

# FORT SAM HOUSTON News Leader

**JBSA HOTLINES**



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## FORT SAM HOUSTON PRIMARY CARE CLINIC RENAMED IN HONOR OF ARMY NURSE CORPS OFFICER



Jearaldy Moreno (left) and Army Maj. Gen. Jimmie O. Keenan (center), deputy commanding general (operations), U.S. Army Medical Command and chief of the U.S. Army Nurse Corps, unveil a plaque during the memorialization ceremony July 24 to rename the Fort Sam Houston Primary Care Clinic the Capt. Jennifer M. Moreno Primary Care Clinic to honor the young Army Nurse Corps officer who died on the battlefield. Yaritza Cordova, Moreno's sister, looks on as the plaque honoring her sister is unveiled. See article on Page 6.

Photo by Robert Shields

## Army North forum brings cohesion to antiterrorism force protection measures

By Sgt. 1st Class Wynn Hoke  
Army North Public Affairs

November 2009 at Fort Hood, Texas: 13 dead and 32 injured. September 2013 at the Naval Yard, Washington D.C.: 12 dead and three injured. July 16 at Chattanooga, Tenn.: 5 dead at a Navy Operational Support Center. Terrorist attacks on our service members in the homeland are unthinkable acts, but they are occurring at an alarming rate. The increase in antiterrorism and force protection measures that

are in place at installations and across the Army change constantly and those responsible for force protection measures must work together to combat this increasing threat. U.S. Army North, the Army Service Component Command for U.S. Northern Command, oversees and executes force protection and antiterrorism measures within the United States, Canada, Mexico and the Bahamas at Army posts and other installations to ensure the safety of Soldiers, civilians and families.

To enhance this mission, Army North brought together 21 ASCC's, Army commands and direct reporting units July 21-23 in San Antonio to conduct an annual antiterrorism and force protection workshop and table top exercise with the overarching theme of "Together Protecting our Army." "The goal of this workshop and table top exercise is to strengthen the Army Antiterrorism and Force Protection community within the NORTHCOM area of responsibility

# Sergeant Major of the Army: 'PRT is not the problem; 6:30 to 9 is the problem'

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By **Jay Koester**  
NCO Journal

After an Army Times article detailed the seven-day workout plan for Sgt. Maj. of the Army Daniel A. Dailey, he got a lot of comments telling him, "That's not PRT."

Dailey has also heard Soldiers using their dislike of Army Physical Readiness Training as an excuse for not exercising. During a recent interview with the NCO Journal, Dailey made it clear that he believes in PRT, but that PRT is just the beginning of staying physically fit. Dailey said he does his workout routine in addition to PRT to maintain his fitness for the things he has needed to do throughout his career as an infantryman.

"I think PRT is actually very good, and it's proved a success in our training environment," Dailey said. "We've reduced injuries, and we've increased physical fitness scores coming out of basic training and AIT.

"What I need units to understand is PRT is not the end. ... We shouldn't be blaming PRT for our failure to have success in physical fitness. It's a tool to use in achieving that success. ... PRT is not the problem; 6:30 to 9 a.m. is the problem" he said. "We've failed the sacred hour. We need to get that back. It's something that's not going to take months; it's not going to take years. Leaders can change this



Photo by Jay Koester

Sgt. Maj. of the Army Daniel A. Dailey speaks to noncommissioned officers during a town hall meeting May 11 at Schofield Barracks, Hawaii.

tomorrow morning. All they have to do is find a flag, wait for the music to go up, salute it and start getting after it."

Dailey agrees with concerns that there should be stricter consequences for failing the Army Physical Fitness Test, and he said there will be stricter consequences as the Army continues to implement STEP (Select, Train, Educate, Promote).

"When we moved into Select, Train, Educate, Promote about two and a half years ago, we made physical fitness a critical part of succeeding in your institutional training experience," Dailey said. "So if you go to your institutional training experience now and fail the APFT, you will get a derogatory DA Form 1059, which will remain in your records.

"Previously, that was not true. You could fail your school, and then when you passed, that 1059 would come out," Dailey added. "It stays in there now. That's criti-

cally important, because when we look for promotion we need to see the whole Soldier concept. So now with STEP, you have to go to your institutional training experience before you can get promoted. It's a gate. So we've said that noncommissioned officers need to be promoted because they're certified across all three leadership development domains, and now that's going to be true with STEP. So until you've completed your selection, your training in your organization, your education through self-development and your institutional experience, then and only then will you be able to be promoted. Physical fitness is a key and critical part of that."

Recently, Dailey announced that the new Noncommissioned Officer Evaluation Report would be delayed until 2016. Dailey expressed complete confidence in noncommissioned officers adapting to the changes in the

coming NCOER, but he said it was necessary to slow the process down to make sure the NCOER is implemented correctly.

"We have to get this right," Dailey said. "We worked really hard on the new Noncommissioned Officer Evaluation Report. It is an excellent product. But how we roll it out and how we make it applicable to our noncommissioned officers is essential to the move forward.

"It's OK if we slow down to take the time to make sure we train and educate the force on how to appropriately do it. We need buy-in from all the leaders here and across the Army, because this is intended to fix our Noncommissioned Officers Evaluation Report," Dailey said. "So I'm not concerned about the Noncommissioned Officer Evaluation Report; it's the right way to go. But I am concerned that we make sure that we get it right as we roll it out to the Army. And we're going to

do just that."

Because the Army as an organization is so large, it has suffered from moving people administratively instead of really managing talent, Dailey said. Though it will be difficult, Dailey hopes leaders can begin to be more involved in some of those decisions.

"We're a leadership organization," Dailey said. "I want leaders involved in that. That doesn't mean leaders will control every facet about where someone moves or where they're going to stay or extending them.

"But I do need leadership involvement with regard to managing the knowledge, skills and attributes needed to move an individual to the appropriate position that maximizes the capabilities of the organization and strengthens the mission of the United States Army," the sergeant major of the Army said. "That's complex stuff. As big as we are, that's very complex and very hard to do. So as we move forward, my senior enlisted counsel will work on doing that. Of course, a lot of that will occur at the senior noncommissioned officer ranks.

"But internal to the organization, I need talent management from the perspective of, 'I have to give back to the Army sometimes. I have to invest in the future of

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## News Briefs

### Westover Medical Home Opens In August

The Westover Medical Home on the Northwest side of San Antonio is scheduled to open in August. TRICARE beneficiaries who want to enroll or move to the new location can visit <https://www.humanamilitary.com/> or call 800-444-5445. For beneficiaries age 65 or older, call 808-2721. People are encouraged to call soon as enrollment opportunities are limited. The 12,500-square-foot community-based medical home will house 13 board-certified providers with varied backgrounds and a multitude of experience to serve their patients. People will also have the benefits of on-site laboratory capabilities and a drive-through pharmacy. The address is 10010 Rogers Crossing, which is located off State Highway 151 and Westover Hills Boulevard.

### North New Braunfels, Harry Wurzbach West Access Control Points Open In Mornings

The North New Braunfels Access Control Point, located by the Quadrangle, and the Harry Wurzbach West ACP, also known as the Pershing Gate, is open from 5:30-8:30 a.m. Mondays through Fridays, except on federal holidays, according to the 502nd Security Forces Squadron.

### New Joint Base San Antonio Website

The Joint Base San Antonio website has a new look and includes easier access to family-related resources. Visit the new site at <http://www.JBSA.mil>.

### Feds Feed Families

The 502nd Force Support Group, in conjunction with the Fort Sam Houston Commissary, is working with Feds Feed Families Campaign through Aug. 15. The campaign is a voluntary effort undertaken annually for Federal employees to bring non-perishable food items to their offices for distribution to local food banks. The 502nd FSG and commissary have prepared pre-packed dinner meals available for \$8 packaged in brown grocery bags for easy purchase. There are also bins in the commissary and other buildings throughout Joint Base San Antonio-Fort Sam Houston for dropping off non-perishable food items.

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# Roberson takes over command of Air Education and Training Command

By Tech. Sgt. Beth Anschutz  
AETC Public Affairs

Lt. Gen. Darryl Roberson took command of the Air Education and Training Command in a ceremony at Joint Base San Antonio-Randolph July 21.

Outgoing commander Gen. Robin Rand handed Roberson the reins before heading to his new assignment as the commander of Air Force Global Strike Command at Barksdale Air Force Base, La.

The ceremony was officiated by Air Force Chief of Staff Gen. Mark A. Welsh III.

"To the 62,000 men and women of the First Command, who recruit, train and educate the

more than 660,000 Airmen of our Total Force, thank you for inspiring me," Welsh said.

"Your efforts uphold all of our people programs. It blues and re-blues everyone in this unstoppable force. Despite political uncertainty and waning budgets, you infallibly develop our most valuable asset: the Airmen you educate and train. You build Airmen and there is no more sacred task in our Air Force."

Welsh highlighted some of the accomplishments of Rand during his tenure, to include the stand-up of the Profession of Arms Center of Excellence, or PACE, the addition of Airmen's Week to



Lt. Gen. Darryl Roberson commander of Air Education and Training Command, speaks during the AETC change of command ceremony at Joint Base San Antonio-Randolph July 21. Roberson is a command pilot with more than 5,000 flight hours including 865 combat hours. Roberson will oversee the operation of 10 major installations in five states. Roberson was previously the 3rd Air Force and 17th Expeditionary Air Force commander at Ramstein Air Base, Germany.

Basic Military Training, and other changes to

the way the Air Force recruits, trains and educates through its First Command.

"Our Air Force simply can't fly fight and win without you," Welsh said.

Rand took the floor and passed the praise to the Airmen of AETC.

"These great Airmen did all the hard work and I'm so darn proud of them," Rand said. "Thank you, Chief, for the opportunity to command them."

Rand used his time at the podium to thank the numerous distinguished visitors, commanders, civic and Air Force leaders in the audience. He encouraged the Airmen of AETC to keep up the hard work.

"You do something no other major command does: you produce, educate and train the future leaders of our Air Force. The next Air Force Chief

of Staff, Command Chief Master Sergeant of the Air Force and all other leaders and commanders start in AETC," Rand said.

Rand passed the command flag to Roberson and the newest AETC commander took a moment to speak to the Airmen of AETC for the first time.

"There are a few words to express how I'm feeling today: humbled, honored and extremely excited. I'm excited because of what AETC does for our Air Force and to be able to continue to serve among such stellar teammates and warriors who have pledged their lives to the defense of our great country," Roberson said. "The mission of our command is vital to the success of our Air Force and the American way of war, since Air Power is such a core piece of how we fight. Air Power starts here."

Roberson ended the ceremony with a call to action for the command.

"To Air Education and Training Command members, I am excited to serve alongside you and I promise to give you my best effort every day. I will focus on motivational mission accomplishment, compassionate care of our Airmen and families, innovation and leadership," Roberson said. "What I would ask of you is a commitment to excellence each day as we forge innovative Airmen to power our Air Force."



Photos by Johnny Saldivar

Air Force Chief of Staff Gen. Mark A. Welsh III (left) passes the Air Education and Training Command guidon to Lt. Gen. Darryl Roberson, commander of AETC, during a change of command ceremony at Joint Base San Antonio-Randolph July 21. The change of command ceremony represents the formal passing of responsibility, authority and accountability of command from one officer to another.

# San Antonio Military Medical Center's surgical care ranks among best in nation

By Elaine Sanchez  
BAMC Public Affairs

San Antonio Military Medical Center ranks among the top hospitals in the nation for surgical care, according to a recent report from the American College of Surgeons.

SAMMC earned an exemplary or average rating in 180 different surgical quality variables, placing the facility in the upper half of hundreds of esteemed hospitals throughout the nation.

The report is issued by ACS' National Surgical Quality Improvement Program, or NSQIP, a

voluntary program that gauges the quality of surgical programs across the nation. The aim is to help surgeons better understand their quality of care compared to similar hospitals with similar patients, according to the program's website.

"The largest and best hospitals in the U.S. are part of this program, and our percentages place us in the top half of those hospitals," said Air Force Col. Joseph Brennan, chief of SAMMC's Department of Surgery. "We are very proud of that."

Data collection is key to the program's suc-

cess, Brennan noted. At SAMMC, a surgeon oversees the program and two nurses are dedicated to inputting preoperative through 30-day postoperative data into a secure, web-based platform. ACS analyzes rates of mortality and morbidity, such as pneumonia, surgical site infections, urinary tract infections, sepsis and readmissions.

