help ensure our Air Force remains ready and capable, as our battlefield Airmen employs in combat," Tuck said.

The secretary of Defense is expected to announce final decisions regarding integration of currently closed career fields/positions, as well as, any exceptions to policy on or about January 1, 2016. The assignment of women into newly integrated positions and

occupations will follow each service's natural timeline for recruitment, accession and training.

Further information for Joint Bas San Antonio-Lackland Airmen interested in participating in the physical studies will be released from Air Force Education and Training Command.

(Source: Secretary of the Air Force Public Affairs Command Information)

SECDEF from P9

agencies," he said, "about working together in new ways and on new endeavors and visited with allies, and partners – both here and in Washington – and just last week in the Asia-Pacific."

The defense secretary said he's also met with service members across the country and abroad to express his appreciation while ensuring they are treated with dignity and respect.

That work continues this week, Carter said, noting "productive" discussions with Iraq's prime minister and defense minister about the U.S.-Iraqi security partnership, and the "real progress we're making in the campaign against the Islamic State

of Iraq and the Levant." "I was up-front in our meetings," he said, "about how a lasting victory over ISIL requires inclusive governance in Baghdad and respect for local populations in all areas liberated from ISIL control."

Next week, Carter said, he'll speak with ROTC cadets and midshipmen in Washington about sexual assault prevention and response, and then will meet with battalion- and brigade-level first responders for their perspective on preventing sexual assault and combating retaliation.

Finally, the defense secretary said, he'll travel to California to deliver a lecture at Stanford University on the future of technology, innovation

and cybersecurity before meeting with technology executives to discuss working together for mutual benefit.

Carter also addressed a range of situations abroad beginning with the situation in Yemen and the threat posed by al-Qaida in the Arabian Peninsula. The terrorist group, he said, is a branch of al-Qaida that has shown a particular determination to attack Americans and the United States, and is, therefore, of serious concern. "We continue to watch them and take action against them," he added.

It's easier to conduct counterterrorism operations when Yemen has a settled government, Carter said. "But in the meantime," he

added, "we need to, and do through other means, protect ourselves against al-Qaida in the Arabian Peninsula, because they are dangerous. And there are other things we can do to act against them, and we are."

Asked whether economic sanctions against Russia for its actions in Ukraine have been effective, Carter said they have.

Russia is participating in fomenting trouble in eastern Ukraine, he said, and as a principal point of pressure, the United States has used economic pressure. It's important to note that in addition to the United States, European nations also have imposed sanctions, "because they have the most economic leverage

over Russia."

"I'm not an economist," he said, "but I understand that those sanctions are having an effect on Russia, along with plummeting oil prices. Those are the two factors bringing pressure to bear upon the Russian economy. So the first line of pressure for us is economic and political, and we're doing that."

Carter emphasized that "abundant evidence" has convinced the international community to take these strong economic steps.

"My understanding is ... that this is having a real effect on the Russian economy," he said. "At some point, the Russian people are going to ask themselves whether these kinds of adventures are

worth the price."

Regarding the nuclear situation in Iran, Carter said that while it's not the Defense Department's role to conduct those negotiations, there are two roles it does have.

"The first is to make sure that we have, as the president says, other options on the table," he said. "That's something we take very seriously here, and we do have other options on the table."

The second, Carter said, is to continue to play a stabilizing role in the region as a whole with all U.S. friends and allies while continuing to strengthen their capabilities and confidence. Those are DoD's two jobs, he said, and the department is very attentive to them.

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