

FORT SAM HOUSTON News Leader



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**JBSA
HOTLINES**



**DOD Safe Helpline
877-995-5247**

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

**JBSA Domestic Abuse Hotline
367-1213**

**JBSA Duty Chaplain
221-9363**

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



HOLOCAUST REMEMBRANCE

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BEYOND THE HORIZON

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SAFETY, AUTISM AWARENESS PROJECT

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FIESTA KICKOFF

Photos by Daniel P. Elkins

(Inset) Lt. Gen. Perry Wiggins, commander, U.S. Army North (Fifth Army) and senior Army commander of Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis) welcomes Fiesta attendees April 16 to the opening ceremony of the Fiesta event at the Alamo in downtown San Antonio. (Bottom) JBSA Ambassadors help kick off Fiesta 2015 amidst a sea of confetti. More photos from various Fiesta events will be featured in subsequent editions of the News Leader.

'Jointness' is the word at Navy Medicine officer commissioning

By Larry Coffey
NMETC Public Affairs

The Navy's newest officer serving in a joint enlisted medical training program passed through Army and Navy "side boys" to be commissioned by an Air Force brigadier general at a ceremony presided over

by a Navy captain April 10 at board Joint Base San Antonio-Fort Sam Houston.

Ensign Brian J. Melin, the Medical Laboratory Technician Navy Phase 2 clinical coordinator at the tri-service Medical Education and Training Campus



Photo by Lisa Braun

Ensign Brian Melin, Navy Phase 2 clinical coordinator for the tri-service Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston, has his ensign shoulder boards placed on his uniform by his daughters after his commissioning ceremony April 10.

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News Leader

A PUBLICATION OF THE 502ND AIR BASE WING - FORT SAM HOUSTON

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Sexual assault survivor: One Airman's story

Sexual assault is a hot topic – one addressed in annual training and at commander's calls throughout the Air Force – yet the details of victims' stories are seldom mentioned. This is understandable. These crimes against service members are intensely personal. Also, as many survivors have learned, listeners don't always know how to respond appropriately, which can make sharing one's story awkward, even painful.

This is unfortunate. As humans we are drawn to stories. We reflect upon them and even internalize some of their values, ideas and attitudes.

Stories communicate with extraordinary effectiveness, enabling us to learn not only from personal experience but also from others' experiences. Are we missing out on a potentially powerful tool in the world of sexual assault prevention?

Perhaps calling on survivors to bravely share their stories holds real potential for making those serving alongside them more aware of sexual assault and of ways they can prevent it in their spheres of influence. To that end, here is my story.

Like most men I know, I never really thought much about sexual assault. I saw the issue as predominately a female problem that only happened to males under highly unusual circumstances and in unusual settings, such as prison.

So, each year I endured the Air Force's

mandatory sexual assault training but never examined people in my life for indicators of predatory behavior, or spent any time considering issues like stalking, grooming, or consent. Little did I know that, like many other victims of both genders, I was oblivious to the impending threat until it was too late.

Though the sexual assault I endured was not my fault, I failed to recognize the warning signs that escalated in the preceding months.

Upon returning from a deployment, I found the girl I had been dating had unexpectedly moved most of her belongings into my house. I had left her a key to have her occasionally check on my house, but was nowhere near ready for her to move in.

As our relationship had already become rocky during the deployment, her unilateral move forced me to break things off. I made certain to get back the key to my house, returned her belongings, and left the state on leave. That's when the text messages started.

At first they came almost hourly, throughout the day and occasionally into the night. I read the first couple apologies and deleted the rest on sight. I tried to have the phone company block her, but at that time blocking texts required a restraining order from the court. Since my only other options were to get a new number or put up with it, I chose the latter.

When I returned from leave, the stalking escalated from text messages to showing up on my doorstep every few days. As she lived 45 minutes away, these were not visits of chance. I would ignore her, drive into my garage and shut the door.

Before long, it was getting so bad that I remained locked in my house, except while I was at work, and only opened my door at night to get my mail. I discovered later on that she had purchased a house down the street from me.

One day, I woke up to find every single window and door covered with post-it notes saying, "I'm sorry." I didn't even attempt to take the notes down for fear she'd come over while I removed them. The night before the sexual assault, I unlocked the door and checked my mail. Either I forgot to lock the deadbolt when I went inside or she made a copy of my key, but the outcome was the same: she had access to me inside my house.

I remember waking up to her sitting beside me on the bed with her mouth and hands on me. I completely froze, unsure of what to do or how to react. At some point, she noticed that I was awake and said something, but I have no idea what that was.

I was tremendously conflicted because my body was responding to something that I knew was completely wrong. She moved from oral sex to anal intercourse, which was far beyond

anything we had engaged in physically during our relationship. I remember the pain and disgust from that but little else.

When she finished, she tried to converse some more and attempted to cuddle, but I just lay there. Eventually she gave up and left, so I locked the door to the house and took a shower. I remember washing repeatedly, playing the events in my head over and over, unable to understand what had just happened.

However, the thought that I had been sexually assaulted never even crossed my mind. I wrote it off as a horrible sexual encounter and tried not to think about it. There was no way I was ever going to tell anyone what had happened.

Over the next couple weeks my situation turned from bleak to completely despairing. Still reeling from the shock of the initial assault, I did nothing to stop her as she came over and assaulted me several more times.

Each time I would try to wash off the shame from the events but felt powerless to stop them from happening. I had no will to resist doing what she wanted and felt completely broken and alone. Many aspects of the assault made little sense to me. I knew that what had happened was wrong, but I blamed myself because my body had responded to the stimulation.

In my mind, I paired the arousal with enjoyment and let my assailant

continue. We also live in a society where males are expected to want sex all the time. To complain about having sex — no matter how wrong — would go against normal expectations of young men.

Would I be seen as weak for not fighting back? Would I be seen as unmanly for not wanting to have sex with someone? If I ever got married, what would my wife think? My fears about how others would respond only drove me to further isolation. I was afraid of my assailant and let her do things to me that I never wanted to happen, but I couldn't understand my fear, let alone explain it to someone else.

It wasn't until weeks later, when I was talking with my sister, that I had the courage to describe what had taken place. She didn't even hesitate to tell me that I had clearly been sexually assaulted. I argued that that was impossible.

Only when she pointed out that I had been asleep and couldn't possibly have given consent did I begin to realize the truth behind her assertion. I had seen the definition of sexual assault numerous times in Air Force briefings, but the lack of consent in my own case had never even dawned on me. With that newfound understanding, I gained the courage to file a police report. I don't know what actions the police took, but I

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News Briefs

Closure of Ludington Road

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

Wilford Hall Drop-off Point to Close

Because of construction, the Wilford Hall Ambulatory Surgical Center main entrance drop-off point, closest to the parking garage, will close to vehicle traffic Monday-Wednesday. The main entrance will still allow for foot traffic from the parking garage. Patients are encouraged to use other entrances on these days.

BAMC Health And Safety Fair

Brooke Army Medical Center will host a Health and Safety Fair 10 a.m. to 2 p.m. May 1 in the Fort Sam Houston Main Exchange parking lot. There will be information booths, giveaways, food trucks and entertainment. Interactive displays include the Fort Sam Houston Fire Department fire house, Union Pacific Railroad and the Akeroyd Blood Donor Center Blood Mobile and much more. Call 916-5160 for more information.