"Blinded" information is then shared with all participating hospitals, offering a snapshot of how hospitals rank according to surgical outcomes.

This data offers priceless insight, noted Army



U.S. Army photo

Surgeons perform a procedure at San Antonio Military Medical Center. SAMMC ranks among the top hospitals in the nation for surgical care, according to a recent report from the American College of Surgeons.

Maj. (Dr.) George Kallingal, surgeon champion for NSQIP at SAMMC.

"NSQIP foremost offers us an internal metric to

ensure our surgical quality outcomes continue to progress at SAMMC and sets in motion the process of continual analy-

sis and improvement," Kallingal said.

SAMMC's surgical

**See SURGICAL, P17**

# METC cytotechnology students earn prestigious annual award

By Jorge Franco  
METC Cytotechnology Program

Two Medical Education and Training Campus cytotechnology program students at Joint Base San Antonio-Fort Sam Houston are the recipients of the 2015 Geraldine Colby Zeiler Award for Students of Cytotechnology.

Cytopathology is an art and science that cytotechnologists use to screen human cell samples under the microscope to detect early signs of cancer and other diseases. Pathologists use the information to make a diagnosis.

Sgt. Aaron Beaver and Spc. Christopher Del Rio were recognized as among the top cytotechnology students in the nation. This is the eighth

consecutive year that a METC student was selected for this prestigious award and the second year in a row that two METC students were selected at the same time.

The award is presented to just five recipients annually. The award nominees come from approximately 30 cytotechnology training programs throughout the United States and Puerto Rico, so the competition is strong.

The purpose of the award is to stimulate and reward high achievement by cytotechnology students during their training. Awards are based on academic performance and microscopic diagnostic skills as demonstrated within the program, as well as leadership ability, initiative, acceptance of responsibility, dedication,

and collegiality. Each of the five recipients receives a certificate and \$1,000.

Beaver had decided early on that he wanted to work in a field that would help cancer patients. He had experienced personal loss when his grandparents died from the disease and his wife had a scare that fortunately turned out to be benign.

"Because of my personal experience with cancer in my family, I knew this is something I wanted to be a part of," Beaver said.

After working as a medical laboratory technician, he felt he needed to go further in his career.

"I pretty much learned everything I could as a lab tech," he said. "I decided to go into cyto so



Photo by Lisa Braun

Spc. Christopher Del Rio (left) and Sgt. Aaron Beaver and were recipients of the 2015 Geraldine Colby Zeiler award, which recognized them as among the top five cytotechnology students in the nation. This is the eighth consecutive year that a METC student was selected for this prestigious award and the second year in a row that two METC students were selected at the same time. The award nominees come from approximately 30 cytotechnology training programs throughout the United States and Puerto Rico.

I can do more for cancer patients."

Del Rio had a similar

experience; cancer affected close family members as well. However,

his choice of career path didn't fall far from the tree either. "Both my parents are medical lab techs, so I was always pretty much exposed to it."

He added being selected for the Geraldine Colby Zeiler award was humbling. "It was just overwhelming. I was awestruck," he said.

Del Rio also worked hard for this recognition by studying extra hours and self-teaching histologic principles and techniques to complement his practical experience. In April 2015, Del Rio passed the American Society for Clinical Pathology Board of Certification exam as a histotechnician. He will be graduating as both a

See METC, P21

## News Briefs

Continued from P3

### Traffic Flow Altered Near Fort Sam Houston Elementary

The traffic flow at the intersection of Nursery and Williams Roads near Fort Sam Houston Elementary School on Joint Base San Antonio-Fort Sam Houston will be altered through Aug. 23. The project realigns the intersection from a "Y" intersection to a 90-degree intersection, which JBSA civil engineers said will improve traffic flow and safety. Since this construction is timed to take place during the Fort Sam Houston Independent School District summer vacation, it should have negligible impact on the school. Provisions will be made for the shoulders alongside Nursery and Williams Roads to be used as vehicle lanes to allow traffic to continue to flow in both the northbound and southbound directions during construction. Once traffic is diverted to the shoulders, the construction contractor will close the main lanes of Nursery and Williams Roads to rebuild the intersection. Biesenbach Road, in front of the school, will carry eastbound and westbound traffic between Nursery and Williams Roads.

### Harry Wurzbach East ACP, Towers Intersection Blockages

Motorists entering Joint Base San Antonio-Fort Sam Houston through the Harry Wurzbach East Access Control Point are asked not to block the driveways at the Towers of Park Lane. This ensures the safety of the Towers residents and other motorists, according to the 502nd Civil Engineer Squadron. Those who stop in the marked cross-hatching could receive a ticket. For more information, call 295-4784.

### 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, is restricted to contractors only.

# Fort Sam Houston Primary Care Clinic renamed in honor of Army Nurse Corps officer

By Lori Newman  
BAMC Public Affairs

The Fort Sam Houston Primary Care Clinic was renamed the Capt. Jennifer M. Moreno Primary Care Clinic during a memorialization ceremony July 24 in honor of an Army Nurse Corps officer who died on the battlefield.

The clinic provides primary care for about 27,000 beneficiaries enrolled in family and adolescent medicine along with behavioral health services, physical therapy, nutritional medicine and the ancillary support services of pharmacy, laboratory and radiology.

The ceremony was attended by Moreno's two sisters, Jearaldy Moreno and Yaritza Cordova, as well as many of her classmates from the University of San Francisco, along with numerous service members and civilians.

"We are honored and grateful that you have joined us all on this beautiful day to perform one of the most important and most memorable things we will participate in perhaps in our military career – that's the remembrance of a fellow Soldier and officer who has given the ultimate sacrifice," said Army Col. Evan Renz, Brooke Army Medical Center commander.

"It is truly an honor to have the family here so we can recognize Jennifer's service," said Army Maj. Gen. Jimmie O. Keenan, deputy commanding general (operations), U.S. Army Medical Command and chief of the U.S. Army Nurse Corps.

The 25-year-old Army Nurse Corps officer received her training at Fort Sam Houston and was assigned to Madigan Army Medical Center, located on Joint Base



Photo by Robert Shields

(From left) Jearaldy Moreno, Yaritza Cordova and Army Maj. Gen. Jimmie O. Keenan (center), deputy commanding general (operations), U.S. Army Medical Command and chief of the U.S. Army Nurse Corps, unveil a plaque during the memorialization ceremony July 24 to rename the Fort Sam Houston Primary Care Clinic the Capt. Jennifer M. Moreno Primary Care Clinic to honor the young Army Nurse Corps officer who died in Afghanistan in 2013. Moreno and Cordova are Captain Moreno's sisters.

Lewis-McChord just outside Tacoma, Wash. She deployed as a member of the cultural support team assigned to the U.S. Army Special Operations Command, supporting Joint Task Force-Afghanistan during Operation Enduring Freedom.

Keenan praised Moreno's success as a young Reserve Officers' Training Corps cadet at the University of San Francisco.

"ROTC provided her with the foundation to understand the Army's mission, vision and values which really shaped her brief yet heroic career," Keenan said. "As a strong, quiet professional she

arrived here in San Antonio anxiously awaiting the challenges she would face in Basic Officer Leader Course and at the Leader Academy.

"She rapidly transformed from that ROTC cadet to a committed Soldier and Army officer," Keenan said. "She was one capable of effectively and efficiently leading our forces, one who embodied the warrior ethos and one who believed she must always place the mission first, never accept defeat, never quit and never leave a fallen comrade."

Keenan explained that it was fitting that Moreno be honored at Fort Sam

Houston, the home of Army Medicine.

"This is where she started her career and if she would have lived she would have come back here many times," the general said.

Moreno was killed in action Oct. 6, 2013 in the Zhari District of Kandahar, Afghanistan, while moving through an improvised explosive device belt in order to render medical aid to several casualties and assist with their evacuation.

During her distinguished Army career, Moreno was posthumously promoted to the rank of captain and awarded the Bronze Star Medal with "V" device, the Bronze Star Medal, the Purple Heart, the Meritorious Service Medal, the NATO medal and the Combat Action Badge.

"When her team came under attack on the night of Oct. 6, 2013, Moreno ran forward to provide medical care to a fallen comrade where others might have turned away and said 'not my job.' Spurred on by her values, training and dedication to always protect America's sons and daughters, Captain Moreno died a hero that night thinking of others instead of herself and believing her actions would make the world a better place," Keenan said.

Moreno was laid to rest with full military honors at Fort Rosecrans National Cemetery in San Diego, Calif.

"The memorialization of the clinic was a very humbling experience," said Jearaldy Moreno. "I am extremely grateful that all these people came. So many people knew Jenny and so many people didn't know Jenny but now everybody will know about Jenny. She will be forever remembered."

# AIR FORCE TAKES PART IN MILITARY NIGHT AT THE MISSIONS

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, throws the ceremonial first pitch during the Military Night at the San Antonio Missions minor-league baseball game July 22 at the Nelson Wolff Stadium in San Antonio. The Missions players honored the men and women in the U.S. military by wearing commemorative camouflage uniforms and camouflage hats. More than 4,800 people attended the game against the Frisco Roughriders.



Air Force Staff Sgt. Eden Meadows, U.S. Air Force Band of the West vocalist, sings the National Anthem before the start of the Military Night at the San Antonio Missions minor-league baseball games July 22.



**Photos by David Michael**

The Joint Base San Antonio-Lackland Color Guard provided the flag presentation as part of the opening ceremonies at the Military Night at the San Antonio Missions minor-league baseball games July 22.

Dave Gasaway (center), San Antonio Missions minor league baseball team general manager, poses with Chief Master Sgt. Stanley Cadell (left), Command Chief Master Sergeant, 502nd Air Base Wing and Joint Base San Antonio, and Brig. Gen. Bob LaBrutta, 502nd ABW and JBSA commander, prior to the start of the Military Night at the San Antonio Missions minor-league baseball games July 22.



# Army Community Service celebrates 50 years

By Tiffany Sertich

JBSA-Fort Sam Houston Military & Family Readiness Center

"If the Army had wanted you to have a family, it would have issued you one."

Prior to the Vietnam era, the military did very little for the families of service members. In the 1950s, Elizabeth Wichenden, a Department of the Army consultant, conducted a study of the social welfare needs of the Army.

She identified the rather shabby manner in which the military family members were treated, due to a lack of basic social services. From that time on, many proposals and recommendations were made to develop assistance for Soldiers and their families.

In 1963, retired Lt. Col. Marie Baird was assigned to develop a program that would address the growing needs of military families.

Baird identified that as the composition of the Army changed and the normal problems of family life combined with the special circumstances of military life were affecting the morale and retention of active duty Soldiers. Many who would have made the Army a career left due to pressure from family members dissatisfied with military life.

As a result of Baird's efforts, Army Chief of Staff Gen. Harold K.

Johnson approved the establishment of a program to provide a centrally located, responsive and recognizable service to furnish information, assistance and guidance to military personnel and their families July

25, 1965. The theme of the program would be "Self-Help, Service and Stability".

Under the guidance of Army Regulation 608-1, the Army has developed programs based on the needs of military families.

Between July 31, 1965 and March 31, 1966, more than 3,000 patrons were assisted at Fort Sam Houston, with the nature of their needs ranging from financial to housing, child to medical, marital and more.

Personnel assigned with Army Community Service duties worked with multiple agencies to find solutions.

In addition, retired personnel and their dependents and to survivors of deceased active or retired military personnel, a special "Survivor Assistance and Retirement Activity" branch existed as the Adjutant General's Office. Here, they processed an average of 35 Army personnel per month, rendered assistance to approximately

25 new survivors each month and contacted by approximately 700 retired personnel and widows each month. Although this is not an ACS function, services rendered fall within the intent and purpose of the overall ACS program.

By 1967, the Fort Sam Houston ACS had served more than 100,000 active duty and retired military personnel as well as widows, wives with husbands overseas and Department of the Army civilians and their dependants.

In addition to their normal assistance services, ACS had 21 special projects in operation, completed or pending to render necessary service to all members of the Army community.

These special services included full time professional social workers, Fort Sam Houston Army Cares for its Exceptionals, a highly organized successful volunteers training program, a lending closet with household goods for those whose



Iva Winslow (left) wears her Army Community Service volunteer uniform from the 1970s with Jolly Miller, Army Community Services chief at the U.S. Army Installation Management Command, G-9, during the ACS 50th anniversary celebration at Fort Sam Houston July 21. Winslow works as a social services assistant with the 502nd Force Support Group chaplain office.

items are in transit, a babysitting service, two waiting wives clubs and the Army big brother program for boys whose fathers are away from home and more.

