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



**IMCOM COMMANDER CALLS FOR BRAC**

**PAGE 3**



**MILITARY SPOUSE TEAM BUILDING**

**PAGE 6**



**SPEAKING OUT AGAINST SEXUAL ASSAULT**

**PAGE 11**

## BAMC Soldiers to compete at 2015 Department of Defense Warrior Games

By Lori Newman  
BAMC Public Affairs

Five current or former Brooke Army Medical Center Warrior Transition Battalion Soldiers will compete at the Department of Defense Warrior Games June 19-28 at Marine Corps Base Quantico, Va.

The Soldiers selected for the Army Team are 1st Lt. Kelly Elmlinger, Sgt 1st Class Katie Kuiper, retired Staff Sgt. Eric Pardo, retired Sgt. Bethany Stewart and Sgt. 1st Class Michael Smith.

BAMC Soldiers were

**See WARRIOR, P15**



Photo by Lori Newman

(From left) Capt. Noah Washington, Sgt. 1st Class Katie Kuiper and Staff Sgt. Robert Green pose for a photo wearing the medals they received during the 2015 Army Trials March 29 to April 2 at Fort Bliss, Texas. Kuiper will compete in the Department of Defense Warrior Games June 19-28 at Marine Corps Base Quantico, Va.

## U.S. Army Institute of Surgical Research physician accepted into Capitol Hill fellowship

By Steven Galvan  
USAISR Public Affairs

For the first time since its inception in 1973, an active duty Army Medicine doctor will be a Fellow at the Robert Wood Johnson Foundation Health Policy Fellows program.

Lt. Col. (Dr.) Robert L. Mabry, the Joint Trauma System Director for Trauma Care Delivery at the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston will begin his year-long fel-

lowship in September as a member of the 2015-2016 Robert Wood Johnson Foundation Health Policy Fellows Program.

For more than 40 years, the Robert Wood Johnson Foundation has worked to improve health and health care. The Foundation strives to build a national culture of health that will enable all to live longer, healthier lives now and for generations to come.

“The reason I wanted to

**See USAISR, P8**



Photo by Steven Galvan

Lt. Col. (Dr.) Robert Mabry was selected for a Fellowship at the Robert Wood Johnson Foundation Health Policy Fellows program.

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# Teaching responsible online safety for kids: 10 seconds later, that picture still exists

By Liz Jacobson  
 USAFE-AFACRICA Public Affairs

There is a conversation many teenagers have had with their parents or friends, me included.

“Hey, don’t worry! It’ll be fine; all of the pictures I send disappear after 10 seconds. That’s how Snapchat works.”

While many teenagers only share their silly, cross-eyed, quadruple-chinned faces with friends, there are a growing number of teenagers sending inappropriate content that will “disappear.”

High school students all feel a certain level of anonymity or safeness that does not exist while using the Internet and apps like Tinder, Omegle, Chat Roulette, Instagram and Snapchat.

Unfortunately, it is incredibly simple for the receiver to take advantage of the sent content, and though the picture may disappear after 10 seconds, it can actually last a lot longer than that. While these apps can easily be used inappropriately, the apps themselves are not bad, but should just be used responsibly.

It is easy to protect yourself from online predators, but it is rarely done. The most effective way to keep information secure is to lock any social media accounts and turn all privacy settings on.

Many people spend their time clicking on pictures and profiles but it is impossible to know who is viewing your profile. It could be a friend from school or it could very easily be an online predator. Before friending or accepting anyone’s follow request, it is necessary to actually know who they are.

Social media is a great tool for keeping in touch with friends, new or old, and family members, but it is important to use caution and be responsible.

I have many friends that pride themselves on the fact they have more than one, two, or ten thousand followers. This is dangerous because it is impossible to be safe with so many unknown people seeing so much of their lives.

That behavior and feeling of invincibility starts early. I remember during middle school that Omegle was the next best thing on the Internet. At sleepovers or on Saturday afternoons, young girls and boys would sit around a laptop and pretend to be whomever they thought of, giving off silly answers and laughing at the accents they pretended to have.

However, we all knew that unless you wanted to see the “gross stuff” you had to turn the camera off. Many of us have since moved on from this fear and feel that sending pornographic content

over apps is OK.

This attitude towards sharing everything on the Internet has also lead to unfortunate, yet completely avoidable situations. Why do so many teenagers participate in an activity that can have so many bad repercussions?

Teenage girls reported to (<http://www.dosomething.org>) and the National Campaign to Prevent Teen Pregnancy that there are three major reasons for their sending of nude photos: as a joke, to feel sexy or because of peer pressures.

Sending inappropriate photos is not a joke nor will it boost a person’s confidence. While it may be a thrill at first, the psychological damage could deteriorate a girl’s or boy’s self-esteem.

Peer pressure is a horrible, but a real-life thing. Everyone experiences peer pressure at some point or another in his or her lifetime, but your body, whether you are male or female, is yours.

For teenagers, Snapchat is the most common app where pictures are shared. Snapchat is available for anyone, regardless of age and it is based on the idea of pictures disappearing forever after 10 seconds.

Despite this, it is easy to either screenshot the picture or use a third-party app that will save the picture automatically for you. These pictures



Photo courtesy of Liz Jacobson

Teenagers may feel a false sense of anonymity and security when using Internet apps, which can lead to an increasing number of teenagers sending inappropriate content. Irresponsible sharing of pictures or other content could lead to damaged reputations and self-esteems, the attention of online predators or jail time for the possession of child pornography.

can be used against the sender at the receiver’s convenience.

Even two people that have a trusting relationship should not partake in this kind of activity for two reasons: First, it could be considered illegal. Second, it can easily be shared or shown to others that were not the intended audience.

According to Dosomething.org, 17 percent of “sexters” share the messages they receive with others, and 55 percent of those share them with more than one person.

Everyone wants to believe that their friends would never betray them, but we have all seen the stories of a girl’s pictures being spread around school as a prank or because she made someone mad. These situations are so damaging to a person’s confidence and reputation. It is common to think that someone in a close circle is not going to end up like those girls or boys, but it can easily happen to anyone with just the click of a button.

The number of people sharing inappropriate pictures is increasing. Sources say that 1 in 5 teenagers are sharing provocative photos, but it may be even scarier that the senders are getting younger. It is hard to imagine that seventh- and eighth-grade students are sending such mature content, but it is happening.

I have a younger sister and I believe that it is my job to warn her and educate on her on the dangers of sexting and online predators. Everyone in high school should be doing this as well. Do not encourage it by talking about how much fun and how safe it is in the locker room. Do not make it seem okay to these young, impressionable girls and boys.

Do not be afraid to stand up against pressures of sending inappropriate photos across the Internet.



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## News Briefs

### 502 ABW Conducts Exercises Tuesday Through May 20

The 502nd Air Base Wing will conduct natural disaster/chemical, biological, nuclear/anti-terrorism exercises from Tuesday through May 20 at all Joint Base San Antonio locations. Department of Defense and higher headquarters guidance requires exercise response plans be carried out to remain ready for emergency situations. "These exercises allow our first responders and disaster response forces to enhance their interoperability and integration while also highlighting and testing their own capabilities," said Master Sgt. Thompson, the 502nd ABW Inspector General office's superintendent. During this exercise, expect to see increased activity from the emergency responders, hear exercise announcements over the Giant Voice system and at some locations, individuals could see road closures as well. There should be minimum impact to missions. For more information, call 808-0010.

### 937th Training Group Assumption Of Command

Col. Steven C. Caberto will assume command of the 937th Training Group at a ceremony at 3:30 p.m. Monday 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.

### Summer Sense Campaign Kickoff Event Wednesday

The Army Substance Abuse Program hosts a Summer Sense Campaign kickoff event by the Texas A&M Agrilife Extension about alcohol abuse prevention at 10:30 a.m. and 1:30 p.m. Wednesday at the Fort Sam Houston Theater, 2250 Stanley Road. This training will count as annual substance abuse training for Soldiers and civilians. After the training, the 502nd Security Police Squadron and San Antonio Police Department will conduct mock field sobriety tests, use "drunk goggles," driving-under-the-influence simulators and more. For more information, call 221-9654.

### Telephone Sponsorship Access No Longer Authorized

With the implementation of Air Force

See NEWS BRIEFS, P6

# IMCOM commander wants another BRAC round to rid Army of excess infrastructure

By J.D. Leipold  
Army News Service

Another round of base realignment and closure was called for by the Army's top installation management officer as a way to rid the service of excess infrastructure and modernize facilities.