Telephone Sponsorship

Access No Longer Authorized

With the implementation of Air Force Manual 31-113, Installation Perimeter Access Control, dated February 2015, telephonic sponsorship for installation access is no longer authorized. Effective Saturday, Joint Base San Antonio-Fort Sam Houston visitor centers will no longer accept telephonic sponsorship for any category of visitor, vendor or contractor requesting access to the installation. The only authorized means of sponsorship will be by ".mil" government email or by physically going to the visitor center with the access request. JBSA-Fort Sam Houston has two operational visitor centers, with the Walters Visitor Center located adjacent to the Walters Entry Control Point at 2150 Winfield Scott Road, building 4179, and the Scott Visitor Center

Sailors wipe out graffiti during Fiesta San Antonio

By Petty Officer 1st Class
Jacquelyn D. Childs
NMETC Public Affairs

Sailors from Navy Medicine Training Support Center at Joint Base San Antonio-Fort Sam Houston and the Naval Health Care Clinic Corpus Christi San Antonio Detachment volunteered to paint over graffiti at a local city park Sunday as part of Fiesta San Antonio.

Petty Officers 2nd Class Haydee Perez and Maegan Morris, both NMTSC staff members, planned and organized the event with mostly student volunteers from the Medical Education and Training Campus, also at JBSA-Fort Sam Houston.

NMTSC provides administrative and operational control over Navy staff and students assigned to METC and other medical education and training programs in the San Antonio area.

"The graffiti wipeout was on the Fiesta calen-

dar last year but wasn't this year, so I decided to organize one," Perez said. "I really wanted to get it back on there so we can get involved in the community somehow, especially for the students."

The volunteers painted over graffiti and fading or chipping paint on a guardrail along a walking trail at Medina Base Road Park, located near JBSA-Lackland. After painting, they walked along the trails to pick up trash.

Morris agreed the opportunity was a great way for their students to get out of the barracks and off base to do something good.

"A lot of the Fiesta events happen during the week while students are in class, so this gave them the opportunity to get involved," Morris said.

The coordinators for the event were led by Chief Petty Officer Amanda Derequito, who recently checked



Photo by Petty Officer 1st Class Jacquelyn D. Childs

Sailors from Navy Medicine Training Support Center at Joint Base San Antonio-Fort Sam Houston and the Naval Health Care Clinic Corpus Christi San Antonio Detachment paint over fading and chipping paint on a guardrail along a walking trail at Medina Base Road Park, located near JBSA-Lackland Sunday as part of Fiesta San Antonio.

into NMTSC and had looked forward to the event as a way to get to know the Sailors while helping to establish a Navy presence in San Antonio.

"It's really good to get out and project a positive image," Derequito said, "especially since the Navy hasn't had a large presence in San

Antonio for very long. This lets people know we are here to help."

"I'm glad I could come," said Seaman Apprentice Karina Maldonado, who recently graduated from the Basic Medical Technician Corpsman Program. "I love volunteering and used to do it a lot back home. I just feel like I

can do a lot for people right now since I'm still young and I have the time on my hands."

Fiesta San Antonio is the nation's third largest festival of its type behind Mardi Gras and the Rose Festival where more than 3 million people participate in more than 100 events in the San Antonio area.

AWAITING ASA-FSG

NMETC from P1

on JBSA-Fort Sam Houston, was commissioned by Air Force Brig. Gen. Robert I. Miller, Defense Health Agency education and training director and METC commandant. Navy Capt. Denise Smith, Navy Medicine Training Support Center commanding officer, was the presiding officer.

“The commissioning ceremony encompassed all three services,” Melin said. “This was fitting because I received mentorship from Navy, Army and Air Force leadership along my journey to a commission.”

The term “side boys” refers to a part of the quarterdeck ceremonies when an important person or officer comes on board or leaves a ship.

As the MLT Navy Phase 2 clinical coordinator, Melin plays a key role in helping Navy hospital



Photo by Lisa Braun

Air Force Brig. Gen. Robert I. Miller (left), Defense Health Agency education and training director and tri-service Medical Education and Training Campus commandant, commissions Ensign Brian Melin, METC Navy Phase 2 clinical coordinator, at Joint Base San Antonio-Fort Sam Houston April 10.

corpsmen lab technicians obtain hands-on experience before reporting to their duty station.

“I work with civilian clinical sites to secure medical laboratory technician students ‘seats’ for training in the community,” Melin said. “I also served as the Navy MLT program leading petty officer for 15 staff members and more than 150

Navy students.”

Melin’s successes at the tri-service METC, together with continued superior performance as a Navy Medicine lab technician, carried him to this career milestone.

“He mastered his specialty area, made the most of his assignments both in the continental United States and while deployed, seizing leader-

ship opportunities when called upon,” Miller said. “Knowing how competitive these programs are, it speaks volumes of what he has done for Navy Medicine in his career. I have no doubt the same will continue in his new role as a naval officer.”

Melin said he wanted a larger joint ceremony so he could recognize his family’s contributions to his career and allow the students to see an enlisted member become commissioned. Approximately 20 students attended the ceremony.

“Many students mention this as one of their career goals,” he said. “I wanted to afford them opportunity to see that goal happen for someone they know.”

Melin will soon leave to attend Officer Development School in Newport, R.I., in May. From there, he will report to Naval Medical Center Portsmouth, Va., as a lab officer.

264TH MEDICAL BATTALION HELPS OUT WITH HABITAT FOR HUMANITY



Photo by Sgt. 1st Class Shamon Hale

More than two dozen members of the 264th Medical Battalion joined with Habitat for Humanity Jan. 17 for a day of fun and volunteer work to support the community. The volunteers pitched in on exterior painting and completing a few minor inside finishes and got to meet the family who would be living in the finished house. “It was a great day for the event, said 264th Medical Battalion Command Sgt. Maj. Darlene Taylor. “What I enjoyed most was seeing everyone – the future homeowners along with Soldiers, families and friends of the 264th Medical Battalion – come together for such a worthwhile cause.”

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Military Tax Assistance Center closes out successful tax season

By Steve Elliott
JBSA-Fort Sam Houston Public Affairs

Another successful season of tax returns is in the books, thanks to the 19 active duty military volunteers from the Army, Air Force and Navy who staffed the Joint Base San Antonio-Fort Sam Houston Military Tax Assistance Center from Jan. 15 to April 15.

The MTAC, directed by Brian Novak from the 502nd Force Support Group legal office, operated a main tax center located in building 131, as well as a satellite office at the San Antonio Military Medical Center to serve warriors in transition and medical personnel.

The MTAC staff provided tax return services to active duty, retirees and their family members. The volunteers received several weeks of training from Novak and the IRS in the IRS VITA tax law course, which allows for instruc-

tion tailored to military tax returns.

A total of 4,903 returns were processed at no cost with 4,310 federal returns and 593 state tax returns being filed electronically. The total value of the returns added up to \$1,111,106 saved by those filing with the MTAC volunteers. Those same taxpayers received a total of \$7,105,100 in tax refunds.

In addition, the e-file reject rate was well below the Internal Revenue Service goal of 10 percent, coming in at 6.9 percent. The MTAC also received a 100 percent overall rating from an unannounced IRS Quality Statistical Sample Review and Inspection.

"This is a great example of service members helping service members," said Command Sgt. Maj. Hu Rhodes, U.S. Army North (Fifth Army) command sergeant major.



Photo by Steve Elliott

Col. Steven A. Toft (left), 502nd Force Support Group and Army Support Activity commander, presents a commander's coin Friday to Petty Officer 1st Class Freeman A. Frazier in recognition of his volunteer service at the Joint Base San Antonio-Fort Sam Houston Military Tax Assistance Center from Jan. 15 to April 15. Frazier also received the Army Commendation Medal for exceptional service as the MTAC noncommissioned officer in charge. He is rated as an electrician's mate assigned to the Navy Medicine Training Support Center and this was the second year he volunteered to work at the MTAC.

2015 AFAF/ AER CAMPAIGNS

Joint Base San Antonio Air Force Assistance Fund project officer: Master Sgt. LaTonya Parker, 808-1394.