Baird, a San Antonio native, retired at Fort Sam Houston in 1968 and remained active with ACS programs throughout the country. She was known as being a mentor in the most supportive possible way to the volunteers who were trying to grow into leadership responsibility.

Baird's foresight and unfaltering dedication were the cornerstone upon which Army Community Service was built. She received the Legion of Merit for her work and became known as the "Founder of Army Community Service," the pioneer of today's Army Family Programs, and as the "Mother of ACS."

By 1969, Fort Sam Houston ACS had won the Fourth U.S. Army Honor Award for Top Overall Service, for the second time. Thanks to

the strong volunteer program Fort Sam Houston had established, ACS was able to provide services such as an annual summer recreation program with roughly 300 participants and also host a survey on the needs of a staff hall in San Antonio, widow's compensations and a study on the food stamp program.

In addition to the normal services rendered, the Fort Sam Houston ACS had a total of 25 special projects in operation or pending to render the best service possible to all members of the Army community.

Over the years, existing programs within ACS have evolved and new ones developed, such as mandatory budget counseling, relocation assistance, Exceptional Family Member Program, family advocacy, Army Family Action Plan and the Army Family Team Building, all of which contribute to the Army's strength and readiness by offering services that reduce stress and build skills and self-confidence for Soldiers

and their families.

With the implementation of the Base Realignment and Closure process, Fort Sam Houston became part of Joint Base San Antonio. Though the name has changed from Army Community Services to the Military & Family Readiness Center, the services provided still contribute to self-sufficient military families, safe homes and cohesive communities across the entire military community within San Antonio; from the Army to the Air Force, the Navy to the Marine Corps.

Patrons gathered July 21 in celebration at the JBSA-Fort Sam Houston M&FRC to commemorate the 50th anniversary of the Army Community Services program. A timeline displayed the community commitment and highlighted milestones made by ACS and Fort Sam Houston over half a century.

Volunteers and staff were acknowledged for their commitment to the military community and the invaluable contributions made to the organization over the years. From January to June 2015, JBSA-Fort Sam Houston volunteers have logged more than 17,000 hours.

Throughout its history, volunteers, primarily military wives, have ensured the success of the ACS program. Without involved members, volunteers, veterans, retirees, service members and civilians showing commitment and passion for what they do, the program would not have been able to help and improved the lives of fellow members of the military community.



Photos by Tiffany Sertich

Charles Shelby (center), retired from the military after 31 years of service and then volunteered at Fort Sam Houston for 25 years, receives a special tribute coin from Lt. Gen. Perry Wiggins (right) and Col. Steven Toft (left). Wiggins is commanding general of U.S. Army North (Fifth Army) and senior Army commander of Fort Sam Houston and Camp Bullis. Toft is commander of the 502nd Force Support Group.

# IMCOM leaders dedicate tree to ‘Mother of ACS’

By Jessica Marie Ryan  
IMCOM Public Affairs

U.S. Army Installation Management Command leadership dedicated a live oak tree on Fort Sam Houston June 23 to honor Army Community Service’s 50th birthday and its founder, the late Lt. Col. Emma Marie Baird.

The tree stands next to building 2266, where the IMCOM G9 Family Programs offices are located. It symbolizes the program’s growth, strength and stability.

“The tree and trunk represents the thousands of program professionals, volunteers, and leaders who have supported and given selfless service to our Soldiers, Civilians

and their Families,” said Mariangiola Miller, Chief of ACS Programs at IMCOM G9.

“The branches also represent the protection that those millions of Soldiers, civilians and Family members have given in service to our nation,” she concluded.

ACS is an Army-wide program that provides community and social services that help Soldiers, Family members and Department of the Army Civilian employees maintain readiness and develop self-reliance, resiliency and stability.

Baird is affectionately known as the “Mother of ACS” due to her work in pioneering its development in 1965.

“She recognized that

as the composition of the Army changed, the normal problems of family life, combined with special circumstances of military living, affected the morale and retention of active-duty Soldiers,” said Robert Ramsey, Jr., the ceremony’s narrator.

The ceremony was a joyous occasion, yet also a solemn event as the crowd honored the legacy of another leader in Army Family programming.

“Today, we honor great leaders of the past and the present,” said Brig. Gen. Daniel Mitchell, IMCOM deputy commanding general for support.

Lynn McCollum, the chief of IMCOM G9 Family Programs for

the last 6 1/2 years, passed away last week after a long battle with serious illnesses.

“Lynn was a champion of military Families and a key reason our ACS offices continue to provide quality services,” said Stephanie L. Hoehne, the G9 Family and Morale, Welfare and Recreation director for IMCOM. “In her dedication to serve, she was teleworking from the hospital until just last week, when she was told to stop and rest.”

Miller compared McCollum’s dedication directly to Baird’s.

“Lynn selflessly carried on in Ms. Baird’s vision in supporting Soldiers and families,” Miller said.



Photo by Jessica Marie Ryan

(From left) Maj. Gen. Lawarren Patterson, deputy commanding general for operations and chief of staff for U.S. Army Installation Management Command, and Brig. Gen. Daniel Mitchell, deputy commanding general for support for IMCOM, read a plaque at the tree dedication ceremony in honor of the 50th birthday of Army Community Service and the legacy of its founder, the late Lt. Col. Emma Marie Baird, on Fort Sam Houston July 23, while Col. Steven Toft, commander of the 502nd Mission Support Group, and Mariangiola Miller, Chief of ACS Programs, look on.

# 410th Contracting Support Brigade cases colors for first brigade HQ deployment to Afghanistan

By Daniel P. Elkins  
MICC Public Affairs

Members of the 410th Contracting Support Brigade cased their organizational colors during a ceremony at Fort Sam Houston Monday, signaling the first deployment as a brigade headquarters since its activation in May 2007.

Approximately 20 members of the 410th CSB will depart in the coming days to Afghanistan where they will serve as the command and control element of Expeditionary Contracting Command-Afghanistan in support of Operation Freedom's Sentinel.

Col. Rick Harger, 410th CSB commander who will assume the role as the principal assistant responsible for contracting and lead the organization in Afghanistan, set expectations for the deployment.

"I expect 410th CSB Soldiers to have a safe deployment and continue to provide premier contracting support by asking questions, paying attention to detail and ensuring each contract action – no matter the dollar value – is 'worth every cent,'" he said.

The deployment follows a transition earlier this year to provide operational contract support from the U.S. Central Command Joint Theater Support Contracting Command to ECC-Afghanistan as the Army becomes the lead service for contracting.

The 410th CSB will take on the command and control mission from members of the Army Mission and Installation Contracting Command's 418th CSB that deployed

from Fort Hood, Texas, in February.

"The 418th CSB assumed lead service for contracting responsibilities and have paved the way for our assumption of those duties," Harger said. "We have been preparing to replace them since February and have many of the same responsibilities of a lead service for contracting while supporting Army South and the U.S. Southern Command."

Maj. Jason Zmijski, the 410th CSB chief of operations, said ECC-Afghanistan will consist of the 925th Contracting Battalion from Fort Drum, N.Y., along with its 601st and 611th Contracting Teams. Additionally, the Army National Guard's 1956th Contracting Team from Austin, Texas, as well as Army Reserve's 664th Contracting Team from Los Angeles Air Force Base, Calif., make up ECC-Afghanistan.

Together, Zmijski said they will be supporting the Combined-Security Transition Command Afghanistan and U.S. Forces-Afghanistan – the agencies that facilitate the transfer of power to Afghanistan government.

"Of course, the main customer is the warfighter. As green suiters, we're the ones who will help in buying their beans and bullets as well as the other supplies and services that sustain the Army," Zmijski said of the Soldiers from Fort Drum's 10th Mountain who will make up the combatant command.

ECC-Afghanistan also will be responsible for administering the Logistics Civil Augmentation



Photo by Ryan Mattox

Col. Rick Harger (left) and Master Sgt. Jason Hughes case the 410th Contracting Support Brigade organizational colors during a ceremony at Fort Sam Houston July 27 signaling the unit's first deployment as a brigade headquarters since its activation in May 2007. Harger is the 410th CSB commander and Hughes is the acting 410th CSB sergeant major.

Program as well as Contingency Contract Administration Services tasks over the coming months. LOGCAP and CCAS were both previously managed by the Defense Contract Management Agency.

"In terms of our mission set on the ground, the CCAS is something that typically does not fall in the 51 Charlie mission," Zmijski said. "It's kind of a different skill set. We had to increase our understanding of the practices and tools to execute CCAS."

To better prepare, a team from the brigade traveled to Rock Island, Ill., in June to participate in a CCAS-focused exercise. Brigade members also have been in constant contact via video teleconference to learn the duties of administering CCAS to ensure the delivery of supplies and services in

accordance with contract terms.

Harger added that deployments also present a great opportunity for Soldiers in the contracting and judge advocate general military occupational specialties to gain experience in areas where they may not have worked before, such as minor construction or services contracts, claims and post-award administration duties.

"Deployments also offer our leaders with more opportunities to teach, coach and mentor their subordinates because of a higher operations tempo and longer duty hours," Harger added. "Our Soldiers will get to draw from the vast experience and knowledge of our civilian workforce because we will be working side by side with both Army and contracted civil-

ian professionals."

Deployment preparation also included instruction on rollovers, first aid, weapons and other ancillary training conducted at Fort Bliss, Texas.

Sgt. 1st Class Jason Levi, the forward operations NCO in charge, explained that the brigade was able to accomplish CONUS Replacement Center transition requirements with home station training at Camp Bullis in San Antonio as well as training facilities on Fort Sam Houston.

"We basically took the CRC training schedule and duplicated it 100 percent with resources here," Levi said. "We were able to duplicate the CRC experience down to a T so that we could minimize the time awaiting airlift at Fort Bliss."

Making the most of the amount of time Soldiers could spend at their home station was the end state, Zmijski said.

"I must admit, logistically, it might have been easier to go to Fort Bliss CRC for the weeklong process, but we're going to be gone for nine months, so we want to maximize our time here with families, particularly because it's the summer season and children are home from school," Zmijski added. "These last days are critical to give back to people to spend with their families."

Although this is the first deployment of the 410th CSB as a command and control element, brigade Soldiers have long supported the war and contingency efforts. Its 916th CBN redeployed home

this month from supporting Operation Inherent Resolve following a June transfer of authority ceremony with the 900th CBN from MICC-Fort Bragg, N.C.

The brigade also supported the U.S. Agency for International Development during the outbreak of the Ebola virus in West Africa.

At the end of 2015, DOD officials announced Operation Freedom's Sentinel as the follow-on mission for Operation Enduring Freedom to secure gains following 13 years of war in support of the Afghan government and its people. The operation's two-fold mission includes continued support of Afghan security forces and counterterrorism.

Located at Fort Sam Houston, the 410th CSB is a subordinate command of the ECC at Redstone Arsenal, Ala. The brigade provides expeditionary contingency contracting support to Army South in support of Army and joint operations in the U.S. Southern Command area of operations.

Zmijski said the roughly 60-strong civilian workforce remaining behind will continue to support its contract mission following the alignment and streamlining of certain functions and processes to cover ever critical element.

"It's important to mention that the execution arm of how we support ARSOUTH is with our civilian workforce and at the battalion and team level. It's where the rubber meets the road since those are the folks who write the contracts," Zmijski said.



# Joint Base San Antonio FORCE SUPPORT SQUADRON

## Monthly Events

## August

### Bowling

#### Renovations roll on

The JBSA-Randolph Bowling Center has limited lanes available for use during renovation. For more information, call 652-6271.

#### Fall leagues are forming

Sign up now for the JBSA-Fort Sam Houston Bowling Center fall bowling leagues. Leagues run Tuesdays through Saturdays for 32 weeks and begin Labor Day week. For more information, call 221-3683.

Sign up at the JBSA-Randolph Bowling Center to participate in the following fall leagues.

Sunday First Nighters begins Sept. 13, 6 p.m., and is a four-players mixed format with two men and two women.

Sunday Youth Sport begins Sept. 13, 6 p.m., and is for single youth players only, age 15 and older.

Monday Extramurals begins Sept. 14, 5:30 p.m., and has a five-player mixed format.

Tuesday Ladies Early Birds begins Sept. 8, 9:30 a.m., and has a four-player format.