The Army has drawn down the active-duty force by 80,000 Soldiers already, and expects to have an active-duty end strength of 490,000 Soldiers by the end of 2015.

In fiscal year 2016, the Army will continue that drawdown, and expects to reduce by an additional 15,000 Soldiers. By the end of FY 2016, the Army will have reduced itself from a wartime high of 570,000 to just 475,000 – a reduction of 95,000 Soldiers.

That loss of Soldiers means there will be unused infrastructure in the Army – an infrastructure that will be empty, but will remain costly to maintain. Right now, the Army estimates an 18 percent excess in infrastructure, and that



Photo by J.D. Leipold

Speaking before members of the Association of the U.S. Army in Washington, D.C., April 21, Lt. Gen. David D. Halverson, commanding general of the U.S. Army Installation Management Command, addresses another round of base realignment and closure and also speaks of Army partnerships in energy and water solutions.

percentage will continue to grow as more Soldiers leave the Army, said Lt. Gen. David D. Halverson, commander of U.S. Army Installation Management Command at Joint base San Antonio-Fort Sam Houston and assistant chief of staff for installation management.

The general, joining in with virtually all senior Army leaders, said the service needs another round of base realign-

ment and closure. He spoke April 21 during an Association of the U.S. Army Institute of Land Warfare breakfast in Washington, D.C.

"The Army needs to right-size its infrastructure to ensure that our dollars buy us what we need," Halverson said.

What the Army needs, Halverson said, is to reduce excess infrastructure so that it may instead spend those funds

on modernizing the infrastructure it does need.

"In time, just putting off the health of your installations is degrading, and that's a fine balance," he said. "You can do it for one year, you can do it for two years, but overall, you will not be able to modernize the capability that we need and so those are the decisions we have to look at now."

Halverson said that while the Army is making headway in cutting electricity and water costs – which presently run \$1.6 billion Army-wide – it is still "a fixed cost that doesn't go anywhere but up ... and it's still very concerning."

Through efforts with the office of the assistant secretary of the Army for installations, energy and environment, Halverson said, the Army has been forming more non-acquisition-based partnerships with industry as a way to reduce power costs.

"Those partnerships are amazing," he said, citing a recent energy partnership that started recently on Fort Ben-

ning, Ga. "The Army is leading the way with new energies and with our approaches to buying contracts to use other people's money to sustain and get better mission assurance of our energy and our water on posts – that's what we need to do for 2025."

Another initiative Halverson cited was a new desalination plant now on Fort Bliss, Texas, which allows the Army to make its own water at a cheaper price. The reverse-osmosis plant desalinates groundwater for use by El Paso and the installation. Presently, it is the largest non-seawater desalination plant in the world.

Additionally, Fort Bliss expects to place in operation by the end of the year, a 20-megawatt solar farm consisting of 94,000 photovoltaic panels. The \$120 million project will make it the largest of its type within the U.S. military.

"We have to decide what to relocate or tear down to decrease our costs on posts," he said.

## Senior enlisted leaders network; foster military, business communication

By Chief Petty Officer  
L.A. Shively  
NMETC Public Affairs

Senior enlisted leadership from across Joint Base San Antonio and surrounding areas gathered April 15 at the oldest Veterans of Foreign Wars post in Texas, VFW Post 76 on the San Antonio River, partly to socialize, but also to build bridges

with each other and with the community.

Sponsored by the Senior Enlisted Advisory Council of the San Antonio Chamber of Commerce, the reception also provided the chance for senior non-commissioned officers to take a break from their hectic schedules.

More than 300 at-



Command Sgt. Major Hu Rhodes (left), command sergeant major for U.S. Army North (Fifth Army), shares a few laughs with retired Master Sgts. Roy Martinez (center) and Arnulfo Vazquez (right) during an April 15 senior enlisted leadership reception at the Veterans of Foreign Wars Post 76 on the San Antonio River.

Photo by Chief Petty Officer L.A. Shively

See ENLISTED, P9

# JBSA-Lackland Tuskegee Airmen exhibit open to the public

By Senior Airman Lysie Nichols  
JBSA-Lackland Public Affairs

The Tuskegee Airmen exhibit officially opened up to the public Monday during a ribbon-cutting ceremony at the Joint Base San Antonio-Lackland Airmen Heritage Museum.

During the event, Airmen dressed up in old uniforms that resembled those worn by Tuskegee Airmen and joined a flight of Airmen in modern-day uniforms to symbolize "One Air Force."

"Today is an amazing day for me to be here, I'm just so honored," said Gen. Robin Rand, commander, Air Education and Training Command, host for the ceremony. "We owe a debt of gratitude to the Tuskegee Airmen; they paved the way for us."

"Thank you for your service to our nation, I'm honored to be in your presence."

Other activities included a performance by the U.S. Air Force Band of the West and an autograph session with the Tuskegee Airmen.

"This event was more than what I could have hoped for," said Eugene Derricotte, a pilot and original Tuskegee Airmen. "It was nice to come and reminisce and be remembered for this historic event."

Fernando Cortez, senior exhibit specialist for the Airmen Heritage Museum, was also impressed with the event.

"The turnout was amazing," Cortez said. "Everybody had a great time and got to learn a little about an important part in history."



Photo by Joshua Rodriguez

Airmen suit up in period uniforms during the ceremony to open the Tuskegee Airmen exhibit on Joint Base San Antonio-Lackland Monday. They joined a flight of Airmen in today's uniforms to symbolize "One Air Force."

Along with the help of a few volunteers, Cortez, who has been with the Airmen Heritage Museum for 17 years, led the group in researching the exhibit and track-

ing down the items that would help make it look and feel authentic.

Efforts started in early 2014 at the Air Force Historical Research Agency, a repository for

Air Force historical documents at Maxwell Air Force Base, Ala.

The agency provides research facilities for professional military education students, the faculty, visiting scholars and the general public. It consists of more than 70 million pages devoted to the history of the service and represents the world's largest and most valuable organized collection of documents on U.S. military aviation.

Extreme detail was used while putting together the exhibit, from the Italian style stucco on the wall to the tiles on the floor, and the group made sure the exhibit was as accurate as possible.

"The uniforms came from our museum, but a lot of the other items like the desk and type-

writer came from friends, family or volunteers who donated to the museum," Cortez said.

As for the items that friends and family cannot provide, Cortez says he finds items driving around the local area and fabricates them to make them look 'more authentic.'

"The items we need could be anywhere," he said. "You never know what you can find."

The exhibit was finished in early this year and is based on Master Sgt. William Harris, a line chief with the 332nd Fighter group and killed in WWII, and depicts a scene where he is calling a mechanic with instructions to ready a fighter plane for combat while his administrative typist documents the phone call.

3 x 4.75 AD

3 x 4.75 AD

## 32ND MEDICAL BRIGADE WELCOMES NEW COMMAND SERGEANT MAJOR

Command Sgt. Maj. David Franco (left), incoming command sergeant major, accepts the Noncommissioned Officers Sword from Col. Jack Davis, 32nd Medical Brigade commander, at the change of responsibility ceremony April 24 at the Army Medical Department Museum Amphitheater, on Joint Base San Antonio-Fort Sam Houston. By accepting the sword, Franco accepts the responsibilities and authority as the unit's senior NCO. Franco has served in a variety of positions as a combat medic, including as a platoon medic, senior company medic and platoon sergeant, as well as in various infantry regiments, and as a first sergeant and operations sergeant for units stateside and overseas. He most recently served as the command sergeant major for the 31st Combat Support Hospital at Fort Bliss, Texas and Task Force 31 Medical, Bagram, Afghanistan. The 32nd Medical Brigade is the largest training brigade in the Army and is responsible for providing the Army with the best medically, technically and tactically trained Soldiers and professionals in the world. The brigade trains 26,000 medical professionals every year. Far right is outgoing Command Sgt. Maj. Michael Gragg, who also filled in as the Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence command sergeant major.



Photo by Esther Garcia

3 x 9.75 AD

## ARMY SURGEON GENERAL VISITS CAMBODIA

Lt. Gen. Patricia Horoho, the U.S. Army Surgeon General and commanding general of the U.S. Army Medical Command, made her first official visit to Cambodia April 29. Horoho is the first woman and first nurse to ever hold the title of surgeon general in the 239-year history of the U.S. Army. Accompanied by the U.S. Ambassador to the Kingdom of Cambodia William E. Todd and MEDCOM Command Sergeant Major Gerald Ecker, the general met with Cambodian health officials, toured the Royal Cambodian Health Science Institute and visited the Preah Ket Mealea Army Hospital.