- JBSA-Fort Sam Houston AFAF installation project officers: Capt. Enisa Derivisevic, 808-0169 and Linda Green, 295-8516.

- JBSA-Lackland AFAF IPOs: Master Sgt. Jacelyn Duvall, 925-5844 and Master Sgt. Mason Wilson, 671-8272.

- JBSA-Randolph AFAFIPOs: Capt. Eliot Peace, 652-7185 and Master Sgt. Elmer Smith, 652-1646.

- JBSA-Fort Sam Houston Army Emergency Relief project officer: Barron M. Henry, 221-1612 or 221-0994.

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News Briefs

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located adjacent to the Harry Wurzbach East Entry Control Point at 3701 Winfield Scott Road, building 2843. For more information, visit <http://www.jbsa.af.mil/library/visitorinformation.asp> or call 221-1108 or 221-2756. Requests for sponsorship can be sent by email to usaf.jbsa.502-abw.list.502-sfs-visitor-control-center-owner@mail.mil. For more information concerning these processes, call 221-1108 or 221-2756.

JBSA-Fort Sam Houston Prepares For Command Cyber Readiness Inspection

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

Taylor Burk Clinic Taking Enrollments

The Taylor Burk Clinic located at Joint Base San Antonio-Camp Bullis provides accessible, high quality healthcare to active duty military, their dependents, and other TRICARE Prime beneficiaries. A scope of comprehensive services are provided, including acute illness care, preventive health maintenance, health promotion and wellness, education and counseling, and specialty consultation and referral with a 97 percent overall patient satisfaction rate. Hours are 7 a.m. to 4 p.m. Monday-Friday. Call 916-9900 to make an appointment. To switch your primary care manager, call Humana Military at 800-444-5445.

'Coffee with Commanders' At Wilford Hall

The 59th Medical Wing "Coffee with the Commanders" program at the Wilford Hall Ambulatory Surgical Center gives patients an opportunity to meet with commanders in an informal setting and address health care-related issues or questions. The event takes place at 9 a.m. every fourth Tuesday of the month near the main pharmacy entrance. Everyone is welcome. For more information, call 292-3906.

Former Holocaust survivor speaks about her journey to freedom: 'They rounded them up and shot them'

By Army Staff Sgt. Corey Baltos
Army North Public Affairs

Eleven million people were killed in the Holocaust, or roughly the population of New York City. While this number is almost too big to fathom, tens of millions of people were also forcibly relocated from Nazi-occupied territories to Germany to work as slave laborers to keep the German economy running during the war.

One of these people was Sonia Vaskov, who spoke to the Joint Base San Antonio-Fort Sam Houston community April 15 during the Days of Remembrance ceremony at Blesse Auditorium.

Sonia, then a 17-year-old ethnic Bulgarian living in the Crimea, was walking home Sept. 25, 1942, when she was taken by the SS-Einstzgruppen, the unit responsible for rounding up and killing Jews and others deemed "sub-human" by the Nazis. Instead of being killed, she was herded onto

a boxcar and sent to Regensburg, Germany, where she was forced to work as a slave on a farm. She never saw her family again.

"When the Germans took over my town, we saw what they did to the Jews," she recalled. "They rounded them up and shot them," Vaskov said. "Then they rounded us up, and asked if there were any young people willing to volunteer to work in Germany. They promised us it would be 'pleasant work,' but we knew better, so no one volunteered."

Due to the demands of the war, coupled with Hitler's refusal to allow German women to work outside the home, the German government relied on slave labor to work in the factories and on farms. Children and teenagers were most desired to work on farms as they were seen as less of a threat to the German women and because it would "lower the biological strength



Sonia Vaskov speaks to members of the Fort Sam Houston community about her experiences as a slave laborer during World War II, as part of the post's Days of Remembrance observance April 15 at the Blesse Auditorium.

of Germany's enemies.

"I worked for this family for 2 1/2 years," Vaskov said. "It was horrible. I slept in a shed. I ate scraps. Then I told them I couldn't do it anymore," she said. "My employer told me, 'You know, Dachau (concentration camp) isn't that far from here.' I didn't care. I was taken to the mayor so I could be transported to Dachau. Instead of taking me to

the camp, he had me work for him."

Vaskov said her life improved dramatically working for the mayor and his family. "They let me sleep in the house and they gave me actual food to eat. The mayor was a baker and he would give me hot bread and butter to eat. It was so good."

When the war was over, she joined thousands of others in a dis-

placed persons camp in Bavaria. "The Americans told us we could go back home if we wanted to, but I didn't want to. The Russians were as bad as the Nazis."

When Vaskov was five, her father was named an enemy of the state by the Russian government because he had been a land owner before the Russian Revolution. She and her family were sent to a work camp, where she watched her grandparents die of starvation. Shortly after being released from the camp, her father was taken away by the KGB. She never saw him again.

In 1951, after nearly six years in a relocation camp, she was able to immigrate to the United States and became a citizen two years later.

"I am grateful for what America did for me and the others like me. I share my story because I want Americans to realize how lucky they are to live in this country where they are free."

MICC small business contract awards to ramp up

By Daniel P. Elkins
MICC Public Affairs

The third and fourth quarters of the government fiscal year stand to be a boon for American small businesses as officials from the Mission and Installation Contracting Command at Joint Base San Antonio-Fort Sam Houston anticipate awarding approximately \$1.7 billion in acquisitions.

During the second

quarter of the fiscal year that ended March 31, almost \$475 million in contracts were awarded to small businesses throughout the nation by contracting officers with the MICC. To date, small businesses have been awarded more than \$665.7 million in contracts by the command this fiscal year.

Mark Massie, the associate director for the MICC Office of Small Business Programs at



JBSA-Fort Sam Houston, said nearly two-thirds of MICC spend still remains for this fiscal year.

"A strong second half effort to concentrate on small business awards is essential by the entire

MICC team in order to meet our small business goals," Massie said. "Small business specialists working hand-in-hand with acquisition teams at installations will ensure small businesses have maximum opportunities to find, compete for and win Army awards."

During the second half of fiscal 2014, the MICC awarded \$1.8 billion in contracts to small

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TEAL FLAGS HIGHLIGHT IMPORTANCE OF SEXUAL ASSAULT PREVENTION



Photo by Steve Elliott

As part of Sexual Assault Awareness and Prevention Month activities, the Joint Base San Antonio Sexual Assault Prevention and Response program displays small teal flags and banners highlighting the importance of sexual assault prevention. Teal is the designated color for SAAPM and these flags represent the victims affected by this crime. For more information, contact the JBSA SAPR office at 808-8990. To report a sexual assault or for immediate crisis intervention related to a sexual offense, call the JBSA SAPR 24-hour hotline at 808-7272.