Tuesday Night Mixed Doubles begins Sept. 8, 6:30 p.m., and has a four-player mixed format with two ladies and two men.

Wednesday Rowl Ladies begins Sept. 9, 9:30 a.m., and has a three-player format.

Wednesday Vince Best Memorial begins Aug. 26, 6 p.m., and has a five-player mixed format.

Thursday Morning Ladies begins Sept. 10, 9:30 a.m., and has a four-player format.

Thursday Night Mixed begins Sept. 10, 6:30 p.m., and has a four-player mixed format.

Friday Pioneer Senior League begins Sept. 11, 11 a.m., and has a four-player mixed format consisting of members 55 years and older.

Saturday Ben Friedli Youth Memorial League begins Sept. 12, 10 a.m., and is for youth ages 5 and older.

Actual start dates are subject to change. For more information, call 652-6271.

#### Bowling center shows appreciation

The JBSA-Lackland Skylark Bowling Center appreciates bowlers with \$1 games, \$1 hot dogs and \$1 small fries Aug. 15, 11 a.m. to 3 p.m. For more information, call 671-1234.

#### Bowlers are welcomed back

Tune up for fall leagues during the JBSA-Randolph Bowling Center's Welcome Back League Bowlers special Aug. 17-21 and 24-28, 10 a.m. to 4 p.m. Bowlers enjoy a rate of \$2 per game, per person. For more information, call 652-6271.

#### The pros share bowling enthusiasm

The JBSA-Lackland Skylark Bowling Center hosts "Rolling with the Pros" Aug. 29, 11 a.m. to 9 p.m. Bowlers are invited to meet and play alongside the pros and possibly take a photo and get an autograph. For more information, call 671-1234.

#### Wednesdays are special

Visit the JBSA-Lackland Skylark Bowling Center any time during normal operating hours on Wednesdays for special bowling rates of \$1 per game and \$1 shoe rentals. For more information, call 671-1234.

#### Bowling comes with a light show

The JBSA-Randolph Bowling Center has "Cosmic Bowling" with music and a light show Saturdays, 8-11 p.m. Use the online juke box to select and play personal music. For more information, call 652-6271.

### Clubs

#### Fans attend fight night at the club

Join Fight Night Frenzy and watch the Ultimate Fighting Championship in Gil's Pub at the JBSA-Randolph Kendrick Club Aug. 1. Enjoy food and beverage specials and a chance to win a trip for two to a live UFC® fight in Las Vegas. Prizes for club members include force support squadron gift cards, UFC® T-shirts and other prizes sponsored by Budweiser®. This event is open to all Department of Defense ID cardholders. No federal endorsement of sponsor intended. For more information, call 652-3056.

#### Bingo provides a chance to get lucky

Join the JBSA-Randolph Kendrick Club for Bingo Extravaganza Aug. 3 and 17 for \$15,000 in total jackpots and a complimentary buffet beginning at 5:30 p.m. Early Bird bingo begins at 6 p.m.

Attend "Birthday Bingo" at the JBSA-Randolph Kendrick Club Aug. 11. Birthday members receive one free machine and cake. This is open to Randolph club members only and ID and club card are required.

The JBSA-Randolph Kendrick Club hosts "Bingo Appreciation" Aug. 27, 5 p.m. Participants enjoy a complimentary Greek dinner featuring lemon and oregano chicken, homemade moussaka, roasted potatoes, Greek salad and baklava. Patrons must purchase a bingo package to obtain a dinner ticket. Dinner tickets are limited to one per person. For more information, call 652-3056.

#### The club dedicates a night to families

The JBSA-Randolph Parr Club hosts "Family Night" Aug. 6, 5-8 p.m. Children enjoy a buffet with macaroni and cheese, chicken tenders and smiley fries, while adults enjoy country fried steak, corn, mashed potatoes with gravy, fruit

and dessert. The evening includes a hula hoop contest, musical chairs and Simon Says. Music is provided by a DJ and there are drawings for prizes. The cost is \$11.95 for members and \$16.95 for nonmembers. Children 12 years and younger eat for free. For more information, call 658-7445.

#### Club offers evening entertainment

Renew at "First Friday" at the JBSA-Lackland Gateway Club Maverick Lounge Aug. 7, 5-8 p.m., with food, cold drinks and entertainment by DJ Doggin' Dave Productions. For more information call, 645-7034.

The Maverick Lounge at the JBSA-Lackland Gateway Club celebrates "We're Halfway There" Aug. 14, 5-8 p.m. Enjoy music provided by DJ LJU, pool tables, cold drinks and big screen televisions. For more information, call 645-7034.

#### Children win free supplies for school

Bring the children to play bingo at the JBSA-Randolph Kendrick Club Aug. 16, 11 a.m., for a chance to win back-to-school supplies. This event is free for JBSA-Randolph club members and a complimentary buffet of chicken tenders and fries with cookies and milk is available for children 12 years and younger. Gil's Pub grill menu is available for all other guests. For more information, call 652-3056.

#### Time travel back to bobby socks and poodle skirts

The JBSA-Lackland Gateway Club hosts a "Nifty 50s" buffet Aug. 20, 11 a.m. to 3 p.m. The menu includes chicken pot pie, fried chicken, meat loaf with tomato glaze, sautéed shrimp and fettuccine, plain and pepperoni pizza, a hot dog bar with chili, French fries and onion rings, old-fashion pot roast with potatoes and carrots, whipped potatoes with brown gravy, macaroni and cheese, green beans, a build-your-own salad bar, coleslaw and potato salad. This buffet is \$10.95 per person. For more information, call 645-7034.

#### Club appreciates customers

The JBSA-Lackland Gateway Club hosts "Customer Appreciation Night" Aug. 25, 5-8 p.m., in the Fiesta Ballroom. Entertainment is provided by Doggin' Dave Productions. The menu includes a salad bar, roast beef au jus, chicken breast stuffed with cheese and prosciutto and topped with white wine sauce, baked tilapia topped with mango and papaya salsa, rosemary roasted red potatoes, rice orzo mix, broccoli with hollandaise, baby carrots, fresh baked rolls, fruit marinated in champagne and cheesecake lemon bars. The cost is \$10.50 for members and \$12.50 for nonmembers. For more information, call 645-7034.

## Community Programs

### Preparing for the new school year is a bash

The JBSA-Fort Sam Houston Keith A. Campbell Memorial library hosts the Back-to-School Bash Aug. 1, 9-11 a.m., with music and giveaways. Free school supplies are provided on a first-come, first-serve basis while supplies last. Department of Defense ID cardholders must have their children present with backpacks to receive supplies. Parents collecting supplies for children not in attendance must bring the child's report card and DoD ID. This event is sponsored by THE GUNN AUTOMOTIVE GROUP, Dell®, Broadway Bank®, USAA®, Security Service Federal Credit Union and Starbucks®. No federal endorsement of sponsors intended. For more information, call 652-5763.

### Service members show confidence outside the uniform

Explore ways to readjust into civilian culture, translate military skills to civilian terms and make positive career choices at the JBSA-Fort Sam Houston Military & Family Readiness Center, Aug. 4, 8 a.m. to 4:30 p.m. This event is held in partnership with the Texas Veterans Commission-Women Veterans Initiative and is open to transitioning service members, veterans and spouses. To register or for more information, call 221-2380.

### Theater goes take in a fresh show

Visit the JBSA-Fort Sam Houston Harlequin Dinner Theatre to watch the show "Assisted Living" Aug. 7 - 29. Anne is nearing 40 and still lives with her mother. Her deadbeat brother is not returning her phone call and the ancient family home is falling down. When a troubled younger man comes in to her life, Anne sees the upside of not always being grown up. This show is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 222-9694.

### Volunteers encourage youth

Participants of the JBSA-Randolph Military & Family Readiness Center Mentorship Training, Aug. 13, noon to 1:30 p.m., and the JBSA-Lackland Military & Family Readiness Center Mentorship Training, Aug. 28, 10 a.m. to noon, receive information and resources on becoming a mentor. After completion, mentors are placed in contact with a local school. Participants of the JBSA-Lackland Mentorship Training are placed in a school within the Southwest Independent School District. To register or for more information, call the JBSA-Lackland M&FRC at 671-3722 or the JBSA-Randolph M&FRC at 652-5321.

### Troops turn into teachers

Military personnel in pursuit of teaching as a second career in public schools are encouraged to attend the Troops to Teachers counseling to receive referral and placement assistance, identify required certifications and employment opportunities. Attend the JBSA-Lackland Military & Family Readiness Center counseling Aug. 14, 1-3 p.m. or the JBSA-Fort Sam Houston M&FRC counseling Aug. 20, 1-3 p.m. To register or for more information, call the JBSA-Fort Sam Houston M&FRC at 221-1213 and the JBSA-Lackland M&FRC at 671-3722.

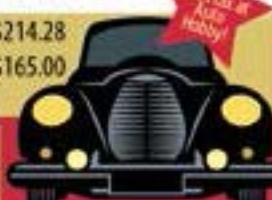
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### Leaders learn to host effective briefings

The Briefer Training Course, Aug. 18, 8 a.m. to 1:30 p.m., at the JBSA-Fort Sam Houston Military & Family Readiness Center, is open to all Department of Defense ID cardholders. This course teaches the tools and skills necessary for preparing and delivering effective, powerful and impactful presentations and is required for all volunteer briefers. The registration deadline is Aug. 12. For more information, call 221-2380.

### Key Spouses attend initial training

Learn about the Key Spouse program Aug. 28, 8:30 a.m. to 3:30 p.m., at the JBSA-Randolph Military & Family Readiness Center. This is mandatory for all newly appointed Key Spouses and highly recommended for Key Spouse mentors. All JBSA military spouses interested in the program or in volunteering are welcome to attend. Sign up is required. For more information, call 652-5321.

### Key Spouses continue education

The JBSA-Lackland Military & Family Readiness Center invites Key Spouses to a continued education training Aug. 31, 11 a.m. to 1 p.m. A TRICARE representative provides information on health care, medical benefits, standard versus prime enrollment, referral, access to care criteria and more. To register or for more information, call 671-3722.

### Leadership is listening

The Armed Forces Action Plan gives service members, retirees, Reservists, Department of Defense civilians, survivors, teens, and family members the chance to identify critical issues concerning welfare and morale and present them to senior leadership for action and resolution. It gives

commanders a gauge to validate concerns and measure satisfaction, which results in legislation, policies, programs and services that strengthen readiness and retention. Submit issues, concerns, ideas or suggestions to [usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil](mailto:usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil), no later than Sept. 15 for the 2015 AFAP Conference. To volunteer or learn more about AFAP, visit <http://go.usa.gov/3vSph> or call 221-2380.

## Equestrian Center

### Riders attend horsemanship camp

Join the JBSA-Fort Sam Houston Equestrian Center for one-week horsemanship camp, 9 a.m. to 3 p.m., for children 7 years and older. Reservations are required. Cost is \$275 with a \$50 deposit at the time of registration. The Equestrian Center is sponsored in part by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 224-7207.

## Fitness

### Athletes team up to compete in a biathlon

Grab a teammate and join the JBSA-Randolph Fitness Center at Eberle Park to compete in the two-person team biathlon Aug. 1, 7:30 a.m. The first team member completes a 10-mile bike route in order for the second team member to begin running a 5K. For more information, call 652-7263.

### Runners prepare for third summer triathlon

Participate in a triathlon at the JBSA-Fort Sam Houston Aquatic Center Aug. 9, 7 a.m. Endure a 400-meter swim, 15-mile bike ride and a three-mile run. Cost is \$20 and registration ends Aug. 3. For more information, call 221-4887.

# ZUMBA FEST

JBSA - Fort Sam Houston • Jimmy Brought Fitness Center

Aug. 29 • 9:30 - 11:30 a.m.



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### Lifters compete in bench press

Be a part of the JBSA-Fort Sam Houston Jimmy Brought Fitness Center's Iron Bench Press Classic Aug. 15, 9 a.m. Lifters show off lifting abilities, strength improvements and complete personal challenges. This event is open to Department of Defense ID cardholders 18 years and older. Entry fee is \$25 and registration ends Aug. 5. For more information, call 221-1234.

### Tug of war makes for a eventful evening

Join the JBSA-Fort Sam Houston Medical Education and Training Campus Fitness Center for a fun-filled Friday night Aug. 21, 7 p.m. JBSA military students 18 years and older are invited to compete in team events and enjoy some food and drinks. This event is free. For more information, call 808-5713.