Photo courtesy of the U.S. Embassy Phnom Penh, Cambodia



## News Briefs

### Continued from P3

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](mailto:usaf.jbsa.502-abw.list.502-sfs-fsh-visitor-control-center-owner@mail.mil). For more information concerning these processes, call 221-1108 or 221-2756.

### Closure of Ludington Road

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

### 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.

# Military Spouse Team Building Camp Out at Canyon Lake helps families focus on each other

By Tiffany Sertich  
JBSA-Fort Sam Houston  
Military & Family  
Readiness Center

Dreary weather and mud didn't deter military families from the first ever JBSA Military Spouse Team Building Camp Out April 18-19 at the Joint Base San Antonio-Canyon Lake Recreation Area.

Working together, the JBSA-Fort Sam Houston Military & Family Readiness Center and JBSA-Lackland Youth Programs provided an opportunity for families to break free from their normal routine and



Camp facilitator Ann Oliphant (in middle, red shirt) asks questions of families during a trivia Jeopardy game. during the Joint Base San Antonio Military Spouse Team Building Camp Out April 18.

focus on each other in a relaxing atmosphere.

The camp out provided an alternative from the normal classroom-style PowerPoint training and allowed the whole family to attend.

Families rotated from various stations, manned by Military Family Life Counselors, Exceptional Family Member Program coordinators, Family Life facilitators and Mobilization and Deployment Work Life Specialists.

Facilitators at each station of the camping experience created interaction and challenge scenarios in an effort to teach lessons in communication, cooperation, team work and resiliency.

At the end of each challenge, families gathered to discuss the challenge and ways to

improve communication, prioritizing responsibilities and time, trust and other skills that could improve situations at home and at work.

“My husband and I really enjoyed the Military Spouse Campout,” said Stephanie Meregentime. “It started out rainy, but everyone kept their attitude positive and it turned out to be a great day. The games and information were presented in a fun and informative manner.”

After the team building and resilience training, families joined a nature hike led by

Jared Moore from Youth Programs, swam in the lake and played team games after lunch.

The Military & Family Readiness Center at offers many weekly and monthly classes to help service members, their families, retirees and Department of Defense civilians with the challenges of everyday life such as finances, employment, family development, relocation, volunteer services, deployment and EFMP. To learn more about these services or to request training, call 221-2705 or 221-2418.



Photos by Tiffany Sertich

Teams work together using “lily pads” in order to get to the finish line.



Military Family Life counselors discuss the importance of teamwork after the group exercise.

# AMEDD Center and School, HRCoE, announces Best Warriors for 2015

By Phil Reidinger  
AMEDDC&S, HRCoE  
Communications Officer

Eleven Soldiers and noncommissioned officers assigned to 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 competed in a 48-hour competition that tested their physical and cognitive abilities.

This annual competition names the AMEDDC&S, HRCoE Best Noncommissioned Officer and Soldier Warriors.

The competition was held April 1-2 at JBSA-Camp Bullis and included the physical fitness test, night and day land navigation, warrior tasks and battle drills, a written essay, a 50-question written

examination, weapons qualification, the JBSA-Camp Bullis obstacle course, an oral board and a 12-mile march.

During a ceremony held April 6 at Blesse Auditorium, Willis Hall, Maj. Gen. Steve Jones, commanding general, AMEDDC&S, HRCoE, and Command Sgt. Maj. Andrew Rhoades announced the two top winners of the competition. Sgt. 1st Class Christopher Leydic, 232d Medical Battalion, was named the NCO Best Warrior for 2015, while Spc. Samantha Allard, Training Support Company, was chosen as the 2015 Soldier Best Warrior. Both were awarded the Army Commendation Medal.

Jones presented the Army Achievement Medal to the NCO Best

Warrior runner-up, Staff Sgt. Grant Dilucchio, 232d Medical Battalion. The Soldier Best Warrior runner-up was Spc. Andrew Hardaway from the Training Support Company.

All candidates received a certificate of achievement for their participation in the competition.

The Best Warrior competition measures a Soldier's ability to apply proficiency in warrior tasks and battle drills, as well as general Army knowledge to the contemporary operating environment. The competition is also a professional development opportunity which promotes esprit de corps and recognizes Soldiers who demonstrate commitment to the Army values, embody the Warrior Ethos and represent the force of the future.



Photo by Esther Garcia

(From right) The 2015 Noncommissioned Officer Best Warrior runner-up is Staff Sgt. Grant Dilucchio, while the NCO Best Warrior is Sgt. 1st Class Christopher Leydic, both assigned to 232nd Medical Battalion at Joint Base San Antonio-Fort Sam Houston. Soldier Best Warrior is Spc. Samantha Allard and Soldier Best Warrior runner-up is Spc. Andrew Hardaway, both with Training Support Company, 32nd Medical Brigade. The 2015 Best Warrior Competition Awards Ceremony was held April 6 at Blesse Auditorium, Willis Hall, Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence.

The competition provides the command the opportunity to showcase

the capabilities of warrior medics and prepares them for competi-

tion at the U.S. Army Medical Command and Army levels.

6 x 4.75 AD

## USAISR from P1

do this was to improve my capacity as an Army Medical Department leader by seeing firsthand how things work at the political and strategic level, and to see how senior leaders deal with tough challenges,” Mabry said.

With an illustrious 31-year Army career thus far, Mabry believes that his experience as an enlisted Soldier and a commissioned officer on the Colonel promotion list gives him a unique perspective on trying to improve combat casualty care.

“I’ve have served as an infantryman, a special operator, a combat medic and now as a doctor,” he said. “I’ve taken care of Soldiers under fire on the battlefield, during tactical evacuation on board

medical evacuation, at remote, forward aid stations and in the hospital. I think my prior enlisted and special operations combat service gives me a unique insight into casualty care that is rare within the AMEDD.”

Through personal experience while treating casualties on the battlefield and research, Mabry has been effective in changing how combat casualties are treated at the point of injury. As a high-speed Special Forces medic, well-trained with the latest tools and techniques available, Mabry served with an elite special operations unit in Mogadishu, Somalia – the operation made famous by the movie “Blackhawk Down.”

“Back then, we were taught to perform civilian oriented prehospital care under fire on

the battlefield. Care that was based on car wrecks and heart attacks,” Mabry recalled. “Things like immobilizing someone’s spine if they had any injury to above the shoulders, using tourniquets only as a ‘last resort’ or putting an IV into someone with a simple gunshot wound when the bleeding is under control. Looking back, it did not make much sense, but that’s how we were trained.”

Based on research that Mabry did while assigned to the USAISR during his first tour, the Army spent \$70 million to upgrade flight medic training to meet that of civilian critical care flight paramedics.

The research compared outcomes of casualties flown by critical care paramedics from the National Guard to those flown

by Army flight medics. The data showed a 66 percent reduction in death by National Guard flight medics who were trained critical care flight paramedics.

“One of my most prized possessions is a patch from the Critical Care Flight Paramedic Class 001,” Mabry said.

Another accomplishment that Mabry is proud of – one that he has been working with for the last four years – is establishing the current Military Emergency Medical Service and Disaster Medicine Fellowship Program.

“It’s the only program in the Department of Defense that trains doctors to understand out-of-hospital care,” he said. “The research that we’ve done here at the USAISR shows that prehospital setting is the area where we can make the most

significant difference in combat casualty care survival, yet today, I am the only board certified prehospital specialist on active duty in the DOD.”

Mabry said that his experience in Somalia planted a seed in him to dedicate his career to improving combat casualty care. It’s something that stuck with him when he went from sergeant 1st class to second lieutenant to attend medical school at the Uniformed Services University of the Health Sciences shortly after the Mogadishu incident.

“Mogadishu was a big game changer for me,” he said. “I have been driven to improve the care of Soldiers on the battlefield since then.”

Nowadays his motivation remains the same, except that there’s an extra incentive for him. Both of his sons are in

the military – one is an Army Ranger and the other is in the Naval Academy – with aspirations to become a Navy SEAL or a Marine.

“I’m personally invested to taking care of Soldiers out in the field,” Mabry said.

Mabry believes that the fellowship at RWJF will help him to continue to make a difference in Army Medicine and combat casualty care.

“We are organizationally focused on hospital based care. Once a casualty reaches the hospital, most survive,” Mabry said.