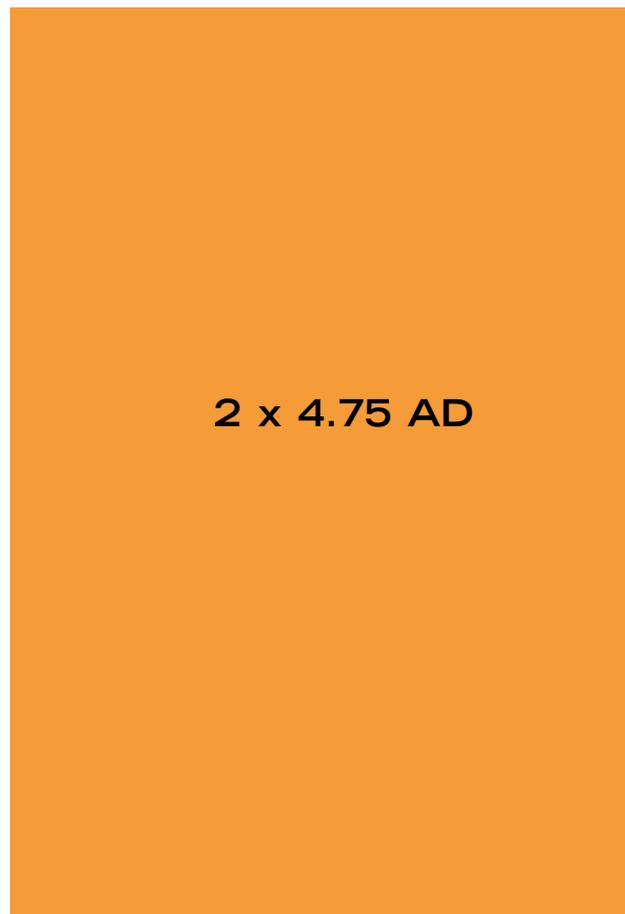
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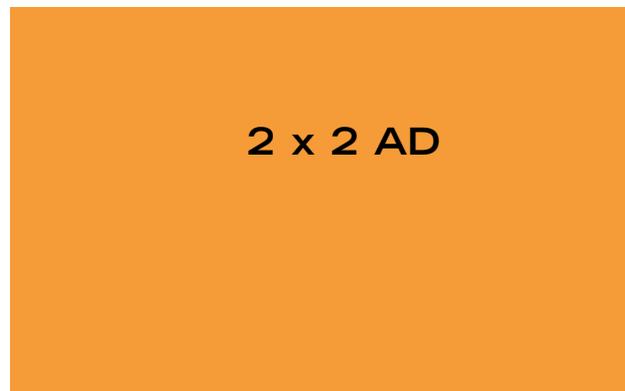
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Army Surgeon General: Army Medicine must be protected from sequestration

By Lisa Ferdinando
Army News Service

Sequestration would force “devastating reductions” on Army Medicine personnel and have dramatic impacts on medical readiness and capabilities, the Army’s surgeon general told Congress April 14.

The funding caps imposed by the 2011 Budget Control Act, also known as sequestration, would have a “significant, detrimental impact on our patients, our Families, and our medical team,” said Lt. Gen. Patricia D. Horoho.

“Service members go into battle confident because Army Medicine, in concert with our sister services, goes with them,” she told a House Appropriations Com-

mittee budget hearing on the defense health program.

“For the past 13 years, when wounded Service members on the battlefield heard the rotors of a Medevac helicopter, they believed they were going to survive,” she said. “We must protect that system that gave them that confidence.”

Sequestration would force the Army Medical Command to close in-patient and ambulatory surgical centers at a number of military treatment facilities, she said. That would jeopardize the Army’s ready and deployable medical force.

“Devastating reductions to both civilian personnel and military end strength would impact

every Army Medicine program,” she said.

Army Medicine is still trying to fill vacant positions for highly skilled employees, two years after the furloughs and hiring freeze of 2013, Horoho said.

“Reductions driven by sequestration would be devastating and very different than our current right-sizing to correctly align our medical capabilities,” Horoho said.

The Army surgeon general made similar warnings about sequestration at a hearing last month to the Senate Appropriations subcommittee on defense.

In her remarks, Horoho said the Army is a national leader in its programs for medicine, dentistry, research, education, training and

public health. Viewing Army Medicine through the lens of a civilian health care system would be the wrong approach.

“An ever-changing security environment demands that Army Medicine vigilantly maintains a medically ready force and a ready medical force,” Horoho added.

The Army’s medical programs are linked to Soldiers and deployment readiness; Army hospitals are the health readiness platforms. That link to readiness sets Army medicine apart from the civilian health care system.

“Army Medicine provided the majority of the operational medicine and combat casualty care in Iraq and Afghanistan that led to 91 percent survivability rate for our

wounded service members,” she said.

“Any radical departure from our combat-tested system would degrade readiness in an environment where the next deployment could be tomorrow,” Horoho said.

Horoho began the hearing by paying tribute to “America’s sons and daughters who are in harm’s way.

“Over 141,000 Soldiers are deployed or forward stationed. Army Medicine has nearly 2,500 civilians and Soldiers deployed around the globe,” she said.

She noted a year of “unprecedented challenges and accomplishments” for Army Medicine, including training every Soldier who deployed to West Africa for efforts to contain the Ebola

outbreak.

Medical research teams from the Army Medical Research and Materiel Command were an important part of the effort, working with interagency partners on the ground in Liberia and developing “ground-breaking vaccines,” she said.

In addition, the surgeon general said health readiness has been enhanced with the Performance Triad program that stresses good nutrition, proper sleep and exercise.

“Our Soldiers’ health readiness remains our number-one priority. We added combat power back to the force by reducing the number of Soldiers who are non-available due to health reasons,” she said.

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Beyond the Horizon ushers in new era for next generation of Salvadorans

By Eric R. Lucero
ARSOUTH Public Affairs

With two shovels full of gravel and dirt, the ceremonial beginning of a three-month humanitarian project involving six countries and nearly 2,000 military and non-government organization personnel began April 9 in Estanzeulas, El Salvador.

Beyond the Horizon-El Salvador 2015 is a U.S. Army South-led, joint U.S. Southern Command and government of El Salvador exercise deploying U.S. military engineers and medical professionals to El Salvador for training and to provide humanitarian services. The purpose of BTH is to conduct civic assistance and medical and engineering support to show U.S. support and commitment to El Salvador.

These projects will be completed working hand-in-hand with a variety of governmental

and non-governmental agencies to provide medical and engineering support to local populations and receive valuable training.

“Beyond the Horizon is a cornerstone of our efforts to enhance relationships between partner nations in this region, and to provide service members from all participating armies the unique opportunity to gain valuable training while providing invaluable basic needs to the people of El Salvador,” said Col. Greg Maxton, Army South deputy chief of operations.

During the opening ceremony, U.S. Ambassador Mari Carmen Aponte joined the Salvadoran Minister of Defense Maj. Gen. David Munguia and several other prominent U.S. and Salvadoran representatives as they reaffirmed each country’s civic duty toward the region.

“We’re thrilled to

have the military presence here. It really goes to strengthen and fortify the relationship between El Salvador and the United States,” said Aponte. “It has always been a great military-to-military relationship and this exercise only makes it more profound.”

Over the next three months, BTH 2015-El Salvador engineers will construct five schools and one medical clinic in the areas of Sitio del Nino, San Juan Opico, Chalchuapa and Quezaltepeque, El Salvador.

“This exercise has a grand impact for the children of this region,” Munguia said. “By building new schools, this mission will increase the capacity of children that these schools can serve. This will allow the children to concentrate better and give them an opportunity for a better education.”

In addition, BTH



Photos by Eric R. Lucero

U.S. Ambassador to El Salvador Mari Carmen Aponte speaks April 9 about the importance of Beyond The Horizon-El Salvador 2015 as Col. Greg Maxton (right), the U.S. Army South deputy chief of operations, watches during the BTH opening ceremony in Estanzeulas, El Salvador.

medical personnel will conduct medical readiness training exercises in El Paste, Santa Lucia, Joya del Ceren and Nejepa, El Salvador. Each MEDRETE is expected to see between 600-800 patients per day and last 10 days. In total, the MEDRETES are expected to provide basic medical care to include general medicine, dental care and preventative medicine to nearly 24,000 Salvadorans during the exercise.

At the request of the Salvadoran government, Army South and BTH planners worked with the Salvadoran Ministries of Health and Education to identify areas of the country in need of assistance with public health, preventative medicine, dental care, medical and nutritional education and basic immunizations.

“Health and education are vital building blocks toward improving the lives of a populace,” Maxton said. “Through a series of medical readiness training exercises designed to improve health and the construction of our

engineering projects to build and improve clinics and schools, we have demonstrated that the nations participating in this great exercise are invested in the future of this country.”