### Marathon training continues to get runners in shape

The JBSA-Randolph Fitness Center is hosting an 18-mile run for marathon training Aug. 22, 6 a.m., at Eberle Park. This is the last of the three marathon training runs. For more information, call 652-7263.

### Varsity Sports help athletes stay in shape

JBSA-Fort Sam Houston hosts tryouts for varsity sports including flag football, soccer and basketball. Flag football tryouts are Aug. 3-7, soccer tryouts are Aug. 10-14 and basketball tryouts are Aug. 31-Sept. 4. For more information, call 808-5710.

### Passionate coaches make all the difference

Members of JBSA-Fort Sam Houston interested in coaching varsity sports can send in or drop off résumés at the Fitness Center on the Medical Education and Training Campus. Résumé must be turned in no later than Aug. 3 for soccer and Aug. 17 for men's basketball. For more information, call 808-5710.

## Golf

### Golfers partake in an introduction

The JBSA-Lackland Gateway Hills Golf Course introduces new players to the game Aug. 4, 6, 11, 13 and 18, 6-7:15 p.m. Returning golfers may also join for a refresher. This program is intended to make the game more approachable. Cost for golfers with golf clubs is \$125 and cost for golfers needing golf clubs is \$250. The classes include three rounds of golf including cart rental. For more information, call 671-2517.

### The Warrior Golf Scramble is here again

Golfers are invited to the JBSA-Fort Sam Houston Golf Course to play in the Warrior Four-Person Scramble Aug. 7, 12:30 p.m. Cost is \$25 for members and \$35 for nonmembers and includes 18 holes of golf, green fees, golf cart and dinner. Gift certificates are presented to the winners of the longest drive and the closest to the pin. The first-, second- and third-place winners also receive gift certificates. For more information, call 222-9386.

### Combine scores to win the championship

All golfers are invited to participate in the JBSA-Randolph Golf Course Professional Golfers' Association Blind Draw Championship Aug. 15, with 7-9 a.m. tee times.

This is an individual low net, low gross tournament. Scores are combined with a PGA pro from the PGA Championship. The entry fee is \$10 plus green fee and cart rental. For more information, call 652-4653.

### Get rid of the old bag

During August JBSA-Lackland Gateway Hills Golf Course is offering a 10 percent discount on all in-stock golf bags. JBSA golf members receive a 15 percent discount. For more information, call 671-2517.

### New golfers have a course to call home

The JBSA-Randolph Oaks Golf Course invites all new arrivals to JBSA-Randolph and all new golfers to make Randolph Oaks the place to call home. Take advantage of affordable membership rates and cart rentals, friendly staff and more. For more information, call 652-4653.

**END OF SUMMER**  
*Bash*

Say goodbye to summer with fun-filled family games and activities at JBSA-Randolph Youth Programs Aug. 20, 1-4 p.m.

Activities include face painting, arts and crafts, relay races, water games, a bouncy house and more.

For more information, call 652-3298.

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## Information, Tickets and Travel

### Families enjoy Fiesta Noche Del Rio

Fiesta Noche Del Rio takes place Fridays and Saturdays, 8:30 p.m., at the Arneson River Theater through Aug. 15. This is an outdoor extravaganza featuring the music and dance of Mexico, Spain, Argentina and Texas. The JBSA-Fort Sam Houston Information and Ticket office has adult and senior tickets for \$13.50, tickets for children 6-14 years are \$7 and children 5 years and younger are free. JBSA-Lackland and Randolph Information, Tickets and Travel have tickets for \$13.75 for guests 15 years and older and \$6.75 for children 6-14 years. Children 5 years and younger are free. For more information, call JBSA-Fort Sam Houston at 808-1378, JBSA-Lackland at 671-3059 or JBSA-Randolph at 652-5142.

### Adventurists love theme parks

The JBSA Information Tickets and Travel offices have one-year passes with parking for SeaWorld® San Antonio. Passes are \$83.75 for visitors 3 years and older. Pay for one day and get one day free passes are also available for \$52 for adults and \$41 for children 3-9 years. SeaWorld® is open daily through Aug. 23.

Enjoy roller coaster rides, shows and a water park at Six Flags®, which is open daily through Aug. 23. Purchase discounted daily passes for everyone 3 years and older for \$41.50 at all JBSA ITT offices.

Schlitterbahn Water Park in New Braunfels is open daily through Aug. 30. Visit any JBSA ITT for daily passes. Adult passes cost \$46, children 3-11 years old and seniors 55 and older cost \$38 Monday-Saturday. Sunday admission for all visitors is \$38. Season passes are \$132 for adults and \$92 for children and seniors.

Splashtown, open daily through Aug. 23 and on weekends Aug. 29 - Sept. 13. Daily ticket prices are \$16 per person for guests 3 years and older. Season passes are also available for \$35.

Prices for all theme park are subject to change. For more information, call JBSA-Fort Sam Houston at 808-6262, JBSA-Lackland at 671-3059 or JBSA-Randolph 652-5142.

## Library

### Learning a new language is easy

For an innovative way to learn a different language, drop by the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library and check out "Mango Languages" with more than 60 foreign languages and 17 English courses available. These online courses offer flexibility and mobility along with free mobile applications. Come by the library for assistance or log on to <http://www.jbsalibraries.com> and click on the eResources/research tab to begin. For more information, call 221-4702.

### Libraries provide all types of entertainment

The JBSA-Fort Sam Houston Keith A. Campbell Memorial Library, JBSA-Lackland Library and JBSA-Randolph Library offer best-selling and classic eBooks, audio books, music, videos and popular magazines through the libraries' digital collection, available 24/7. Browse, borrow and enjoy media on computer, tablet, smartphone or eReader devices. This service is free with a library card, which may be obtained at all local JBSA Libraries. For more information, call the JBSA-Fort Sam Houston Library at 221-4702, the JBSA-Lackland Library at 671-2678 or the JBSA-Randolph Library at 652-5578 or visit [www.jbsalibraries.org](http://www.jbsalibraries.org).

## Outdoor Recreation

### JBSA searches for bargains

Shop for deals and participate in the JBSA-Fort Sam Houston Flea Market Aug. 1, 7:30 a.m. to 1 p.m. Attend as a seller or as a buyer. Tables are available to rent for \$5 and chairs for 50 cents each. This event takes place at the Command Pavilion and only Department of Defense ID cardholders are allowed to sell at the flea market. For more information, call 221-5225.

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# JBSA FSS

## Archers take aim

Avid archers can practice aim on 30 targets randomly set throughout a wooded area at the JBSA-Camp Bullis Sportsman's Range Aug. 22-23, 8 a.m. to 1 p.m. Targets are set at various distances ranging from 10 to 55 yards. Registration is 8-10 a.m. Cost is \$15 for the fun shoot, \$20 for the tournament and \$5 for archers 12 years and younger. For more information, call 295-7529.

## Guests beat the heat with a Canyon Lake sunset cruise

Head to JBSA Recreation Park at Canyon Lake Friday evenings during August for a Sunset Cruise on Canyon Lake. Cast off from the Hancock Cove marina at 7:30 p.m. and enjoy a scenic ride around the lake on a chartered pontoon boat. The ride lasts approximately 90 minutes and cost is \$10 for adults and \$6 for children 12 years and younger. Guests are welcome to bring drinks and snacks but glass and Styrofoam is prohibited. For more information, call 830-226-5065.

## Salado Park is great for outdoor event

Salado Park is perfect for family fun and special events and is located adjacent to Salado Creek. The 13-acre park has 10 picnic areas available for rent for \$15 accommodating 25 people, two large patio areas for \$30 accommodating 50 or more individuals and a covered pavilion for \$45. Reservations can be made up to a year in advance at the Outdoor Equipment Center and include picnic tables and a barbecue stand. The park also features a volleyball court and playground areas. For more information, call 221-5225 or 221-5224.

## Equipment available for rent

The JBSA-Fort Sam Houston Outdoor Equipment Center has rentals for everyone, to include camping, water fun, fishing boats, speed boats, sports and party equipment. In addition, equipment rental has a Lemon Lot. For more information, call 221-5224 or 221-5225.

## Take the paintball challenge

The JBSA-Lackland Outdoor Recreation Paintball Course is the perfect place to be when the weather is nice. The field is open Saturdays and Sundays from 1-5 p.m. by appointment only. Patrons can also reserve the field for their group's exclusive use during the week and we offer a group rate on pricing. For more information, call 925-5532 during the week or 925-2998 on weekends.

## Youth and Children

### Get ready for back to school

Youth Programs at JBSA-Lackland holds registration for before and after school care Aug. 4 until it is filled. Cost varies according to household income for youths 5-12 years. Registration after the due date is subject to a \$15 late fee. For more information, call 671-2388.

### Teens hang out before school begins

JBSA-Lackland Youth Programs hosts "Back to School Hang Out" Aug. 7, 9-11 p.m., for teens 13-18 years. Dance, play games or watch movies before the new school year starts. Refreshments are provided. Cost is \$3 per person with a membership card and \$5 per person without a membership card. For more information, call 671-2388.

## Children register to play sports

Register children 5-18 years for JBSA-Randolph Youth Programs sports now through Aug. 14. Flag football for children 5-18 years is \$50, Cheerleading for children 5-18 years is \$45, Volleyball for children 9-18 years is \$50 and Lil Renegades Soccer, a six-week introductory sport for children 3-4 years, is \$35. For more information, call 652-3298.

## Youth enjoy programs for free

Celebrate recreation and summer fun by participating in JBSA-Randolph Youth Programs during Aug. 10-15. There is no membership card needed to participate during this week. Youth Programs has a lot of activities, programs, camps and classes for children to enjoy over the summer and during the school year. Stop by JBSA-Randolph Youth Programs, building 585, to learn more or for more information, call 652-3298.

## Parents schedule time to relax

JBSA-Randolph Youth Programs hosts "Give Parents a Break/Kids Adventure Night" Aug. 15, 6-10 p.m. Registration is Aug. 1-12. This event is held at the Child Development Programs Annex for children 2 years and younger and at Youth Programs for children 3 years and older. Registration for GPAB waiver holders is free and all others pay \$25. There is a multiple child discount. For more information, call 652-4946.

The JBSA-Lackland Youth Programs hosts "Give Parents a Break/Parents' Night Out" Aug. 29, 1-5 p.m. Children 5-12 years enjoy activities, games, entertainment and snacks. The enrollment fee is \$25 per child with multiple child discounts or free with a GPAB referral. Preregistration is required and late pickup is subject to a \$5 fee for the first five minutes and \$3 for each additional minute. For more information, call 671-2388.

## Missoula Children's Theatre presents "Aladdin"

Join the JBSA-Fort Sam Houston Camp that runs Aug. 17-22. There is a one-week rehearsal process for an original Missoula Children's Theatre musical culminating in a performance. Auditions are open to all JBSA youth, grades 1-12 and once a part is assigned, participants rehearse throughout the week. There is no sign up and not everyone who auditions is cast. For more information, call 221-3381.

## Young kids learn basic soccer

JBSA-Lackland Youth Programs hosts a First Steps Soccer, an instructional development program for youth 3-5 years old, Aug. 17-21. Parental involvement and participation is required. Proof of immunization and a sports physical must be provided at the time of registration. The registration fee is \$35 and sessions are held Monday-Thursday at the track behind the elementary school next to Youth Programs. For more information, call 671-2388.

## The theater searches for talent

Be a part of one of the largest theater companies just for youth by auditioning Aug. 17, 9 a.m., at JBSA-Randolph Youth Programs, building 585. Auditions are open to all JBSA youth, grades 1-12 and once a part is assigned,

participants rehearse throughout the week with a final performance Aug. 21, 1 p.m., at the Fleenor Auditorium. There is no sign up and not everyone who auditions is cast. For more information, call 652-3298.

## Toddlers and tots make friends

Register children 3-5 years for the JBSA-Randolph Youth Programs Part Day Enrichment Program. This program is designed to help children learn how to work in a group setting and they are exposed to many preschool and kindergarten scenarios including learning colors, numbers and shapes, following directions, taking turns and sharing space. The program follows the Randolph Independent School District calendar. Registration is going on now and the program begins Sept. 7. For more information, call 652-1140.

## Classes offered for youth

JBSA-Lackland Youth Programs holds instructional classes in building 8420.

Dance classes for youth 3-12 years cost \$45 per person, per month. Days and times vary.