“But our data shows the vast majority of combat deaths that are potentially salvageable die before reaching the hospital. We need more focus on prehospital care. That’s where I believe that I can continue making a difference for our Soldiers.”

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**ENLISTED from P3**

tendees had the chance to interact with military and business leaders.

"It was very impressive," said Command Master Chief Chris Angstead, Navy Medicine Education and Training Command's command master chief. "There was participation from our senior enlisted Army, Navy, Marine Corps, Air Force and Coast Guard. Community outreach is bar none. It was inspiring to see the community reach out to the senior enlisted.

"Talking with my counterparts in the other services – they rang the same tone," he said, adding that the reception is a golden

opportunity for all services from the E-7 to E-9 levels including at the command level. "It was awesome."

"The Navy senior enlisted may not know who the Army senior enlisted are and this was a way for them to talk to each other about their successes and challenges," said Caryl Hill, Texas Employer Support of the Guard and Reserve Area 4 chairman. "They're the ones that keep the military going."

"This event helps boost morale and allows the senior enlisted to mingle and get to know each other," said 1st Sgt. Tyron McNeal, with Company B, Warrior Transition Battalion, JBSA-Fort Sam Houston.

"It's a good opportunity for the senior NCOs from all branches of the military to meet each other, interact and share stories and experiences," said Sgt. Maj. Christopher Holliday, U.S. Army South.

"I think it's a great opportunity to network," said Brandy McCain, whose husband is Air Force Master Sgt. Richard McCain, a military training instructor with the 737th Training Group at JBSA-Lackland. "I don't get a chance to meet this many spouses in one place and I really enjoy meeting other people and seeing what their lives are like."

"This evening is a chance for our community to honor you," said

Brian Posten, chairman of the Senior Enlisted Advisory Council of the San Antonio Chamber Commerce. "We know the importance of your roles within the military and the critical advantage you bring to the training, readiness and combat missions of our nation's armed services."

"Every time we get people together where they see friends and see the community supports them, I think is a positive thing. We want to express our support for our men and women in service in every way we can," said Henry Cisneros, chairman of the board for the San Antonio Chamber of Commerce.

"Just being here to

honor them and celebrate with them and kickoff Fiesta is right thing to do," Cisneros said. "There are never enough ways to say 'thank you for your service.'"

"Originally planned for once a year in conjunction with Celebrate America's Military, the reception was so well received we decided to do two per year," said Will Garrett, vice president for economic development for the San Antonio Chamber of Commerce.

The majority of military members in San Antonio are enlisted, said Tammany Williams, a business owner, honorary commander emeritus and "honorary first sergeant"

by the JBSA-Lackland First Sergeants Council as well as a member of the Senior Enlisted Advisory Council.

Williams explained the SEAC was created because the majority of military personnel in San Antonio are enlisted and the Chamber's Military Affairs Committee wanted to a group dedicated to promoting the needs and recognizing those military members.

Williams created a special 2015 Fiesta Medal, distributed exclusively at the SNCO reception and recognized by the San Antonio Express-News with a first place in the military category for its Fiesta medal contest.

**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>.



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# DOD examines, uses new data to combat sexual assault

By Jim Garamone  
DOD News, Defense Media Activity

The Department of Defense will capitalize on being a learning and growing organization as it takes new data and forms new policies to combat sexual assault, said Secretary of Defense Ash Carter Friday.

The secretary told the Pentagon press corps that the fiscal year 2014 annual report on sexual assault in the military helps the services understand and correct flaws in the program.

The report, he said, contains a new measurement to better estimate the number of service members who experienced sexual assaults last year. That number is 20,300.

“That’s clearly far, far too many,” Carter said. “But we judge that it is a more accurate measurement of sexual assault, because it is more in line with the range of crimes that military law defines as sexual assault.”

An examination of the data also gives a clearer picture of male-on-male assaults, he said.

“Compared to women, men are less likely to report and more likely to experience multiple incidents by multiple offenders, and they’re more likely to view the incident as hazing or an attempt to humiliate,” the secretary said.

Carter has directed the services to examine the data and look for the best ways to meet the needs of men and women seek-



Photo by Petty Officer 2nd Class Sean Hurt

Defense Secretary Ash Carter tells the Pentagon press corps that the fiscal year 2014 annual report on sexual assault in the military helps the services understand and correct flaws in the program, May 1, 2015.

ing treatment for sexual assault.

The survey also suggests that 22 percent of

active-duty women and 7 percent of active-duty men may have experienced some form of sexual harassment last year. The secretary said that alone is abhorrent, but it is particularly so as the survey says those who experience sexual harassment are more likely to be sexually assaulted.

“So we have to better attack permissive behaviors like sexual harassment,” Carter said.

Carter is aiming at this nexus between harassment and assault.

“I’m directing the services to update their prevention training to incorporate what we’ve learned and have that integrated in the training,” he said.

Carter is also taking

full aim at retaliation, especially peer-on-peer retaliation.

“Too many service members, the data shows, feel that when they report or try to stop these crimes, they’re being ostracized or retaliated against in some way,” he said.

Carter ordered the Defense Department to develop a defense-wide comprehensive strategy to prevent retaliation against service members who report or intervene on behalf of victims of sexual assault and other crimes.

“The report makes it crystal clear that we have to do more, and it gives insights on how to improve this ongoing campaign to ensure dignity and respect in our

institution,” he said.

“No man or woman who serves in the United States military should ever be sexually assaulted, nor should they experience reprisals for reporting such crimes,” Carter said.

The secretary said all in the department are dedicated to eradicating the crime, but that it will take time. Still, he said, the military has particular strengths.

“We believe in an ethos of honor and trust,” Carter said. “We’ve tackled tough problems before, and again, we’re a learning organization, so we’ll keep getting smarter, we’ll keep getting better, we’ll keep doing everything we can to beat back sexual assault, and we won’t let up.”

## Commentary: Honest answers to sexual assault myths

By Maj. Gen. Gina Grosso  
Air Force Sexual Assault Prevention and Response director

As Sexual Assault Awareness and Prevention Month closes out, I want to take the opportunity to address three persistent myths regarding the Air Force’s Sexual Assault Prevention and Response program.

These myths include a commander’s ability to start, stop or otherwise hinder a sexual assault investigation; what agencies can take a sexual assault report; and the number of sexual assaults where the victim and the perpetrator are in the same unit.

The first myth in the general public and within the Air Force is that commanders decide whether or not allega-

tions of sexual assault made by their subordinates will be investigated.

This is simply not true! Air Force commanders are required by Air Force policy to immediately refer all sexual assault allegations to the Air Force Office of Special Investigations, which is required to investigate all sexual assault allegations.

Commanders have no say over whether AFOSI investigates a sexual assault allegation or any other criminal matter within AFOSI’s investigative jurisdiction. AFOSI agents operate independently of the Air Force’s traditional chain of command, reporting instead through AFOSI’s own command structure.

Air Force policy also dictates that the AFOSI commander notify the secretary of the Air Force in writing of any instance in which a commander, or any other Air Force member, attempts to impede an investigation or limit the use of investigative techniques through the use of their authority.

The secretary of the Air Force and the Department of Defense inspector general are the only individuals outside AFOSI who may direct an agent to conduct or not conduct specific investigative activities or to close an investigation.

The second myth that persists is that sexual assault victims wishing to make a report must go through their commander, supervisor, or

law enforcement channels first.

Again, this is simply not true! A victim can go directly to Sexual Assault Response Coordinators, SAPR Victim Advocates, or healthcare providers. These professionals regularly receive both restricted and unrestricted reports and are available to help victims navigate through either reporting option.

In addition, a special victims counsel is available to all sexual assault victims. SVCs are military attorneys whose sole job is to advocate on behalf of sexual assault victims. These specialized lawyers can help victims gain a better understanding of the investigative and legal system processes. If a sexual assault victim

chooses to participate in the military justice process, the SVCs can also represent the victim in court.

The restricted reporting option is for sexual assault victims who wish to confidentially disclose the crime and receive medical treatment and services without triggering the official investigative process or pressing charges against a perpetrator.

Service members who are sexually assaulted and wish to file a restricted report must report the assault to a SARC, a SAPR VA, or healthcare personnel.

The unrestricted reporting option is for sexual assault victims who want law enforcement officials to investigate the assault in order

to hold the perpetrator accountable. Once an unrestricted report is made, AFOSI agents investigate each and every reported sexual assault allegation over which the Air Force has jurisdiction. Anyone wishing to file an unrestricted report may report the crime to law enforcement, the chain of command, SARC, SAPR VA or healthcare personnel.