In addition to providing assistance to the selected areas, another main focus of BTH is to provide participating service members the opportunity to train in austere environments while gaining the experience of working alongside multiple nations’ militaries.

This year, The U.S. and El Salvador will partner with healthcare and engineering experts from Brazil, Canada, Chile and Colombia allowing each country’s participants the opportunity to learn as well as to teach other.

“This is truly a great opportunity for our soldiers from all countries to work side-by-side to do great things for this region,” Munguia said.



A Soldier assigned to Beyond the Horizon-El Salvador 2015 carries supplies from a work site at the end of the day at the site of a new medical clinic being built in El Salvador April 8.



A U.S. Soldier and a Salvadoran soldier work side-by-side as they prepare the foundation of a new school being built at the Centro Escolar Estanzeulas during Beyond the Horizons-El Salvador 2015. BTH-El Salvador 2015 is a U.S. Army South-led humanitarian and civic assistance mission deploying U.S. military engineers and medical professionals to El Salvador for training and to provide humanitarian services.

PULLOUT 1

PULLOUT 2

PULLOUT 3

PULLOUT 4

Transition programs help veterans find civil service work

By Ryan Mattox
MICC Public Affairs

Leaving military service and job hunting can be overwhelming to some, but there are two transition programs that help veterans ease into a civilian career.

The Vets to Feds Career Development Program and the Army Materiel Command's "Always a Soldier" program is designed to recruit and support the development of veterans for careers within the federal government.

The programs offer veterans the opportunity to gain on-the-job training and experience. After completion of training, candidates are placed into contract specialist positions.

"One of the hardest things is just getting your foot in the door," said Gerald Liddell, a Vets to Feds program hire, working as a contract specialist with Mission and Installation Contracting Command on Joint Base San Antonio-Fort Sam Houston. "It's all about

meeting the right people at the right time, and the Vets to Feds program does that for you. It's an awesome program."

The Always a Soldier program is a hiring and training initiative focused on providing veterans with an initial opportunity for employment and training within the AMC's workforce. Subordinate commands also use this program to meet their resources needs.

The program is for those, who have completed or about to complete their military service, but need employment assistance to transition as a civilian. This is an AMC-based employment initiative that provides employment assistance to veterans who no longer serve and wish to continue working with AMC.

Since the program's inception in 2004, 422 veterans have been hired.

Those eligible include retired veterans, who are honorably discharged, with 30 percent or more service-connected disability. They are also eligible for the veterans



Photo by Ryan Mattox

After transitioning from military service, Gerald Liddell used his networking skills and a transition assistance program to land a position with the Mission and Installation Contracting Command on Joint Base San Antonio-Fort Sam Houston. Liddell is an intern serving as a contract specialist with MICC through the Vets to Feds program.

recruitment appointment and the 30 percent or more disabled veterans' noncompetitive hiring authorities.

"The goal is to place veterans into vacancies within AMC or its subordinate units. This allows them to continue

supporting our warfighters beyond their active-duty service," said Debra Coleman, AMC program manager. "By providing job opportunities for veterans, units gain a dedicated employee who is already familiar with the military, someone

with practical, hands-on experience, along with the discipline and work ethic that were instilled in them throughout their military training."

Coleman said some advantages for hiring veterans under the program include:

- Candidates are readily equipped with valuable skills, work experience and commitment acquired through and during their military service.

- The recruitment fill time is reduced.

- The program provides an avenue for organizations to support federal law and executive orders for hiring veterans and individuals with disabilities.

- Supports affirmative action programs within their commands.

Applicants must meet the basic requirements of the program to apply including receiving bachelor's degree from an accredited educational institutions with at least 24 hours in business-related courses in fields including accounting, business,

finance, law, contracts, purchasing, economics, industrial management, marketing, quantitative methods, or organization and management.

To qualify at a higher grade, applicants must have one year or more of specialized experience in the field in addition to meeting the basic requirements.

To participate in the program, veterans will need to submit their resume, DD Form 214 (member Copy 4), and a Department of Veterans Affairs letter documenting a service-connected disability rating (if applicable). The character of service must be honorable or general discharge.

In cases where the veteran has not been released from military service, an approved transition leave form must be provided. Complete and submit the AAS Employment Information Worksheet, enclosure 4, available on the Always a Soldier website at <http://www.amc.army.mil/amc/AlwaysASoldier.html>.

What to know about participating in research projects

By Kirk Frady
Army Medicine

Are you thinking about participating in a research project either on or off the installation? Have you or your unit been recruited to participate in a research project or study? Before you decide, there are some facts you should know and questions you should ask.

"Research is always voluntary. No one can be ordered into a study.

If a Soldier or a family member ever feels pressured to participate in research, a local human research protections office or the Army Human Research Protection Office is ready to help," said Lt. Col. Molly Klote, Army Human Research Protections Office director.

The U.S. Army Surgeon General was designated by the Secretary of the Army to protect Soldiers who participate as human research sub-

jects in research studies.

As a result, the Surgeon General created the Army Human Research Protections Office to ensure that human research subjects are protected under all applicable laws and regulations. AHRPO is responsible for the policies, education, training and oversight of the Army's research.

AHRPO partners with Army organization and installation leaders to help them comply with

Federal, Department of Defense and Army regulations regarding human subject's research and access to subject populations.

Research is vitally important to the Army as it advances science and technology. Researchers need volunteers. Research is conducted because there is a question we want or need to answer.

While there are many types of research, most people are familiar with

research conducted by doctors seeking cures or treatments for diseases. However, there are many other types, such as research on how we think and behave.

Research may include surveys, observations of behavior, and testing, just to name a few.

As with most research, it sometimes involves risk. That risk



ARMY HUMAN RESEARCH PROTECTIONS

Graphic by Jennifer Donnelly

See RESEARCH, P20

Learn how to become a Equal Employment Opportunity counselor

The 502nd Air Base Wing Equal Employment Opportunity Office at Joint Base San Antonio-Fort Sam Houston is seeking volunteers to become collateral-duty Equal Employment Opportunity counselors from amongst the appropriated, wage grade and nonappropriated fund civilian employee population.

Applications from contract employees will not be considered. Applicants may not hold any supervisory, union or other collateral-duty EEO position that would pose a conflict of interest to or interfere with the EEO program.

All applicants will receive consideration without regard to race, color, religion, disability, national origin, gender, age, marital status, or any other nonmerit factors. Applicants must have the approval of their first-level supervisors and be able to devote at least 20 percent of their time when assigned a complaint.

To be an effective counselor, the individual must be impartial, fair, flexible, neutral, honest, objective, patient, discrete, nonjudgmental, creative, a good listener and excellent communicator (both orally

and in writing).

Counselors will conduct limited inquiries (gather facts, interview witnesses, write reports and seek resolution) of informal complaints of discrimination and sexual harassment. Counselors will shadow and be provided assistance by an EEO specialist throughout the course of the complaint.

Counselors will be required to attend an Army EEO Counselor's Course from June 8-12 at JBSA-Fort Sam Houston, with the location to be announced later. Class size is limited.

Applicants can obtain a nomination form by contacting Debi Barnes at deborah.l.barnes20.civ@mail or pick one up at 502 ABW/EO, 2428 Stanley Road, Suite 21, building 142.

After completion, email the form, with the required writing sample (instructions on the form) by May 8 to Barnes or drop it off at the location listed above. For more information, call 221-9194.

(Source: 502nd Air Base Wing Equal Employment Opportunity Office at Joint Base San Antonio-Fort Sam Houston.)

4 x 9.75 AD

2 x 2 AD

Air Force Reserve celebrates 67 years of service



By Staff Sgt. Sarah Hanson
Air Force Reserve Command
Public Affairs
Robins Air Force Base, Ga.