Tang Soo Do martial arts classes are held Tuesdays and Thursdays at various times. Cost is \$50 for children 4-7 years and \$55 for children 8-15 years.

Violin lessons are held Mondays, 10 a.m. to 3 p.m. and are offered for children 5 years and older. Four monthly 30-minute private lessons and one 60-minute group lesson is provided for \$125 per month.

Karate Classes are held Wednesdays, 6-7 p.m. for juniors 5-12 years and 7-8 p.m. for seniors 13 years and older. Session include 10 classes offered once a week with a \$60 session fee. Family groups of three or more receive a group discount rate of \$150 per session.

Piano lessons are held Tuesdays, Wednesdays, Thursdays and Saturdays, 10 a.m. Cost is \$25 per 30-minute lesson for participants 5 years and older.

Guitar lessons are held Mondays and teach how to read music and play popular songs. Lessons are for participants 5 years and older. Cost is \$25 per person, per 30 minute session.

To enroll for classes stop by the front desk of Youth Programs weekdays, 8 a.m. to 5:30 p.m. Enrollment is ongoing and space is limited. For more information, call 671-2388.

## STAY CONNECTED

Stay current on Joint Base San Antonio 502d Force Support Squadron events, specials and daily activities.

<http://www.myjbsa-fss-mwr.com>



# Army South joins El Salvador for army-to-army staff talks

By Eric Lucero  
Army South Public Affairs

U.S. Army South conducted staff talks with the Salvadoran army July 13-16 in San Salvador, El Salvador, to foster a bilateral partnership, discuss ways to counter transnational organized threats and plan mutual training engagements over the coming three years to promote increased interaction between the United States and Salvadoran Armies, Army South performed this as the Army service component command for U.S. Southern Command on behalf of the Chief of Staff of the Army.

“Our armies have a close and mutually-beneficial relationship built on friendship and trust, which we have continued to strengthen through the



Salvadoran Brig. Gen. William Armando Mejia (left), Salvadoran army chief of staff, explains the equipment used by a Salvadoran soldier assigned to Task Force Marte, an anti-crime unit assigned to assist the Salvadoran police force, to Maj. Gen. Clarence K.K. Chinn (second from left), U.S. Army South commanding general, during the second day of the United States-El Salvador army-to-army staff talks in San Salvador, El Salvador, July 15. The staff talks program serves as a forum to communicate and work closely with partner nations to improve military cooperation, strengthen professional relationships and have lasting effects on the peace and stability of the region.

years,” said Maj. Gen. K.K. Chinn, U.S. Army South commanding general and head of the U.S. delegation.

For the past year, staff officers from each army have met in steering sessions to plan all future engagements between the two armies. During the senior engagement, the heads of each delegation meet to sign memorandums of understanding outlining those Agreed to Actions (subject matter expert and educational engagements).

These ATAs are focused on developing objectives with partner nation armies with shared responsibilities.

The staff talks executive meeting allows participants to share experiences, update and strengthen the knowledge

to combat transnational threats, which affect the security of their respective countries, such as drug trafficking, money laundering, illegal trafficking of people and weapons, among others.

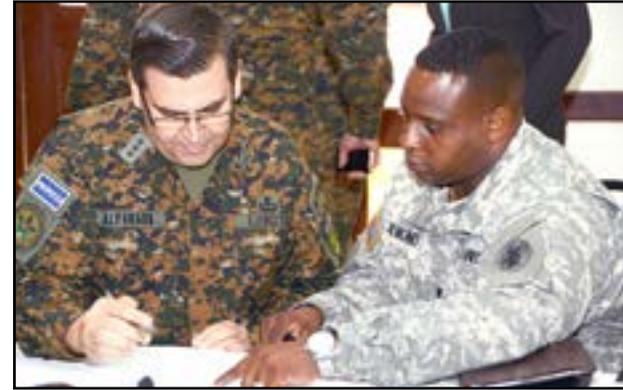
During the three days of talks, the two delegations drafted a list of approximately 20 ATAs that covered a wide range of professional exchanges designed to improve capabilities and the working relationship between the two armies.

During last year’s staff talks, a key point of discussion was the development of a regional center of excellence to assist in countering transnational threats.

One way both armies hope to make progress against these threats is through the development of a Regional Training Center for Counter Transnational Crime. This institution, located in El Salvador, will serve as a base of instruction and training and be available to all Central American countries to improve their capabilities to counter these threats.

The goal is to have this center operational by 2016. Under the current guidelines, El Salvador will facilitate the infrastructure with Army South support, while the U.S. will support El Salvador in developing the program of instruction and by conducting instructor exchanges.

Of note this year, is the strengthening of the Salvadoran Fusion Cell, which supports the special forces, *commando de Montaña*, and *Grupo Cuscatlan* of the Salvadoran army. The intent of strengthening the cell is to increase its analytical capacity and effectiveness in support of



Photos by Eric Lucero

Lt. Col. Patrick Almond (right), U.S. Army South Multi-national intra-agency branch chief, speaks with a Salvadoran officer during the first day of the United States-El Salvador army-to-army staff talks in San Salvador, El Salvador, July 14. The staff talks program serves as a forum to communicate and work closely with partner nations to improve military cooperation, strengthen professional relationships and have lasting effects on the peace and stability of the region.

the fight against emerging threats in the region.

In addition, Mejia provided the U.S. delegation with a presentation of a Salvadoran army anti-crime unit tasked with assisting the Salvadoran civil police force, and a tour and demonstration of the Salvadoran army special operations training compound.

Other themes discussed included humanitarian assistance and disaster relief.

“These meetings assist both armies because we are able to discuss solutions to problems that affect both of our countries,” said Salvadoran Brig. Gen. Armando Mejia, the Salvadoran army commander and head of



Col. Robert “Rocky” Burrell (left), director of the U.S. Army South regional affairs directorate, and Capt. Randy Blades (center), Army South aide-to-camp to the commanding general, speak with a Salvadoran soldier assigned to Task Force Marte, an anti-crime unit assigned to assist the Salvadoran police force during the second day of the United States-El Salvador army-to-army staff talks in San Salvador, El Salvador, July 15. The staff talks program serves as a forum to communicate and work closely with partner nations to improve military cooperation, strengthen professional relationships and have lasting effects on the peace and stability of the region.

the Salvadoran delegation. “Our armies have enjoyed a friendship for many years. This will allow us to continue to work together to make this region safer.”

This year’s meeting marks the ninth time the two armies have come together to re-affirm their regional partnership, which has become beneficial not only to El Salvador and the United States, but to the rest of the region as well.

“Although we continue to face common threats such as state and non-state actors that continually threaten global stability, we will stand together, as partners, to enhance our Armies as trusted professionals and to increase our interoperability as we seek peace, stability, and prosperity both within the region and throughout the world,” said Chinn.

Army South also conducts staff talks with the armies of Brazil, Chile, Colombia and Peru on behalf of the Chief of Staff of the Army.

## **PRT from P2**

the Army by sending our young men and women to school to enhance their performance.' Sometimes that takes sacrifice from a unit. Maybe they're going to miss a unit field training problem. But what's more important? Is it more important to invest in that noncommissioned officer for the future or just that two-week field training exercise?"

At the NCO Solarium in May at Fort Leavenworth, Kan., Dailey expressed concern about how some Soldiers are behaving on social media.

"When Soldiers harass, or put damaging things on the Internet, they are not in keeping with the honor, tradition and the stewardship of the profession," he said.

Dailey told the NCO Journal he thinks NCOs can solve the problem without needing new rules and regulations in place.

"It sounds very simple, and that's exactly what I want it to be," Dailey said. "I want noncommissioned officers to know we trust them, because this is about trust. I want them to understand that we do trust you. We trust you with the lives of ... the young men and women that we've given you.

"We've bestowed the greatest honor the American society can give to one individual and that is to lead those men and women into combat. That same trust applies when we're back in garrison," Dailey added. "More accurately, there's no such thing as combat leadership. There's no such thing as garrison leadership. There's something called military leadership and Army leadership. It exists regardless of where we are and what we do."

Another topic of discussion that began at the

NCO Solarium was the effectiveness of Army branding campaigns. Dailey said he wants Soldiers to see that what is more important than the slogans of "Army Strong" or "Army of One" is the everyday effect a Soldier has walking around his or her community. Dailey wants NCOs to know they are walking billboards for the Army.

"My billboard has and will always say Army Strong," Dailey said. "I encourage leaders to think about how they are going to paint their own billboard for Soldiers. What is it going to say?"

"It's critically important that our nation clearly understands and knows that we will always be the organization that is most trusted in America. It takes a lot of billboards to maintain that," he said. "It takes a lot of hard work as well. But I always ask this: What do you want your billboard to say? What does it say today? What is it going to say tomorrow?"

Working on their personal billboards and striving to be the best will also help Soldiers have a better chance of staying in the Army as it downsizes, Dailey said. He offered his advice to Soldiers and NCOs looking to take charge of their careers.

"I'll tell you that you can start first and foremost by listening to your noncommissioned officer every day," Dailey said. "Do good PT and keep yourself physically fit. When you get the opportunity to go to a military school, stay in it and study hard. Strive to be in the top 10 percent of every school you go to. You should want to, if you want to maintain that edge over your peers. Those are the things you have to go after."

# Acquisition stand-down day helps MEDCOM team refocus

By Ann Bermudez  
Army Medicine Public Affairs

More than 35 contracting professionals from the U.S. Army Medical Command Center for Health Care Contracting attended the annual acquisition stand-down day July 16 at the Fort Sam Houston Community Center.

The MEDCOM acquisition community gathered to increase awareness of the many facets of contracting within the military and civilian community.

This annual program focuses on contracting in reference to changes, reorganization and addresses concerns amongst the contracting

team. This year's theme of "Communities of Contracting" consisted of panel briefings, discussions on various acquisition topics and team-building exercises.

"I hope our contracting professionals gain a better understanding of what goes on in our sister contracting offices on the installation, the small

business community and other functional directorates that help execute our mission," said Jarens Banks, deputy chief of the Center for Health Care Contracting, U.S. Army Medical Command. "We are not alone in the struggles we face. Taking a break from the day-to-day operations of our contracting mission and

catching up on the issues in the command helps us to better identify the challenges so we can do our part to get the mission done."

The CHCC is co-located with the Health Care Acquisition Activity's headquarters at Fort Sam Houston and is the hub for MEDCOM-wide contract support. The

center is dedicated to providing sound business advice and quality contracting support for today's health care requirements to the Army Community and joint partners worldwide.

For more information about the CHCC, visit <http://hcaa.medcom.amedd.army.mil/chcc/Default.aspx>

## ARNORTH from P1

by building comrade and understanding among antiterrorism and force protection stakeholders," said Col. Kevin Burk, U.S. Army North provost marshal. "This complex and fundamentally important mission of protecting our Soldiers, civilians and families requires the cooperation and mutual support of all of the 21 agencies present, working towards this common goal."

This year's forum focused on addressing issues, challenges and best practices within the NORTHCOM area of responsibility. This will provide the Army North commander the opportunity to address the ever-evolving antiterrorism and force protection changes while collaborat-



Photo by Sgt. 1st Class Wynn Hoke

One of three break-out groups work together to identify gaps in force protection and mitigate a terrorist or force protection threat meet to discuss an antiterrorism-force protection scenario during an antiterrorism and force protection workshop at Fort Sam Houston July 21-13.

ing with key stakeholders with the goal of keeping our Army family safe.

One issue brought to the round table discussion focused on strengthening the force protection community.

Questions such as "How do we overcome communications challenges?" and "How do we strengthen the force protection community?" allowed the representatives from the 21 agen-

cies to contribute and weigh in with different viewpoints and strengthen this year's motto of "together protecting our Army."

Exercises such as these achieve Burk's

goals of teamwork, comradery, solid communication at all levels and every agency working together to complete the mission.

"This Army North event has been a great opportunity to bring the protection community together," said Lt. Col. Jennifer Striegel, Headquarters, Department of the Army, G34 Protection Directorate. "The opportunity to work with peers from across the Army on a day-to-day basis is a great advantage of this exercise."

Striegel also said that in building these relationships during forums such as these, G34 gets to have a lot of great dialogue on areas that need improvement as well as things that they are doing well. This allows everyone to take

those best practices back to other commands.

Combating terrorism and providing force protection requires multiple agencies working together to ensure the safety of our service members, their families and those working on our installations.