The third myth is that in every sexual assault case the victim and the accused share the same commander and that this leads to retaliation within the unit such as a reduction in rank, a decrease in pay, or being forced out of the military.

Roughly one in six

# Three Joint Base San Antonio members tell their stories of survival to help stop sexual assault

By David DeKunder  
JBSA-Randolph Public Affairs

Military members who have survived a sexual assault have to deal with emotional and physical scars and feelings of shame and powerlessness that come after the assault.

Dealing with the repercussions of sexual assault or harassment can make survivors feel isolated and alone with no one to trust or turn to. Three Joint Base San Antonio military members who survived sexual assaults are hoping to instill change by coming forward and telling their stories.

The three survivors, Master Sgt. Nicole Hicks, Air Force Personnel Center mission support assignments NCO in charge at JBSA-Randolph; Chief Master Sgt. Katie McCool, 323rd Training Squadron superintendent at JBSA-Lackland; and Capt. Jacqueline Just, chief admissions and dispositions at JBSA-Fort Sam Houston, are working with staff members from the JBSA Sexual Assault and Prevention Response Program and are using their voices to advocate and help members throughout JBSA.

The SAPR program focuses on raising awareness and sexual assault prevention in the military, while providing services and support for sexual assault survivors.

Even before she entered the Air Force, Hicks experienced the traumatic effects of sexual assault. Her assault occurred when she was a teenager and for years, Hicks said, she blamed herself for not doing enough to stop the assault.

But when Hicks encountered sexual harassment on several occasions as an Airman, she decided she had enough and stood up for herself and reported each of the incidents.

"I came forward to let folks know there are ways to say,



Photo by Johnny Saldivar

(From left) Capt. Jacqueline Just, chief admissions and dispositions at Joint Base San Antonio-Fort Sam Houston, Chief Master Sgt. Katie McCool, 323rd Training Squadron superintendent at JBSA-Lackland; and Master Sgt. Nicole Hicks, Air Force Personnel Center mission support assignments NCO in charge at JBSA-Randolph, are working with staff members from the JBSA Sexual Assault and Prevention Response Program and are using their voices to advocate and help members throughout JBSA. The three were provided a survivors' flight in a T-1 Jayhawk by the 12th Flying Training Wing at JBSA-Randolph May 1. "Soaring Over The Storm: The Survivor's Story," was the theme for the flight.

"Hey, that's not appropriate. You can't talk to me that way," Hicks said. "I've been told, 'Sgt. Hicks, because of your story, it makes it okay for me to come forward.'"

Inspired to help other military members who have been sexually assaulted or sexually harassed, Hicks became a certified SAPR victim advocate. As a victim advocate, Hicks provides support to and helps find resources for survivors of sexual assault.

Hicks said being a victim advocate allows her to reach out to survivors of sexual assault who may feel helpless and have no one else to turn to.

"It's basically helping those who need to regain that strength and power and let them know they are not alone," she said. "You are not just a number; you are not just a statistic. You are important, you matter."

McCool said she had no intention of coming forward with her survivor story until after the NCO who had assaulted her

was convicted and sentenced at a military trial at JBSA-Lackland.

"I don't think I can stop (sexual assault) from happening," McCool said. "But if I'm not willing to talk about it, then I can't even come close to being of help to be part of the solution."

McCool said she hopes her survivor story will lead to an honest conversation about sexual assault, which includes not pinning the blame on the survivor.

"I hope that people will start having real conversations about sexual assault," she said. "Sexual assault occurs in many different ways to many different people. "There are predators that you would not expect or suspect."

"In my case, a lot of people were saying, 'No way, he could never have done that,'" she said. "He had multiple victims spanning many years."

McCool said the military has taken steps to make it easier for service members who have been sexually assaulted or ha-

arrassed to come forward and get the help needed.

"The Air Force is working to ensure victims aren't being ostracized and that when a victim comes forward the leadership chain protects the victim throughout the process," she said.

Just spoke at the Sexual Assault Awareness and Prevention Month proclamation signing ceremony in April at the Medical Education and Training Campus Academic Center at JBSA-Fort Sam Houston.

At the ceremony, Just told the audience that she had reported her commander at her last duty station for sexually assaulting her and her friend. Just said she is sharing her story to encourage other survivors of sexual assault to come forward.

"It's important that survivors know to get help, you can't do this alone," Just said. "I know I couldn't. If you don't get help, you won't be able to function in your unit."

Just credits the SAPR pro-

gram for connecting her to mental health professionals who helped her overcome the depression and anxiety she felt after her assault.

"I want them to take away that justice does prevail and that help is a phone call away," she said. "While the road may not be easy, the joy at the end of the journey comes with the conviction, and hopefully they get it."

Hicks, McCool and Just were provided a survivors' flight in a T-1 Jayhawk by the 12th Flying Training Wing at JBSA-Randolph May 1. "Soaring Over The Storm: The Survivor's Story," was the theme for the flight.

Lt. Col. David Leazer, 12th Operations Group deputy commander, said the survivors' flight came about in a discussion between him and Bernadette Villa-Morris, JBSA-Randolph SAPR victim advocate.

Leazer said the flight was a way to show solidarity for sexual assault survivors.

Participating in the survivors' flight had a symbolic meaning for Just. "I'm soaring above the problems I had last year," she said. "I'm soaring above the sadness; I'm soaring above the setbacks. I look at this flight as taking me to a new destination this year."

Any military member who has experienced sexual assault or harassment can speak confidentially to their sexual assault response coordinator, victim advocate, chaplain or medical professional.

To report a sexual assault or speak confidentially to a victim advocate, call the JBSA SAPR 24-hour hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.

For more information, call the JBSA-Fort Sam Houston SAPR office at 808-8990, the JBSA-Randolph office at 652-4386 or the JBSA-Lackland number at 671-7273.

# Can supplements improve your mood?

By Jessica Ford, Ph.D.  
U.S. Army Public Health Command

Most people do not plan on feeling depressed, but depression is called the “common cold” of behavioral health issues.

Almost one out of five people will have depression during their lives. Some signs of depression are losing interest in things you used to enjoy or feeling sad most of the time for two or more weeks.

If you are concerned about your mood, you may wonder what to do. In fact, finding help for behavioral health issues, like depressed mood, is an important part of maintaining personal readiness.

When you are seeking out resources, you may feel overwhelmed with information. Oftentimes, people seek advice from friends, family, coworkers and the Internet. This can be confusing. Some recommendations will be helpful, but others could be harmful.

Some sources may recommend dietary supplements as a quick and easy fix. Dietary supplementation may seem like an easy fix because you do not have to invest a lot of time or money into it and they can be taken without anyone knowing.

Unfortunately, there is no quick fix for depression. Although there is some evidence that having low levels of certain nutrients (for example, folate, B-12, calcium, vitamin D, iron, selenium, zinc, and N-3 fatty acids) contribute to some mood problems, there is very little evidence that

dietary supplements help most people who are depressed.

Scientists have found that vitamins can be helpful for some women with hormone-related depression symptoms, and for those who do not have a nutritional deficiency or depression, multi-ingredient vitamin supplementation has been shown to improve mood and reduce stress and anxiety.

Despite evidence that vitamin supplementation can be helpful for people without depression, the Department of Health and Human Services and the U.S. Department of Agriculture’s dietary guidelines for Americans advise that nutrient needs be met primarily through the food that you eat.

These guidelines only recommend supplement use in addition to a nutrient-dense diet if you are over the age of 50, a woman of childbearing age or if you have dark skin/are not exposed to enough sunlight. The Food and Drug Administration warns against taking in too many vitamins since there are upper limits of safety.

At the end of the day, taking supplements without a healthcare provider’s help may result in wasted money or time because it is hard to tell the difference between a mood disorder and normal, everyday sadness related to a stressful situation.

The best person to discuss changes in mood is your primary healthcare

See SUPPLEMENTS,  
P17

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# May is Better Hearing and Speech Month

By Tom Helfer, Ph.D.  
U.S. Army Public Health Command

There are a number of causes of hearing loss. Some of them involve temporary loss that can be treated with medication or surgery. Others are permanent and not treatable with medication or surgery but may be mitigated with amplification, such as hearing aids.