For many Airmen, April 14 was another Tuesday, but to members of the Air Force Reserve was a day to reflect on how each and every one contributes to the Air Force mission.

On April 14, 1948, the Army Air Corps Reserve transferred to the Air Force, officially becoming the Air Force Reserve. However, since 1916 Reserve members have played a unique and integral role in the military.

“The Air Force Reserve provides integrated and flexible operational capability to combatant commanders worldwide,” said Lt. Gen. James F. Jackson, the Air Force Reserve Command commander. “We are part of every Air Force core mission function and perform the same missions as our active-duty partners.”

Since the Reserve’s establishment as a separate part of the Air Force, reservists have played vital roles in many U.S. operations to include the Korean War, Vietnam, and Operations Enduring Freedom and Iraqi Freedom.

At just 2 years old, the Reserve mobilized nearly 147,000 reservists for

the Korean War. In 1962, approximately 20,000 Reserve personnel and five Air Force Reserve C-124 aircraft units supported the Cuban Missile Crisis. In support of Operations Desert Shield and Desert Storm, 15,000 Reserve Airmen volunteered for service.

“(The Reserve) has had a presence in everything. There’s not one (conflict) that they haven’t been involved with,” said Paul Larson, the Headquarters Air Force Reserve Command staff historian. “Reservists have had a massive presence in Korea, Vietnam, Desert Storm, Grenada, Panama in ‘89, Operations Northern and Southern Watch, the Gulf War, 9/11, Operation Iraqi Freedom and Operation Enduring Freedom. We’ve been everywhere, doing everything.”

Throughout the Reserve’s history, there have been some Airmen who

have stood out from the rest; Airmen who were brave enough to stand up to adversity and make changes for the better.

In 1948, Lt. Gen. George Stratemeyer became the first commander of the Continental Air Command, which took responsibility over Air Force Reserve and Air National Guard personnel. Stratemeyer is known for establishing 130 Reserve training detachments so that reservists had facilities to keep their skills sharp and maintain readiness at all times. In addition, he developed an “understudy program” in which individual reservists trained with their active-duty counterparts. This allowed for maximum mobilization. The program is still in use today and is known as the individual mobilization augmentee program, which comprises more



Photo by James Varhegyi

Air Force Chief of Staff Gen. Mark A. Welsh III (second from left) invites the junior most ranking member of the Office of the Air Force Reserve Affairs staff, Staff Sgt. Ivanka Vrechkov (third from left) to cut a cake celebrating the Air Force Reserve’s 67th birthday during a ceremony in the Pentagon, April 6 in Washington, D.C. Also on hand for the ceremony was Vice Chief of Staff Gen. Larry Spencer (left) and Chief of the Air Force Reserve Lt. Gen. James “JJ” Jackson (right). Vrechkov is the non-commissioned officer in charge of policy integration. The Reserve was established April 14, 1948 by President Harry S. Truman, seven months after the active duty Air Force was established as a separate service.

than 9,000 people.

In the early 1920s, Grover and Albert Loening made history when they designed the Loening OA-1A, a unique observation amphibian aircraft. The Army ordered 45 OA-1As that were used in the Pacific theater of operations, and a total of 169 aircraft were built for other military uses, to include

intelligence, surveillance and reconnaissance. Around the 1960s, the Loening brothers requested more recognition programs for certain units and personnel. Soon after, the request was approved, and the first Grover Loening trophy was presented in September 1963. The award was given to a troop carrier wing that achieved the

most outstanding tactical excellence that year. Albert Loening also established an award, which recognized operational excellence amongst Reserve rescue and recovery units.

Jackie Cochran, another Air Force Reserve legend, was a pioneer for women in Air Force

See RESERVE, P21

2 x 2 AD

3 x 2.35 AD

Local Eagle Scout's project combines fire safety and autism awareness

A Boy Scout from Troop 23 on Joint Base San Antonio-Fort Sam Houston is working on an Eagle Scout project that combines fire safety awareness with awareness of military children with special needs, such as autism.

Since April is the Month of the Military Child as well as Autism Awareness Month, Andrew Chafos has doubled down on a project that hits close to home for the ninth-grader from Robert G. Cole High School.

Andrew lives on JBSA-Fort Sam Houston with his parents and three younger brothers, which includes Zachery, his 11-year-old brother with autism.

When he became a Life Scout over the summer, Andrew knew he had to complete an Eagle Scout project before he can earn his Eagle Scout Badge.

He decided to do a project about fire safety and military children with autism after Zachary started a small kitchen fire back in 2012 while they lived on Fort Meade, Md., while his father, Col. Timothy Cha-

fos, now the commander of the 470th Military Intelligence Brigade, was deployed to Afghanistan.

The firefighters that responded to that fire did not know how to respond to Zachary, especially since he was obsessed with fireworks and matches at that time.

In December 2014, Andrew decided to develop a program to train firefighters and provide information to military families with autism about fire safety. He created an instructional DVD, as well as a special fire sticker that military families can display on their houses to let firemen know there is a child with special needs in the house.

Andrew contacted the 502nd Fire Emergency Services fire station on Schofield Road and got hold of Assistant Fire Chief John Cupell. After Andrew explained what he wanted to do, Cupell was enthusiastic about helping him realize his project.

Andrew developed a plan for his project which included an instructional video, a special autism sticker and



Andrew Chafos (third from left) visits with firefighters at Fire Station No. 6 on Joint Base San Antonio-Lackland.

a pamphlet for military families. Andrew and Cupell met on a regular basis over the next few months to develop the project.

Zachary accompanied Andrew to the fire station on JBSA-Fort Sam Houston in January to film part of his proj-

ect, as several firemen gave a tour to Zachary to introduce him to the fire station and become familiar with the fire equipment.

"The firefighters who listened to my various presentations at the JBSA fire stations were very supportive. Many immediately offered me feedback, encouraging me to expand the project and ensuring me that they will incorporate it in their training," Andrew said. "I was surprised by this reaction and wasn't sure if the firefighters would be willing to listen to a project done by a teenager; however they were and are very supportive overall."

On Feb. 14, which was also Zachary's 13th birthday, 10 firemen and several fire trucks came to the Chafos residence on Artillery Post and – with Cupell's guidance

to simulate a real fire. Andrew had several people filming from different angles including mounting "Go-Pro" cameras on the firefighter's helmets to get the footage.

"During the major filming day for the informational video, I felt very pressured to get all of our tasks completed," Andrew said. "Before the fire trucks arrived, I had to ensure the cameras were in position and check on my volunteers constantly.

"When the fire trucks arrived and the opening scene was over, they were all relying on me and because of that, I had to accomplish every part of the filming on time, without delay," Andrew added. "It was exhausting to have to manage all of that, however very exciting as well. It all paid off when I got to see how it came out in the final video."

Andrew then spent close to 100 hours editing his video to create the final product. His video is split into two parts, with the first part

– filmed a training video about autism and fire safety with Andrew directing, acting and leading the firemen, several Boy Scouts and civilians for most of the day.

The firemen brought a non-toxic smoke machine and created fake smoke

See AUTISM, P19



Andrew Chafos (left) briefs firefighters at Joint Base San Antonio-Randolph about his program that combines fire safety awareness with awareness of military children with autism.



Zachary Chafos (right), the autistic 11-year-old younger brother of Boy Scout Andrew Chafos, gets some help strapping on a fire helmet at Joint Base San Antonio-Fort Sam Houston Feb. 14 before helping his older brother create a video about special needs children and fire safety.



Ten firemen and several fire trucks came to the Chafos residence on Artillery Post Road Feb. 14 and filmed a training video about autism and fire safety with Andrew Chafos directing, acting and leading the firemen, several Boy Scouts and civilians for most of the day.