"I want each of these organizations to feel and know that they are a part of the antiterrorism-force protection mission, and the key to mission success" Burk said. "We need to constantly work with each other, and if I can get that done through the workshops, table top exercises, and roundtables, we can show value not only in those commands in the NORTHCOM AOR, but also bring cohesiveness to the mission."

## SURGICAL from P4

outcome data has been increasingly positive over the past three years, Brennan noted, an uptick he attributes directly to SAMMC's care providers and infection control, quality and process improvement teams.

"As a result of the data, we've made multiple improvements to our surgical processes," Brennan said, citing efforts to improve

operating room preparations and catheter use. "And our exceptional staff did a great job pushing initiatives focused on better patient care."

While NSQIP provided the framework for analysis, "the dedication of SAMMC personnel and their commitment to quality improvement is what fostered meaningful change," Kallingal said. "It will continue to be an important tool to

provide the framework for improving surgical quality outcomes in the future."

The program is an easy sell at SAMMC, added Mariea Shelton, process improvement coordinator. The aim, she said, is to always strive for "great outcomes in surgical procedures."

With an eye on further improvements, Brennan hopes to add a third NSQIP surgical clinical reviewer soon to enable more data

to be inputted and more feedback to be gained.

"The more numbers we can track, the better off we'll be when it comes to gauging our strengths and weaknesses," he said.

While the program is voluntary, the Department of Defense requires all military hospitals to participate in NSQIP. SAMMC has been a voluntary member of the program since 2009.

"Participation in NSQIP

means there is a total commitment to deliver the highest quality surgical patient care," said Marilyn McFarland, a NSQIP surgical clinical reviewer.

"Quality patient care is priority here and it shows," added Laura Van Dyk, surgical clinical reviewer.

Brennan praised the hospital's exceptional care, citing recent successes on The Joint Com-

mission reaccreditation survey, Level I trauma center reverification and a Commission on Cancer silver designation for SAMMC's cancer program.

"Our focus has always been on providing the best patient care, on what's best for the patient," Brennan said. "That emphasis has never wavered. This is just a great organization, from the leadership on down."

# Mindfulness-based stress reduction finds a place in the military

By Shannon Russ

Headquarter, Department of the Army (G8) Public Affairs

Mindfulness-based meditation and the military are generally two things that one would not associate with one another.

But on Fort Sam Houston, Texas, Dr. Valerie Rice, chief of U.S. Army Research Laboratory's Human Research and Engineering Directorate Army Medical Department Field Element in San Antonio, has participated in the Army Study Program since 2012. She has led a study entitled "Evaluating Next Generation Resiliency Training using the Virtual World of Second Life" for the last four years.

This study, along with her two related 2015 studies "Fortifying and Amplifying Resiliency Training" and "Expedient Resiliency: Examining a 5-day Intensive Mindfulness Training," which were recently funded, have allowed Rice and her team to work with active-duty military and veterans to examine the potential benefits of mindfulness-based stress reduction for conditions such as post-traumatic stress disorder, also known as PTSD, depression, chronic pain and anxiety among others.

The practice of "mindfulness, or being in the moment," uses age-old meditation practices, offering practitioners an outlet for stress relief, Rice said.

Members of Rice's research team are not only educated on the topics the study proposes to address, but each member must participate in both



Photo by Spc. Charles Probst

Mindfulness-based meditation and the military are generally two things that one would not associate with one another. But on Fort Sam Houston, Dr. Valerie Rice, chief of U.S. Army Research Laboratory's Human Research and Engineering Directorate Army Medical Department Field Element in San Antonio, has participated in the Army Study Program since 2012. She has led a study entitled "Evaluating Next Generation Resiliency Training using the Virtual World of Second Life" for the last four years.

the online and in-person portions of the study as a prerequisite to joining the research team. This gives each member a unique understanding and perspective of the study and of the issues and methods that participants are hoping to address.

Additionally, it builds a trust and camaraderie between participants and the research team, which is important in a situation, where individuals may be revealing their deepest thoughts and fears.

Members of the Army Study Program Management Office, or ASPMO, team were invited to participate in an online mindfulness meditation session to gain an understanding of the experience. The virtual world, Second Life, is a 3-D computer environment, where avatars represent the individuals, who are

participating.

In the virtual world participants are able to design the avatars to represent themselves, and even have the option to disguise the sound of their voice to the other participants. The virtual world includes not only the lodge, where participants meet, practice meditation, and have open discussions; but walking trails, horse stables, and other relaxing activities for participants.

"The virtual world reduces the anxiety that comes from going into a behavioral health center by offering anonymity," Rice said. "There is still a stigma we have to confront that asking for help is a sign of weakness."

A group of previous study participants came out to the Stillwell House on Fort Sam Houston to greet the team from ASPMO and to discuss

their experience and outcomes pertaining to the study. It was made clear during the discussion that the group environment - whether in-person or through the virtual world - is greatly beneficial and builds a supportive network for those participating.

Feedback regarding the study has been very positive, as each participant not only shared the positive results of the mindfulness meditation itself, but also the benefits for a wide range of conditions experienced within the group including PTSD, chronic pain, and anger management. Participants also experienced some positive unexpected benefits.

Researchers and participants were surprised to experience not only the first-hand benefits of the mindfulness meditation, but the secondary ben-

efits experienced by some including weight loss, improved sleep, lower blood pressure, reduced anger, and increased calmness. The ages, backgrounds, and ailments of participants varied greatly. The participants are active-duty military and military veterans, and range in age from 22-75 years.

Regardless of the demographics, the participants overwhelmingly agreed on the benefits of the group setting and of the mindfulness meditation to the admitted surprise of those who were formerly skeptical.

The participants, who met with the ASPMO team were anxious to share their experiences, which varied greatly. One young woman was experiencing severe chronic pain resulting from an intensely stressful work environment. After participating in the mindfulness-based stress reduction study, her pain has decreased so significantly that her medication has been cut to a fraction of what she required before learning the techniques and practices the study allowed her to acquire.

Another participant spoke about his hesitation to participate because as a retired Army officer, he was skeptical of the benefits of meditation or anything that resembled therapy. However, participation allowed him to deal with a variety of issues including PTSD and a recent cancer diagnosis, and he was very quick to sing the praises of both the virtual and in-person sessions, as well as the study team.

A third participant shared his intimate story of being the sole survivor

of a military helicopter accident. The immense stress caused by the accident, as well as the issues that arose during the investigation, gave him cause to seek out assistance.

He received "a free banana that happened to have a flyer about the study attached." "I really just wanted a banana, but read the flyer and decided it was worth looking into further," he recalled.

As a result of the positive experience he has had with the mindfulness meditation, he is sharing his story on larger stages in hopes of eliminating the stereotype associated with such practices and encouraging other military service members to participate.

The study, which has competed for and been awarded funding each of the last four years, has shown tremendous success in helping Soldiers and veterans. According to one article, evidence shows that participants are still employing the mediation methods they learned six months after participation has ceased.

If virtual training proves effective, "we can support Soldiers and veterans anywhere there is an Internet connection and a computer," Rice said.

The results of the study are exciting, as this could be a breakthrough treatment for Soldiers suffering from a wide variety of ailments. As Rice and her team continue to successfully compete for funding and receive positive results from the research, the study will continue, potentially helping countless service members and veterans.

# Defense sleep study advises military to get more shuteye

By **Beth Schwinn**  
Defense Centers of Excellence  
Public Affairs

A new research report sponsored by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury confirms what many in the military have long suspected: service members don't get nearly enough sleep.

About a third of military members get by on five hours of sleep a night or less, and another third only manage six hours a night. Only 8 percent of civilians get by on five hours of sleep or less, as measured by the Centers for Disease Control and Prevention.

The study, conducted by Rand Corp., reported

that almost half of service members said they sleep poorly, compared to about a third of the general population. And sleep problems occur at the same rate throughout the military, regardless of whether or not people are deployed.

More than 18 percent of those surveyed reported using sleep aids such as sleeping pills, which have side effects that present a safety risk in an operational setting.

The study confirms that lack of sleep can have serious consequences for brain function and psychological health, according to U.S. Public Health Service Lt. Evette Pinder, a psychological health epidemiologist at Deployment Health Clinical



Photo by Petty Officer 1st Class Peter D. Blair  
Chief Mass Communication Spc. Keith DeVinney sleeps between exercises during Fleet Combat Camera Pacific's Winter Quick Shot 2013 in the Angeles National Forest near Azusa, Calif., Feb. 17, 2013.

Center.

Resilience, emotional regulation and interpersonal relationships are impaired by sleep deficiency. The survey analysis supports a link between sleep quantity and quality, and

physical health problems, such as obesity, and reports that sleep problems are a risk factor for depression and posttraumatic stress disorder.

According to the survey, a third of service

members feel fatigued at least three to four times a week, and 17 percent reported that lack of sleep impairs their ability to function.

Finding easy solutions for sleep-deprived service members can be

complicated. Common barriers keeping our warriors from getting adequate sleep include:

**Attitudes:** Sleep is viewed as a luxury in the military, and those who insist on getting to bed may be viewed as slackers.

**Manpower:** Service members say they often work fatigued because there's no one to replace them.

**Shift work:** Many warfighters report taking coffee or energy drinks to keep them awake at night and medications to help them sleep during the day. These practices hurt sleep quality.

**Information:** Service members and care providers aren't informed

See SLEEP, P21

## Help wanted: Enlisted aides perform valued roles for Army leaders

By **Lora Strum**  
Army News Service

Enlisted aides are considered an elite group of staff sergeants and sergeants first class, whose organizational, technical and interpersonal skills are valued among the general officers with whom they serve.

Enlisted aides prepare and conduct official social functions and activities such as dinners. This includes the purchase and preparation of food and beverage services in the officer's quarters at up to a 5-star entertaining level. Aides may also be responsible for maintaining their quarters, uniforms and military personal equipment.

"You want to alleviate those minor things

that may distract from daily duties. You make the job a lot easier and smoother," said Sgt 1st Class Christian D. Price, a former enlisted aide, who now serves as the Army enlisted aide and 92G special programs manager, U.S. Army Human Resources Command.

Aides serve in all Army commands worldwide. In recent years the program has been opened up to all military operational specialties, or MOSs.

"The Army is broadening the scope and looking to invest significant resources to develop a competitive program to select highly qualified Soldiers," Price said.

The Enlisted Aide Program looks for Soldiers, who consider the Army a career, are self-motivated



Photo by Julianne E. Cochran

An Enlisted Aide Training Course instructor shows a student the specifics of setting up a general officer's uniform during a practical exercise.

and assume responsibility with limited guidance, he said. All enlisted aides must be physically, mentally and ethically fit for duty, able to pass a background check and attain secret clearance.

The program's upcoming

selection panel will be held Sept. 14 and currently is accepting applications. The window to apply closes Aug. 28. Interested and qualified Soldiers can apply online at the Quartermaster Corps Enlisted Aide website.

Application packets should include a photo and resume of the Soldier as well as two letters of recommendation from a colonel or higher. Soldiers must also present their last five Noncommissioned Officer Evaluation Reports and prove they've passed the Army Physical Fitness test.

"Many of your traditional military customs and interpersonal skills were definitely used. Overall, I recommend this program to any individual," Price said.

Selected Soldiers, who serve in the 92G Food Service MOS, will be enrolled in the Advanced Culinary Skills Training Course and Enlisted Aide Training Course on Fort Lee, Va., which run five weeks and three weeks

respectively.

Soldiers, who are non-food service personnel, will first complete the four-week Basic Food Service Course. Then, they will go on to complete the Advanced Culinary Skills Training Course and the Enlisted Aide Training Course.

Of the approximately 80 positions available for aides, the Army maintains a high retention rate. For Price, his service to Gen. David M. Rodriguez, commander of the U.S. Army Africa Command, forged a lifelong bond.

"I still reach out to Rodriguez to this day. You're a part of a close knit family and that relationship is great personally and professionally," Price said.

# Rambler 120 returns with addition of all-military categories

By Robert Goetz  
JBSA-Randolph Public Affairs

The Rambler 120 Team Challenge, Joint Base San Antonio's adventure race, will feature two new team categories when the ninth edition of the competitive event takes place Sept. 19 at the JBSA Recreation Park at Canyon Lake.

Hosted by the 502nd Force Support Squadron, the Rambler 120 challenges four-person "Xtreme" teams and eight-person relay teams with a 22-mile bike race through the Texas Hill Country, a 6-mile run across Canyon Lake Dam, a 2-mile raft race along the shoreline and mystery event.