The most common type of hearing loss in the military is noise-induced hearing loss, a permanent type referred to as sensorineural hearing loss. Sensorineural hearing loss is due to damage to microscopic nerve cells in the cochlea, the end organ of hearing. NIHL is painless, progressive, permanent and preventable.

Exposure to steady

noise above damage criteria – 85 decibels – over a period of years can lead to NIHL. Weapons fire is referred to as impulse noise. Exposure to impulse noise above damage criteria – 140 peak decibels – can cause sudden permanent SNHL. This means that firing a few rounds on a range without hearing protection can cause permanent hearing loss.

By Army regulation, Soldiers are to be supplied with adequate hearing protection devices suitable for their operational environment. Soldiers also have freedom of choice as to the types of hearing protecting devices available to them at no charge.

Since September 2006, Soldiers are required to have annual hearing

tests for the purpose of monitoring their hearing readiness and maintaining adequate hearing to perform their duties. These hearing tests also produce the outcomes metrics for monitoring progress in hearing loss prevention practice.

Since August 2013, the U.S. Army Public Health Command has posted active duty Army NIHL surveillance reports on their web page (<http://phc.amedd.army.mil/topics/workplacehealth/hrc/Pages/default.aspx>).

The Active Duty Noise Induced Hearing Injury Reports contain detailed five-year data trends and analysis along with a set of summary tables detailing NIHL rates for injury groups such as Army-wide rates compared to DOD, occupation groups,

age, gender groups and Army installations grouped by region compared to total Army.

The intent of these surveillance reports is to inform commanders and hearing loss prevention stakeholders of progress in preventing hearing loss. These reports can be accessed at <http://phc.amedd.army.mil/whatsnew/Pages/Periodic-Publications.aspx>.

To learn more about hearing loss, hearing protection and how annual hearing tests help to keep track of hearing loss rates, visit the Army Hearing Program web page at <http://phc.amedd.army.mil/topics/workplacehealth/hrc/Pages/Related-Sites.aspx> and <http://phc.amedd.army.mil/topics/workplacehealth/hrc/Pages/default.aspx>.

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# Army explores possibility of creating cyber career field for civilians

By David Vergun  
Army News Service

To better manage personnel, “the Army created the Cyber Branch 17 for Soldiers and is exploring the possibility of creating a cyber career field for Army civilians,” Lt. Gen. Edward C. Cardon told senators.

Cardon, commander of U.S. Army Cyber Command, testified before the Senate Armed Services subcommittee April 14 on emerging threats and capabilities during a hearing on “Military Cyber Programs and Posture.”

Establishing a cyber career management field for civilians may be easier than recruiting enough of them to fill it, and then retaining that talent, he said.

Recruiting and retaining Army civilian cyber talent “is challenging,” he said, “given internal federal employment constraints regarding compensation and a comparatively slow hiring process.”

Current efforts to attract and retain top civilian talent include “extensive marketing efforts, and leveraging existing programs and initiatives run by the National Security Agency, Office of Personnel Management, and National Science Foundation,” he said.

Also, he said that the “targeted and enhanced use of recruiting, re-location and retention bonuses, and repayment of student loans will improve efforts to attract, develop and retain an effective cyber civilian workforce. These authorities exist but require consistent and predictable, long-term funding.”

His last comment about predictable funding

was an apparent reference to the congressional use of continuing resolutions, the possibility of renewed sequestration and other unknowns like overseas contingency operations, compensation reform and other factors.

Within the Army’s \$126.5 billion fiscal year 2016 budget now in lawmaker’s hands, \$1.02 billion of that is for cyber, including \$90 million to build out the new Cyber Center of Excellence operations headquarters on Fort Gordon, Georgia, he said.

Cardon did not give a breakdown in the number of civilians, enlisted and officers the Army would need as cyber grows. Instead, he lumped them together in one number. “After a detailed study, the Army determined it needs 3,806 military and civilian personnel with core cyber skills,” he said.

Filling the cyber ranks with Soldiers seems to be going much better, Cardon told lawmakers.

“We just started using six-year enlistments. We’re having no trouble filling that. We’re working through developing the best model to retain them.”

Furthermore, the Cyber Center of Excellence, in collaboration with Army Cyber Command and other stakeholders, is working to implement a cyber career management field for enlisted personnel “that will encompass accessions, career management, and retention this fiscal year.”

He said that the Army recently approved special-duty assignment pay, assignment incentive pay, and bonuses for Soldiers serving in operational cyber assignments.

Another carrot the Army recently offered, he said, is expansion of cyber educational programs, including training with industry, fellowships, civilian graduate education, and utilization of inter-service education programs including the Air Force Institute of Technology and the Naval Postgraduate School. “We are confident these will serve as additional incentives to retain the best personnel for this highly technical field.”

Guard and Reserve retention initiatives include bonuses for Soldiers transitioning into cyber from the active side, he said. There will also be accession bonuses for commissioned and warrant officers going into Reserve-component cyber.

As of today, 25 of 41 Cyber Mission Force teams “are on mission now and we expect to have all 41 on mission by the end of fiscal year 2016,” Cardon told lawmakers. “We’re employing the teams as they reach initial operating capability.”

He said that the Army is also building 21 additional Army Reserve and National Guard Cyber Protection Teams.

Those teams will be employed with combatant commanders as part of the joint cyber effort, he said.

Air Force Lt. Gen. James K. McLaughlin, deputy commander of U.S. Cyber Command, then described where that joint effort is headed capability-wise:

There will be a total of 133 cyber teams from all the services, McLaughlin said. “We’re halfway through fielding those teams.” They should all be stood up by the end of



Courtesy photo

Lt. Gen. Edward C. Cardon tells senators that cyber security is every Soldier’s business. Cardon, commander of U.S. Army Cyber Command, testified on a panel during a Senate Armed Services subcommittee on emerging threats and capabilities, “Military Cyber Programs and Posture,” hearing, April 14.

FY16, unless sequestration returns.

Besides defending the Department of Defense’s own networks and the U.S. homeland, Cyber Command will have a role to play in protecting allies as well as the U.S. private sector, he added.

In describing U.S. vulnerability to cyber attacks, particularly the civilian sector, Eric Rosenbach, principal cyber advisor to the defense secretary, told senators that the United States is like a “glass house.”

He warned lawmakers that although the United States has a robust and growing cyber offensive capability, it is not wise to overuse that capability when attacked because it could provoke rogue nations to demonstrate

their own offensive cyber capabilities. Back-and-forth attacks would most certainly ensue and escalate, to the detriment of the United States.

Rather, Rosenbach advocated an interagency approach. For example, when Sony Pictures Entertainment was attacked by North Korea in November, the U.S. response was led by the Treasury Department, which imposed additional economic sanctions. U.S. Cyber Command was in on that planning, along with other agencies.

That is an example of an effective but restrained response, he said, advocating looking at each attack from a cost-benefit analysis perspective.

A senator then told

Rosenbach that he thought it might be a good idea, should the United States go to war, to take out the enemy’s air defenses through a cyber attack on their electrical grid.

Rosenbach replied that he would discuss the matter with them in the closed session, which followed.

“We know that a lot of the defense contractors have been penetrated and intellectual property pulled out, so we’re trying to use new contracting mechanisms” to limit that from happening, Rosenbach said, adding that for them and the rest of private industry, creating effective cyber defenses represents a “significant investment.”

Although the private sector is especially vulnerable to cyber attacks, Rosenbach said DOD is not invulnerable.

For instance, he told lawmakers that U.S. Transportation Command “has been penetrated by some adversaries, the Chinese in particular, who know that by going to the supply chain they may be able to hit us at a weaker point.”

Cardon stressed to the senators that cyber security is every Soldier’s business.

“We’re exposing all officers to cyber security because this has to become part of the foundational education that we expect them to have,” he said.

“This is a competitive space, so, we’re never really going to be done in this space,” he said, regarding the future of cyber space efforts. “This is going to have to be something that we just constantly assess on a regular basis.”



Photo by E.J. Hersom

Sgt. 1st Class Katie Kuiper wins the women's upright bicycle event during the Army Trials for the 2015 Department of Defense Warrior Games March 29 at Fort Bliss in El Paso, Texas.

## WARRIOR from P1

among those who competed at the 2015 Army Trials at Fort Bliss, Texas, March 29 to April 2 with the hope of garnering a spot on the Army team that will participate at the DOD Warrior Games.

Kuiper, of Company C, Warrior Transition Battalion, received three medals – gold in women's upright cycling, gold in women's track 1,500 meter, and silver in women's track 400 meter.