Zachery Chafos (right) helps shoot the fire hose while taking a tour of the fire station on JBSA-Fort Sam Houston Jan. 17. Zachery, who is autistic, is the younger brother of Boy Scout Andrew Chafos, who developed a training video to encourage military families to take their special needs' children to the fire stations for a tour so they are familiar with the equipment and noises.

AUTISM from P18

tailored specifically for firefighters and how they might encounter a child with autism in a house in four different scenarios with four different types of children on the autism spectrum.

The second part is about fire safety for military families with a child with autism. In the video, Andrew talks about the pamphlet he created for military families, which includes social stories for children on the autism spectrum, which can help them learn about fire safety, along with visual aids.

Andrew also explains in his video about the special sticker he created that military families living on post can display on their doors or windows which lets JBSA firemen know there is a special needs child living there.

"My Eagle Scout Project has been very satisfying for me, because I know that my efforts are likely going to save many lives of children with autism," Andrew said. "A fire is especially dangerous and deadly for children with autism because it is very difficult



Boy Scout Andrew Chafos from Troop 23 (right) meets with firefighters from Joint Base San Antonio-Fort Sam Houston Feb. 14 before directing, acting and leading the firemen, several Boy Scouts and civilians for a video about special needs children and fire safety.

for them to understand it. I am hoping that my project will give children with autism this understanding and save lives as a result."

The ninth-grader is leaving copies of the videos, pamphlets and stickers at Exceptional Family Member Program offices at all JBSA locations, as well as all the fire stations so families can use the items.

To drive the point home even further, Andrew has spent the last few weeks visiting every fire station

across JBSA, to include JBSA-Fort Sam Houston, JBSA-Camp Bullis, JBSA-Randolph and JBSA-Lackland to brief as many firefighters as he can about his project. When he realized that each fire station has two shifts with different firefighters, he has gone back to each fire station twice to reach as many of the firefighters as possible.

Since April is Autism Awareness Month and Month of the Military Child, Andrew thought this was an important

project to share with anyone who will listen. The firefighters that Andrew has met at all the JBSA locations have been very responsive and receptive to all the information about autism.

Eventually, Andrew hopes that he can take his project to the Department of Defense level and have it implemented across all military bases.

(Editor's note: This article was written by Cheryl Chafos, with contributions from Steve Elliott.)

6 x 3 AD



Step Families 101

Friday, noon to 4 p.m., Military & Family Readiness Center, building 2797. The step family can be complex and when it comes to family relationships. Class discusses changing family dynamics, evolving roles and the joys that can come from a step family. Call 292-5967.

Employment Readiness Orientation

Monday, 9-10 a.m., Military & Family Readiness Center, building 2797. Meet the employment readiness team and learn how they can assist with employment needs and desires. Call 221-2380.

Helping Us Grow

Securely (H.U.G.S.) Playgroup
Tuesday, 9-11 a.m., Middle School Teen building 2515. Parents and children up to age 5 are invited to an interactive playgroup. Registration not required. Call 221-2705.

Mandatory Retirement, Pre-Separation Counseling

Tuesday, 9 a.m. to noon, Military & Family Readiness Center, building 2797. This is a mandatory training and required before attending any TAP GPS workshops. Appointments can be scheduled up to 24 months before retirement. Call 221-2705.

RESEARCH from P15

may be physical, emotional, social, economic or legal (e.g., loss of privacy).

As such, researchers are required to follow many laws and regulations to protect human subjects against unnecessary risks.

Soldiers need to remember that research participation is always voluntary. As a Soldier, you are never required to be a research volunteer. Soldiers should make

Teen Talk

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

Confidence Outside The Uniform

Tuesday, 8 a.m. to 4:30 p.m. at Military & Family Readiness Center, building 2797. Open to women veterans, transitioning women service members and military spouses. Workshop addresses concerns of transitioning military personnel, translates military skills, readjusting to civilian culture, job searching and more. Workshop also features information on the Veteran's Administration, home loans and entrepreneur programs. To register, call 221-2380.

Post-Deployment Briefing

Wednesday, 1-3 p.m., Military & Family Readiness Center, building 2797. All military members returning from deployment are required to attend resiliency training to help reintegrate into home life. This briefing provides resources to help military members deal with the stressors associated with returning home. Spouses are highly encouraged to attend. Call 221-2705.

Volunteer Orientation

Wednesday, 9-10 a.m., Military

& Family Readiness Center, building 2797. Newly assigned volunteers will in-process and receive training on their responsibilities. Call 221-2380.

Volunteer Management Information System Training

Wednesday, 10-11 a.m., Military & Family Readiness Center, building 2797. Volunteers will receive hands on training with the Volunteer Management Information System. Open to all registered volunteers. Call 221-2380.

Pre-Deployment Briefing

Thursday, 30, 1-3 p.m., Military & Family Readiness Center, building 2797. All military members scheduled to deploy, go on temporary duty assignment longer than 30 days or on a remote assignment are required to attend this briefing. Call 221-2705.

Salary Negotiation, Social Media

Thursday, 9-11 a.m., Military & Family Readiness Center, building 2797. Learn the art of networking and the do's and don'ts of salary negotiation. Call 221-2380.

Couples Enrichment

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

LINKS Class

May 5, 12, 19, 26, 1-3 p.m., Family Advocacy Program portable building 3387, 3030 Patch Road. This class focuses on reconnecting with a partner through discussion on gender differences, communication and intimacy. Call 292-5967.

Active Parenting Of Teens

May 7, 14, 21, 28, 2-4 p.m., Family Advocacy Program portable building 3387, 3030 Patch Road. This class will give parents the confidence and courage to meet the challenges while savoring the joy of their children's teen years. Call 292-5967.

Take Aim at Sportsman's Range

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

Military and Family Life Counselors

Military and Family Life Counselors address a variety of issues such as stress, anxiety and deployment. MFLCs are licensed mental health professionals who provide situational, problem-solving counseling anonymously and confidentially.

No written records are kept and it is free to military and family members. Contact a MFLC at Joint Base San Antonio-Fort Sam Houston at 517-6666 general number, 243-4143 for Army students and 488-6804 for Air Force and Navy students; at JBSA-Lackland, call 540-5025 or 540-5030 for adults, 627-0054 or 540-5033 for children and youths; and at JBSA-Randolph, call 627-1223 or 426-1412 for adults, 627-0338 or 627-0525 for children and youths.

Thrift Shop

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

Loan Locker/Lending Closet

The loan locker provides temporary loans of household items to incoming and departing permanent party personnel (first priority), students (second priority) and temporary duty, retirees and civilians (third priority) assigned to the area. Bring a copy of your orders. There is a 30-day time limit. To utilize the Lending Closet at Joint Base San Antonio-Fort

Sam Houston, call 221-1681. The Loan Locker at JBSA-Randolph is open Wednesdays 9 a.m. to 2 p.m., call 652-5321 for details.

Immigration, Naturalization Services Questions

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

CPAC Closures

The Joint Base San Antonio-Fort Sam Houston Civilian Personnel Advisory Center closes from 2-4 p.m. the first Thursday of each month for professional development training. Call 221-1425.

School Liaison Services

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

sure they get the facts they need before they say yes and raise their hand. There is always a process to obtain your permission or "consent" to participate. It is typically a written form that needs to be signed by the Soldier.

Soldiers should read the forms. The consent form should be written in a way that everything happening in the study is very clear. If you have questions, ask. If Soldiers decide to volunteer for a research study, it is important that they

follow all study rules. The rules are in place to help protect the Soldier.

"There is a common set of rules that all researchers in the United States have to follow and the Army is no exception," Klote added. "In fact, we have a few extra rules to make sure the Soldiers are especially protected from undue influence or coercion."