The event also includes a "Just4Fun" category for recreational racers and a youth biathlon – the "Iron Kid" – for family members 5 to 12 years old.

Xtreme teams, which must include at least one Department of Defense ID cardholder, and relay teams, which must have at least two DOD ID cardholders, compete in all-male, all-female and coed categories, but this year all-military Xtreme and relay categories have been added to the Rambler 120.

"We've created Xtreme and relay categories for active-duty members to give our squadrons an opportunity to have a morale-boosting exercise," said Abbie Pollard, 502nd FSS community programs and partnership specialist. "It gives them a chance for more camaraderie."

Military teams and individuals may also qualify to have their registration fees paid through the Air Force RecOn program, Pollard said.

The RecOn program provides recreational activities for active-duty members and their families, especially Airmen returning from deployment, and allows eligible customers to enjoy activities at no cost or at a discount, funds permitting.

Last year, 31 teams registered for the Rambler 120 in the Xtreme and relay divisions, including participants from all JBSA locations and Laughlin Air Force Base, Texas.

Pollard said team competition makes the Rambler 120 a special event.

"The military emphasizes health and fitness," she said. "Of all our FSS programs, this one is unique because of the health and fitness aspect and the competitive nature of the event. This tests your abilities and shows what you're really capable of."

Maj. Jill Rogers, who was the 99th Flying Training Squadron's assistant director of operations when her "99th Panthers" was the overall fastest relay team in last year's event, also emphasized the Rambler 120's team aspect.

"The race is such a great event because it really takes a lot of teamwork," Rogers said. "It is not about the individual. Everyone needs to work together to get to the finish line."

Rogers, who now serves as the 19th Air Force mobility assistant director of operations, said competing in last year's Rambler 120 was a great experience.

"I think everyone on the team had a lot of fun," she said. "We were



Rambler 120 participants paddle their boats during a 2-mile raft race portion of the annual Rambler 120 Competition Sept. 20 at the Joint Base San Antonio Recreation Park at Canyon Lake. The Rambler 120, which is hosted by the 502nd Force Support Squadron, features four- and eight-person teams that engage in a friendly, but hard-fought, competition that challenges participants with a 22-mile bike race, 6-mile run, 2-mile raft race and a mystery event.

just going out to have fun and never expected to win the relay portion."

Rogers said the 99th Panthers had to adjust to the loss of two members to illness, but her husband helped fill the void.

"The team was awesome and was able to quickly adapt to the changes," she said. "Everyone was great and stepped up and changed what portions of the race they were planning on doing."

Like Rogers, Col. Michael Patronis, 47th Medical Group commander at Laughlin Air Force Base, belonged to a winning team at last year's Rambler 120. "Awesome Sauce" was the overall fastest Xtreme team.

"It was a surreal experience to have my great lifelong friend and my son join me for an Xtreme team challenge," Patronis said. "We overcame physical challenges as a team and used a strategy to maximize our individual and team strengths. It

was epic and, for my son, a personal best."

Patronis, who formerly served as Air Education and Training Command Surgeon General Directorate Medical Support Division chief, said the participants make the Rambler 120 special.

"Folks came from all around, and several bases

and services are represented, which results in great camaraderie," he said.

The deadline to register for the Rambler 120 is Sept. 5, but teams that sign up before Aug. 1 save by paying the early-bird fee of \$100 for the Xtreme division and \$150 for the relay division.

After Aug. 1, the registration fee increases to \$120 for Xtreme teams and \$180 for relay teams. Individuals pay only \$25 and children pay \$10. The fee covers a barbecue lunch, a commemorative T-shirt and awards for teams and children.

For more information, call 652-5763.



Photos by Johnny Saldivar

Rambler 120 participants round a turn of the 22-mile bike race portion of the annual Rambler 120 Competition Sept. 20, 2014 at Joint Base San Antonio Recreation Park at Canyon Lake.

# INSIDE THE GATE

## Post-Wide Flea Market

Saturday, 7:30 a.m. to noon at the Joint Base San Antonio-Fort Sam Houston command pavilion. The post-wide flea market allows the military community the opportunity to sell their personally owned household items. Patrons may rent tables for \$5 and chairs for 50 cents each. Only Department of Defense ID cardholders are allowed to sell at the flea market. Call 221-5225 or 221-5224.

## Juniors Learn To Golf Like Pros

Monday through Aug. 7, 9-11 a.m. at the Fort Sam Houston Golf Course, 1050 Harry Wurzbach. Junior golfers, eight years and older, receive instruction on swing fundamentals, golf etiquette, rules and on-course instruction during clinic. Clubs are provided for students needing equipment. Cost is \$100 per child and payment must be made in advance. Call 221-5863 or 222-9386.

## Parent-Child Music And Movement Class

Tuesdays, 10 a.m. at building

1705. The parent-child music and movement class emphasizes the kinesthetic learning of preschool skills and concepts for children 1-5 years. Cost is \$35. Call 221-3380.

## Army Pre-Separation

Tuesdays through Fridays, 8:30 a.m. to noon, Joint Base San Antonio-Fort Sam Houston Soldier for Life, building 2263. Army patrons separating are encouraged to begin the process 18 months prior to their separation date. This counseling is coordinated through the Soldier for Life Program. Call 221-1213.

## Post-Deployment Resiliency Training

Wednesdays, 1-3 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Service members returning from deployment are required to attend a resiliency training discussing ways to deal with the stressors associated with post-deployment and reintegrate back into the home life. Call 221-2418.

## Navy Ombudsmen Basic Training

Aug. 11-13, 7:30 a.m. to 4:30 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Registration for this 3-day

workshop is due no later than July 28. This is a required training for all Navy Ombudsmen commanding officers, executive officers, senior enlisted leaders and their spouses. Call 221-2418.

## ITT Discount Tickets

Tuesdays-Fridays from 9 a.m. to 4 p.m. and Saturday from 10 a.m. to 2 p.m. The Information and Ticket Office, located inside the Sam Houston Community Center, building 1395, has tickets for local attractions and sports such as the San Antonio Zoo, Natural Bridge Caverns, Spurs and Rampage games as well as out-of-town attractions to include Disney Parks, Universal Orlando® Resort and more. Call 808-1378.

## Salado Park Area Rentals

This 13-acre park has 10 picnic areas available to rent for \$15, which accommodate 25 people each. Also available are two large patio areas for \$30, which accommodate 50 people and a covered pavilion for \$45. Reservations can be made up to a year in advance at the Outdoor Equipment Center. Call 221-5224 or 221-5225.

## Boat Rentals

It is the time of year to hit the lakes around San Antonio and sur-

rounding areas, so be sure to reserve the boat of your choice from Outdoor Recreation. Available boats include pontoon boats, ski boats, bass boats and kayaks. A boater's safety certification and Department of Defense ID card is required to reserve a boat. Call 221-5224 or 221-5225.

## Read to the Rhythm Summer Reading Program

The Joint Base San Antonio libraries encourages families to shake, rattle, or roll to the library for "Read to the Rhythm," the Department of Defense Summer Reading Program. During the next two months, the libraries will host a range of free activities for children, teens, and adults that encourage and support a love of reading. Register now through August, participants win prizes for reaching their reading goals. Visit the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library each Thursday at 10 a.m., the JBSA-Lackland Library each Tuesday at 10 a.m. and the JBSA-Randolph Library each Wednesday at 10 a.m. to take part in special activities. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library 221-4702; the JBSA-Lackland Library 671-2673; or the JBSA-Randolph Library 652-5578; or visit <http://www.jbsalibraries.org>.

## SLEEP from P19

about how to solve sleep problems.

**Providers:** Not enough military care providers are trained to treat sleep issues.

The report recommends the Defense Department take steps to prevent sleep problems, increase identification and diagnosis of sleep problems, clinically manage sleep disorders and promote sleep health, and improve sleep in training and operational contexts. The full text can be found on the Rand website at <http://www.rand.org/topics/military-health-and-health-care.html>

Other resources are

available to learn ways to improve sleep at Sleep Module on After Deployment (<http://afterdeployment.dcoe.mil/topics-sleep>), "Sleep: More Important than You Think" ([http://www.dcoe.mil/blog/14-04-28/Sleep\\_More\\_Important\\_Than\\_You\\_Think.aspx](http://www.dcoe.mil/blog/14-04-28/Sleep_More_Important_Than_You_Think.aspx)), "Updating Your To-do List? Put Sleep at Top" ([http://www.dcoe.mil/blog/14-03-13/Updating\\_Your\\_To-do\\_List\\_Put\\_Sleep\\_at\\_Top.aspx](http://www.dcoe.mil/blog/14-03-13/Updating_Your_To-do_List_Put_Sleep_at_Top.aspx)), "10 Tips for Better Sleep After a Brain Injury" ([http://www.dcoe.mil/blog/14-03-20/10\\_Tips\\_for\\_Better\\_Sleep\\_After\\_Brain\\_Injury.aspx](http://www.dcoe.mil/blog/14-03-20/10_Tips_for_Better_Sleep_After_Brain_Injury.aspx)) and Mobile Application: CBT-i Coach (<http://t2health.dcoe.mil/apps/CBT-i>).

## METC from P5

certified cytotechnologist and histotechnician. As far as future goals, he plans to become a cytopathologist.

Beaver, who hopes to become a medical lab officer, felt honored to be selected for the Geraldine Colby Zeiler award and to represent his class.

"It has inspired me to stay focused, to keep pushing myself in other areas in the medical field and to one day become a lab officer."

Serving a dual role as Soldier and student is extremely tasking to all students in the program. In addition to the extreme academic demands of the course

and long distance education through the George Washington University, students also have to fulfill all of their normal military responsibilities, readiness and physical fitness in order to be deployed worldwide at a moment's notice.

Graduates of the METC cytotechnologist program are granted a Bachelor of Science degree in cytotechnology from the George Washington University.

Following graduation Friday, Beaver will head to Madigan Army Medical Center on Joint Base Lewis-McChord in Washington. Del Rio will be going to William Beaumont Army Medical Center at Fort Bliss in El Paso, Texas.

# OUTSIDE THE GATE

## USA/Hire Heroes USA Transition Workshop

A free two-day workshop for active duty service members, spouses and caregivers takes place Tuesday and Wednesday at the USO San Antonio, 203 W. Market St. Instructors are veterans, civilian career counselors and former human resources recruiters and specialists from corporate America, working with participants to create a high quality civilian resume and craft their value. Dress is business casual and attendees should bring a laptop, if available, NCO or officer evaluation reports and previous resumes. For more information, call 703-908-6415 and register at <http://august0405twsanantonio.eventbrite.com>.

## SeaWorld, Aquatica Offer Veterans Free Admission

Military veterans and up

to three guests are invited to enjoy complimentary admission to both SeaWorld and Aquatica on scheduled operating days during their San Antonio tribute program through Nov. 8. Veterans must register in advance at <http://www.WavesofHonor.com> and verify their proof of service through the ID.me qualification process. SeaWorld is working with ID.me to provide an online verification of former military personnel in a secure manner. Once veterans and their guests have registered online, they can bring their e-tickets directly to the park's turnstiles. Tickets may be obtained and redeemed by Nov. 8.

## 2nd Infantry Division Reunion

The Second (Indianhead) Division Association is searching for anyone who served in the Army's 2nd Infantry Division at any time. For information about the association and its 94th annual reunion in San Antonio from Sept. 22-26, email [2idahq@comcast.net](mailto:2idahq@comcast.net) or call 224-225-1202.

## CHAPEL WORSHIP SCHEDULE

### PROTESTANT SERVICES

#### Sundays

**Main Post (Gift) Chapel**  
Building 2200, 2301 Wilson Way  
8 and 11 a.m. - Traditional

#### Dodd Field Chapel

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

#### Army Medical Department Regimental Chapel

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

#### Brooke Army Medical Center Chapel

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

### CATHOLIC SERVICES

#### Daily Mass

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

11:30 a.m., Monday through Friday  
**Saturday**

**Main Post (Gift) Chapel**  
4:45 p.m. - Reconciliation  
5:30 p.m. - Evening Mass

#### Sunday

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

### JEWISH SERVICES

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

### ISLAMIC SERVICE

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

### LATTER DAY SAINTS SERVICES

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

### BUDDHIST SERVICES

10 a.m. - Buddhist Services,  
Saturday, AMEDD

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

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