"It was a great opportunity. I enjoyed the coaching and getting to participate with a huge group of guys motivating me," Kuiper said.

Kuiper has been a part of the BAMC WTB Soldier Adaptive Reconditioning Program since the beginning of 2014 and will be medically retired when she competes in June.

"Cycling and running have been significant in Katie's transitioning and healing process both mentally and physically," said Jennifer Weatherford, site coordinator for the BAMC Military Adaptive Sports Program. "It's allowed her to reach her goals and focus on something positive other than her medical appointments and surgeries."

Capt. Noah Washington, Company A, WTB, competed in three events at the Army trials – archery, air rifle and wheelchair basketball – and received a silver



Photo by Tim Poch

Capt. Noah Washington prepares to release his arrow during an archery practice session for the 2015 Army Trials March 22 at Fort Bliss, Texas.

medal in the air rifle prone, open division, but was not able to make the Army team.

"Shooting is what I enjoy the most, but archery is just as fun to me," Washington said.

"I think Fort Bliss did an excellent job putting on the Army trials. The other part was the coaching staff. There were some really good coaches there."

Staff Sgt. Robert Green, Company B, WTB, also fared well during the Army Trials, receiving a gold medal

in men's seated shot put, as well as bronze medals in men's seated discus and air rifle standing, but did not make the team.

Green said he once heard a quote which he thought summed up his experience at the Army Trials: "Together by chance, united by choice."

"We came together because of an injury or illness, but it was up to each individual to come together as a team," Green said. "It was a great experience meet-

ing a lot of different people, new people, and having everybody come together as a group."

"I am very proud of all of our Soldiers," Weatherford said. "Making the cut isn't just about their athletic achievements, it's about being a part of something bigger than yourself and all our Soldiers did very well."

Elminger didn't go to the Army Trials but she received an automatic invite to the Warrior Games because she was on the team last year and won several medals, Weatherford said.

Weatherford credited part of the Soldiers' success to their ability to train at Central Catholic High School here in San Antonio.

"This partnership is vital. There is nowhere to shoot air rifles or pistols on post and the high school is only five minutes away," Weatherford said. "The facilities and coaching provided by CCHS are invaluable to the success of the Soldiers who shoot recreationally and compete in air guns."

Green agreed, "The facility at Central Catholic is great. Retired 1st

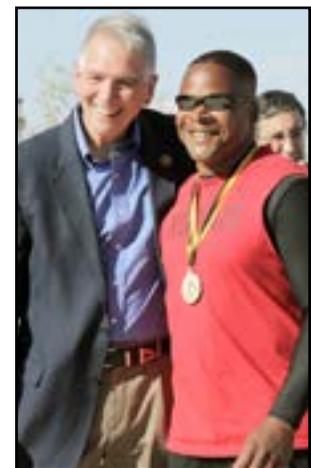


Photo by Pfc. Rebecca Dennis

Staff Sgt. Robert Green poses for a photo after being presented the gold medal April 1 for the Men's Shot Put Seated event by Congressman Dr. Ralph Abraham during the 2015 Army Trials at Fort Bliss, Texas.

Sgt. Pete Carrion is always there. If we need anything from pellets to getting air for our canisters, he is always willing to step in and help us out. He wants to make us better because he doesn't want us going to competitions to just be there, he wants us to compete and to do well."

The track and field program is also run at CCHS because there are no lines on the one regulation track located at Fort Sam Houston.



**Four Lenses™ Discover Workshop**

Friday, 9 a.m. to noon, Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. The Four Lenses™ Discover Workshop is a tool that helps with motivating reluctant people, communicating with power, reducing stress and conflicts, and creating a strategy for social competence. This class is designed to help identify the four temperament preferences of others and yourself, and is applicable to almost every aspect of life. Classes are offered monthly and are open to all Department of Defense ID cardholders. A minimum of 12 participants must registers for the class to be held. Private group classes can be scheduled for units, team building exercises, preparing for deployments, leadership trainings, informal professional development, change in management and other group forums. Call 221-2380.

**Car Seat 101**

Monday, 9-11 a.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Almost 75 percent of all car seats are installed incorrectly making car crashes the leading cause of death in children. Car Seat 101 covers the basics associated with car seat installation. Registration required by calling 221-2418. This class is a pre-requisite for the car seat clinic.

**LINKS Class**

Tuesday, May 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.

**Pre-Deployment Briefing**

Tuesday, May 19, 26, 9-11 a.m. and Thursday, May 21, 28, Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. All military members scheduled to deploy, go on temporary duty for more than 30

days or on a remote assignment are required to attend this briefing. Call 221-2418.

**Immigration, Naturalization Services Available**

Tuesday, 2 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. An Immigration and Naturalization Service representative will answer questions about immigration and citizenship. Call 221-2418 or 221-2705.

**Army Family Team Building Personal**

Growth, Resiliency Course Tuesday, 9 a.m. to 2:30 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. This course can help lower stress while improving conflict management skills. Discover ways to improve personal relationships while becoming a dynamic team member or leader. Topics covered include effective conflict management, growing through change, resiliency during crisis and grief and overcoming stress. Register no later than Friday by calling 221-2380.

**Teen Talk**

Tuesday and May 26, 4:15-5 p.m. and 5-6 p.m., Middle School Teen Center, building 2515. This discussion group is for teens on teen related topics. Teens must be enrolled in Youth Programs to participate and may choose to attend at either time. Call 221-2418.

**Helping Us Grow Securely (HUGS) Playgroup**

Tuesdays, 9-11 a.m., Middle School Teen Center, building 2515. This playgroup provides interactional activities and offers socialization for parents. The HUGS Playgroup is open to parents and children from birth to 5 years old. No registration required. Call 221-2418.

**FRG Leadership Academy**

Wednesday-Thursday, 8 a.m. to 4:30 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. This two-day training covers Family Readiness Group key positions on roles and responsibilities. Establish a network, resources and communications. Call 221-2418.

**Basic Resume Writing Techniques**

Wednesday, 9-11 a.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Learn which resume format the experts prefer when writing a non-Federal resume and how to effectively write summary statements, your employment history and other sections. Call 221-2380.

**Soldier And Family Assistance Center Peer-To-Peer Caregiver Support Group**

Wednesday, 9:30-11:30 a.m. and May 21, 12:30-2:30 p.m., Soldier And Family Assistance Center, Building 3639, Warrior Village Brooke Army Medical Center Campus. This support group provides an opportunity for caregivers to build peer support networks, share experiences and information while having a safe place to talk. Call 221-2705.

**Overseas Orientation**

Wednesday, 10-11 a.m. and 2-3 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. This training is mandatory for personnel E-5 and below. Topics covered include: entitlements, shipment of household goods, emotional stress of relocation, employment and education. Patrons only need to attend one session. Call 221-2705.

**Exceptional Family Member Program Support Group Talk**

Wednesday, noon to 1 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. The monthly support group for Exceptional Family Member Program families will focus on permanent change of station preparation. System navigators will share tips on PCS movement, transitioning to civilian life and discuss individualized services. Call 221-2705.

**Post-Deployment Briefing**

Wednesday, May 20, 27, 1-3 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. All military members returning from deployment are required to attend resiliency training to help reintegrate into home life. Discuss how to deal with the stressors associated with returning home.

Spouses are encouraged to attend. Call 221-2418.

**Basic Budget Management**

Wednesday, 9-10 a.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Basic budget management is required before attending any financial classes and one-on-one budget counseling, unless you have been referred by your command. This class can help get you started budgeting and planning. A copy of your current Leave and Earnings Statement is needed. Call 221-2380.

**Spouse Information Fair**

Wednesday, 9 a.m. to noon, Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Military spouses are invited to meet and connect with connect more than 20 different military agencies to learn about services offered at JBSA. Agencies onsite include Air Force and Army civilian personnel, legal assistance, exchange and commissary, Spouses Club, health/ medical/TRICARE, 502nd Force Support Squadron and MWR, school liaison services, child care programs and military & family readiness services.

**Couponing**

Wednesday, 10-11 a.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. This class is designed to provide an introduction to the concept of couponing, along with information on websites, applications for smart phones and more. Call 221-2380.

**Active Parenting Of Teens**

Thursday, May 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.

**Newcomer's Orientation**

May 15, 9 a.m. to noon, Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Mandatory for military and civilian personnel newly assigned to JBSA. Service members must coordinate with their unit personnel coordinator or commander

support element to schedule their orientation. Call 221-2705.