Before a research study is approved to let Soldiers volunteer, it will have many reviews. Most DOD research has scientific review and a

review by the Institutional Review Board, a group of people trained to decide if it is okay to let Soldiers be exposed to the study risk. IRB members look at the risks and the benefits of the research to make their decision.

Questions to think about:

1. Have the researchers explained the study to you? Have you read the informed consent form? Have the researchers answered all your questions?
2. Is there any reason

you should not be in the study? Ask the researchers about study qualification rules.

3. What are the risks? Could you get hurt?
4. Will the researchers give you the results of any study tests?
5. If the researchers are offering money or gift cards to participate, are you allowed to take it?
6. Will it cost you anything to be in the study?
7. Do you need permission to participate from anyone? Should you ask your significant other, parents or supervisor?

8. Are you feeling pressured to join the study? Who is pressuring you? Why?

9. Will you follow all the research rules? Do you have the time to finish the study?
10. Are you already participating in another study? If so, you should tell the researchers.

For more information on human research, or if you have questions, contact the Army Human Research Protections Office at 703-681-6565 or visit <http://ahrpo.amedd.army.mil/>.

OUTSIDE THE GATE

JROTC Anniversary 5K

The Junior ROTC celebrates their 99th anniversary with a 5K run/walk at 11 a.m. Saturday at Brandeis High School, located at

13011 Kyle Seale Parkway, which will help break a Guinness world record, with JROTC units all over the world will be running on the same day at the same time. Visit <http://www.jrotc5Krun.com> and register for the Brandeis High School site. The Air Force Junior ROTC at Brandeis is hosting this run. Call 397-8310.

Turfgrass 101 Seminar

The Bexar County Master

Gardeners offers a free Turfgrass 101 seminar from 10:30 a.m. to noon Saturday at Milberger's Landscape Nursery, 3920 North Loop 1604 East. David Rodriguez from the Texas A&M AgriLife Extension Service will discuss the basics of lawn maintenance through proper nutrition, mowing, weed control and irrigation. Call 467-6575 or visit <http://www.bexarmg.org> for more information.

MICC from P6

businesses, totaling 75 percent of its small business awards that year.

The MICC Small Business Programs consists of personnel around the country who provide aid, advice and counsel to small businesses as well as conduct outreach events to inform industry representatives of installation acquisition forecasts.

In addition to providing advice to individual small businesses, the program also advocates within the command's 32 contracting offices to ensure small businesses have the maximum opportunity to compete for

Army contracts awarded by those activities.

Dollars awarded to small-business contractors help support the achievement of annual government-wide goals required by the Small Business Act. Small-business directors at JBSA-Fort Sam Houston monitor each small business category throughout the fiscal year to ensure contracts are awarded in each of the following small business categories:

- Small disadvantaged business
- Service-disabled veteran-owned small business
- Woman-owned small business
- Historically underutilized business zone

small business

Headquartered at JBSA-Fort Sam Houston, the MICC is responsible for providing contracting support for the warfighter at Army commands, installations and activities located throughout the continental United States and Puerto Rico.

In fiscal 2014, the command executed more than 37,000 contract actions worth more than \$5.6 billion across the Army, including almost \$2.4 billion to American small businesses. The command also managed more than 633,000 Government Purchase Card Program transactions in fiscal 2014 valued at an additional \$783 million.

RESERVE from P17

aviation. After much success in the civilian flying world, she turned her attention to military aviation.

In 1942, Cochran founded and directed the Women's Airforce Service Pilots program. WASP pilots were the first females in America's history to fly American military aircraft.

In a short amount of time, WASP pilots flew approximately 60 million miles in every type of aircraft in the Army Air Force arsenal.

During World War II, they flew any type of mission their male counterparts did, ex-

cept combat missions. Cochran and her WASP pilots paved the way for women aviators in today's Air Force.

Today's Reserve Airmen continue to be an integral part of the Air Force's mission to fly, fight and win.

According to Jackson, last year citizen Airmen completed almost 500,000 man-days in support of Department of Defense requirements and filled more than 4,000 deployed air expeditionary force taskings.

On any given day, there are approximately 5,000 Reservists mobilized and serving globally.

"The evolution of our total Force over the years is a great success story,

but much of that story has yet to be written," said Air Force Chief of Staff Gen. Mark A. Welsh III. "Those Airmen, who've been fighting side by side for years, don't see the difference between an active component member, a guardsman or a reservist. And those who benefit from American airpower really don't care. They just know that without it ... you lose."

Remember where the Air Force Reserve has been, where it is now and where it is going. Great men and women have sacrificed to give all Americans a better tomorrow. Honor their legacy by doing your part today.

SURVIVOR from P2

never saw my assailant again, and the text messages dwindled down but persisted until I finally changed my number. Eventually I notified the SARC on base and started down the road to recovery.

Through that process, I came to realize just how little I truly understood about sexual assault. A vast majority of sexual assaults occur between people with an existing association, be it through work, mutual friends or an intimate relationship.

This goes for both males and females. I had always thought that fight or flight mechanisms were the only instinctive human responses to danger. Think about when you hear a loud crash nearby: do you run toward it, run away immediately, or freeze and try to figure out what the sound is before taking either of the other two actions?

I learned that many sexual assault victims never make it past the instinctive response of freezing. Additionally, many sexual predators groom their victims in order to decrease the likelihood of fighting back or fleeing. Some assailants use force or threats of force, but fear can be just as effective, as I learned through my situation.

Control through fear is why many predators stalk their victims before, during or after sexual assaults. With cell phones and social media, stalking is becoming more prevalent and easier to engage in from a distance.

One of the final pieces I came to understand was the nature of control that impacted the events

after the initial assault. For years, I blamed myself for everything that occurred after the initial incident. This changed when I heard how many sexual assault victims find themselves subjected to repeat assaults from the same perpetrator.

Through grooming tactics, including manipulation and progressively undermining resistance, predators can more easily bypass normal defensive reactions and boundaries. Once those barriers have been removed, assailants use despair, shame or fear to trap their victims and perpetuate the sexual abuse.

This is particularly true within the first couple weeks, while the victim is suffering from the shock and trauma of the initial assault. Only upon hearing this did I begin to perceive that I had been assaulted – not once, but multiple times – and was not to blame for any of it.

Even still, it took me a long time to be comfortable with sharing my experiences. That all changed due to some tremendous words of encouragement from a former wing command chief. I witnessed as he confidently stood in front of more than 100 people and plainly laid out how he had been sexually assaulted as a young man.

Unashamed, he proclaimed that while he had been victimized, sexual assault does not define him. Rather, he is defined by who he chooses to be: a chief, a leader, an Airman.

That single moment affected a complete paradigm shift in my thinking. My sexual assault does not define me. Sure, it impacted my life, but it does not make me who I am.

From that realization, I found the courage to begin telling my story. With each person I told, the fear of ostracism diminished and I truly came to understand the value behind the chief's words. My hope is that those words will ring true for other victims of sexual assault. Victimization of males has no correlation to strength, manliness or sexual orientation. The simple fact is that they are victims of a terrible crime.

My story is just one of thousands from the lives of our Airmen. You may not personally identify with my experience, and if not I'm glad. But I do hope you will consider how you can take an active role in prevention.

This calls for conscious commitment, and, I realize, you may have to challenge yourself in some areas.

Will you be able to recognize situations where inappropriate control could lead to a sexual assault? Will you remain vigilant for stalking, grooming and other predatory behaviors in order to intervene before matters escalate? Will you stay attuned to signs of distress, including isolation, and significant behavioral or performance changes? Will you reach out to those within your sphere of influence and offer support without judgment or retribution?

Only you can answer, and committing to these actions will cost you time and attention. Yet the Airmen we serve alongside are worth your effort. So, if you listen to our stories, I urge you – take them to heart.

(Editor's note: This article was written by a survivor of sexual assault who preferred to remain anonymous.)

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