**Hearts Apart**

May 16, noon to 6 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Hearts Apart is a support group for families separated due to deployment, unaccompanied tour or extended temporary duty assignments. Call 221-2418.

**Army Family Advocacy**

Programs Unit Training May 19, 1-2 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. This is a mandated training in accordance with Army Regulation 608-18 covering domestic and child abuse identification, reporting and prevention, the Lautenberg amendment, restricted and unrestricted reporting and victim compensation. Call 221-2418.

**Instructor Training Course**

Professional Development May 19-20, 8:30 a.m. to 3:30 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Do you instruct classes effectively? Learn how to project confidence on the platform, create a lesson plan and improve teaching techniques to get the most out of your classes. ITC was developed to train instructors how to teach Army Family Team Building classes and is extended as a professional development class. Register no later than May 15 by calling 221-2380.

**Retirement, Pre-Separation Counseling**

May 19, 9 a.m. to noon, Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Retiring or separating from the military? Retirement and pre-separation counseling is a mandatory briefing. Schedule your appointment up to 24 months before your retirement date or up to 12 months prior to your separation date. Classes fill quickly. To register, call 221-2380.

**Family Readiness Group For Command Leadership**

May 20, 8:30 to noon, Joint Base San Antonio-Fort Sam Houston Military & Family Readiness

Center, building 2797. The Family Readiness Group plays a critical role in assisting commands with their mission. This training provides command leadership better understanding of their FRGs, how to utilize their volunteers, in addition to their roles and responsibilities to the families. Call 221-2705.

**Interviewing Process, Dress for Success**

May 20, 9-11 a.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. First impressions are important, especially for a job interview. Learn how to create the right image, prepare for an interview and how to communicating effectively with your interviewer. Call 221-2380.

**Sponsorship Training**

May 20, 2-3 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. According to Air Force Instruction 36-2103, sponsors must complete the Electronic Sponsorship Application & Training (eSAT). This training is available at <http://apps.militaryonesource.mil/ESAT> and provides registration for sponsors and a training certificate for personnel files, sponsorship duty checklist, newcomer needs assessment, welcome packet and links to important Department of Defense and service relocation website. For details, call 221-2705.

**Safety Seat Clinic**

May 21, 9:30-11:30 a.m., Joint Base San Antonio-Fort Sam Houston Fire Station, building 3830. This clinic assists in the inspection and installation of child safety seats to ensure children are safely and properly restrained when on the road. Registration is required, vehicle, parent and child(ren) must be present. Parents will be seen by appointment only, call 221-2418 to sign up.

**Volunteer Orientation**

May 27, 9-10 a.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Newly assigned volunteers will in-process and receive

# OUTSIDE THE GATE

## Four Parks and Recreation Regional Pools Now Open

Stay cool at one of the Parks and Recreation Department's four regional pools, now open through June 11, offering open swimming Tuesday through Thursday from 4 to 7 p.m. and Saturday and Sunday from 1 to 7 p.m. Lap swimming will also be available Tuesday through Thursday from 7:30 to 9:30 a.m. Admission is free. The regional pools are Heritage, 1423 Ellison Dr.; Lady Bird Johnson, 10700 Nacogdoches; South Side Lions, 3100 Hiawatha; and Woodlawn, 221 Alexander Ave. In addition, the four regional pools will be open in celebration of the Memorial Day weekend to include May 23-25 from 1 to 7 p.m. The regular outdoor pool

## INSIDE from P16

training on their responsibilities. Call 221-2380 to register.

## Volunteer Management Information System

May 27, 10-11 a.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Volunteers will receive hands on training with the Volunteer Management Informa-

season that includes 23 outdoor pools begins June 13 and continues through Aug. 16. For more information, call 207-3299.

## Warrant Officer Association Meeting

The May meeting of the Lone Star Silver Chapter of the U.S. Army Warrant Officer Association is at 5:30 p.m. May 18 at the Longhorn Cafe, 1003 Rittiman Road, at the corner of Rittiman and Harry Wurzbach. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call 413-1965 or 257-0931.

## 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

tion System. Open to all registered volunteers. Call 221-2380.

## Trails & Tales Tour

May 28, 8 a.m. to 1 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. This tour offers the newcomer an opportunity to become familiar with the installation and visit sites of our historic post. Transportation is provided, seating is limited. Call 221-2705.

Basketball League. The Crusaders will compete against Dallas Lady Diesel, Houston Sparks, Shreveport Suns and Texas Storm. The WBCBL league was founded in 2004 as a way to provide highly competitive basketball for women in the United States and give them exposure to play at the next level. The Crusaders will be competing at the Antioch Sports Complex, 314 Eross Street in San Antonio. For more information, visit <http://sacrusaderball.com> or <https://www.facebook.com/sanantoniocrusadersbball>.

## 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>.

## Step Families 101

May 28, 9-11 a.m. (session 4), Joint Base San Antonio-Lackland-Military & Family Readiness Center, building 1249. Combining Families can be a challenging and very rewarding. This workshop focuses on what it means to be a stepparent, balancing different aspects of a stepfamily life, define roles and rules, understand child development and relationships as well as communicating with a child's other

## 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>.

## Van Autreve Sergeants Major Association

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

## Enlisted Association

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

parent. Patrons must attend each session in order. Call 221-2418.

## Special Olympics Family Day

May 30, 10 a.m. to 2 p.m., Middle School Teen Center, building 2515 on Funston Road. Youth Programs, the Exceptional Family Members Program and the Special Olympics of Texas co-host an event for military families providing indoor and outdoor games and sports. Call 221-2705.

## SUPPLEMENTS from P12

provider, who can help you determine if your mood change or problem is the result of depression, a normal situational response or a physical problem.

If they do find that you have a mood disorder, like depression, the current gold standard treatment for depression is a type of therapy called cognitive-behavioral therapy along with a prescription antide-

pressant. Additionally, you may want to have lab tests to check for a deficiency and discuss the use of vitamins or perhaps herbal remedies with your provider.

Ultimately, only you and your healthcare team (which may include your primary healthcare provider and a behavioral health specialist) can make the best decision regarding nutritional supplementation and treatment planning for mood concerns.

## MYTHS from P10

sexual assault cases involve offenders and victims assigned to the same unit. This can result in unique issues for commanders as they support the victim and the accused.

Regardless of the accused or victim unit affiliation, retaliation is not acceptable. Furthermore, retaliation is punishable under the Uniform Code of Military Justice. The Air Force is working hard to ensure that victims of retaliation feel safe reporting such incidents as well as

know where they can go for assistance.

These three persistent myths notwithstanding, the Air Force will continue to offer the best care possible to our sexual assault victims to help them become empowered survivors. Let us all make a concerted effort not only in April, but every day throughout the year to end sexual assault. Every Airman can and must make a difference when it comes to bringing awareness and preventing this crime in the Air Force and in our communities.

# NCO promotions get tougher this year; more changes ahead

By Pablo Villa  
NCO Journal

Broad changes for Army enlisted promotions took effect March 2. More are expected later this year.

The most recent comprehensive list of changes to Army Regulation 600-8-19 are tied to the reduction in size of the force, Army Chief of Staff Gen. Raymond T. Odierno said Jan. 6 during a virtual town hall event at Fort Lee, Va. During the past 10

years, the Army peaked at a force level of about 570,000 Soldiers. That number is scheduled to dip to 450,000 by the end of 2017.

To maintain high standards in the Army's NCO Corps, promotions have to become more challenging, Odierno said.

"What we want to do is promote the right people ... so we maintain a strong Army," he said. "We've got to have the people we want to move forward. But it is not going to be as

fast as it was five years ago."

To that end, changes to the NCO schooling system were announced in February, with the revised promotion regulations coming soon after.

Among the key changes is the implementation of a link between promotion and the successful completion of Structured Self-Development courses. The SSD program helps develop adaptive, agile and critical-thinking leaders as well as pre-

pare Soldiers to function effectively in the Contemporary Operational Environment, or COE. Now, the course is a requirement for promotion for Soldiers vying for ranks from sergeant to master sergeant.

Another key change is a policy that allows promotion points for Soldiers who have spent time in a combat zone. Previously, Soldiers in the Middle East were often kept from taking part in distance education studies because of

the rigors of deployment. Now, sergeants can attain up to 30

points and staff sergeants up to 60 points for their time overseas.



Photo courtesy NCO Journal

To maintain high standards in the Army's NCO Corps, promotions have to become more challenging, said Army Chief of Staff Gen. Raymond T. Odierno.

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