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



JBSA, VIA PARTNER UP



BLACK HISTORY MONTH AT BAMC



ARMY NORTH HOSTS ALASKAN COMMAND

New Army surgeon general West receives third star

By J.D. Leipold
 Army News Service

The U.S. Army formally welcomed the service's 44th surgeon general Feb. 9 and promoted Nadja Y. West to lieutenant general.

West became the first African American to serve as Army surgeon general when she assumed the position Dec. 11. With her promotion, she became the Army's first black woman to hold the rank of lieutenant general and the highest-ranking woman of any race to graduate from West Point.

Army Chief of Staff Gen. Mark A. Milley hosted the ceremony held on Joint Base Myer-Henderson Hall.

"She has performed brilliantly in the two months she's been the surgeon general and I can personally attest to that," Milley told the audience.

Following the ceremony, West spoke with the press to provide an idea on where Army medicine would be heading.

She said her predecessor, Lt. Gen. Patricia Horoho, had



Photo by J.D. Leipold

Army Surgeon General Lt. Gen. Nadja Y. West (second from left) has her three-star shoulder boards pinned on by son, Logan, and daughter, Sydney, while her husband, Don, looks on. West was promoted during a ceremony hosted by Army Chief of Staff Gen. Mark A. Milley at Joint Base Myer-Henderson Hall, Va., Feb. 9.

brought Army medicine to the point that it is now and that one of her priorities would be to ensure that the Performance Triad – focus on sleep, nutrition and activity – continues. She said though it sounds basic, "we want to take care of ourselves in all di-

mensions, then to the next level."

"Gen. Milley says readiness is his No. 1 priority... and there is no other number one, so my job will be to ensure that from the health care aspect, that I can enhance the

See WEST, P4

West assumes command of U.S. Army Medical Command

By Kirk Frady
 Army Medicine Public Affairs

The Army's 44th Surgeon General, Lt. Gen. Nadja West, assumed command of the U.S. Army Medical Command at ceremony at Fort Sam Houston Feb. 10.

This past December, the U.S. Senate confirmed West to serve as the new Army Surgeon General,

a position in which she is dual hatted as MEDCOM commanding general.

"Like so many of our leaders in the Army today, Nadja West comes from a great lineage of service to our nation," said Army Vice Chief of Staff Gen. Daniel B. Allyn, who officiated the ceremony at the MacArthur Parade Field. "In fact, the West family is a veritable joint force, with 10

of their 12 children choosing to serve their country in uniform."

MEDCOM is one of 11 direct reporting units in the Army. It manages a budget of more than \$12.8 billion budget and provides medical care for approximately 3.95 million eligible beneficiary's worldwide – active duty service members, retirees

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Military Saves Week 2016: meet the challenge in three steps

By Laura Roler
 Military Saves Associate

Military Saves Week 2016 is fast approaching! Every year, military installations and organizations around the world join forces to motivate, support, and encourage servicemembers and military families to save money, reduce debt, and build wealth through a week of financial focus and education.

Since 2007, more than 200,000 Savers have accepted the challenge of Military Saves Week. What is that challenge? The Military Saves Pledge. The pledge (<http://militarysaves.org/for-savers/savings-tools-and-resources/take-the-pledge>) is a commitment to exercise good financial habits, improve financial readiness, and encourage other Americans to do the same.

“I will help myself by saving money, reducing debt, and building wealth over time. I will help my family and my country by encouraging other Americans to Build Wealth, Not Debt.”

Military Saves encourages all servicemembers, their families, and civilian

employees to take the Military Saves Pledge, and to “Set a Goal. Make a Plan. Save Automatically.”

Step 1: Set a Goal

Why is a goal important? If you don't know what you're saving for, you haven't established what you won't spend it on. By saving for a car down payment, you've established that you won't spend that money on a new TV instead. When you take the Military Saves Pledge, you're asked to identify a savings goal. The top two goals selected by our Savers are:

- Saving for a rainy day with an emergency fund
 - Saving for retirement
- If you have another goal in mind, that's OK – in fact, it's great! The important thing is that you have a goal, and that you commit to it. That's what the Military Saves Pledge is about – deciding what's important to you, and taking action. One small step can lead to another, then another, until your goal is met.

Step 2: Make a Plan

To take action, you need to save money. How do

you go about doing that? This may be the most difficult part of the challenge – finding money to save. It's most likely in your paycheck (somewhere) – the problem is that so many priorities are fighting over the same dollars. Housing, transportation, food – all are essential needs that must be met.

However, when something is a priority, you plan for it. Plan to save for your goal, whatever it is, just like you plan for your rent, for your car, and for your groceries. To do that, create a budget or spending plan for your monthly expenses. Assign each and every dollar of your paycheck to a category – including savings. By including savings in your monthly spending plan, you're committing to paying one very important bill – to yourself.

Step 3: Save Automatically

The theme for Military Saves Week 2016 is “Make Savings Automatic.” Automating your savings will allow you to save regularly without having to think about it. Here are four ways you can set it and forget it:

- Contribute to the TSP, and have a portion of your paycheck transferred into your retirement account before you get paid. Many other employer retirement plans offer a similar option – simply decide how much you want to contribute each month to meet your savings goal.

- Set up allotments via myPay (<https://mypay.dfas.mil/mypay.aspx>). Designate an amount go to an

account that is separate from a regular checking account – preferably a savings account. If you are paid through a different system, your employer may still allow you to divide your paycheck into different accounts.

- Set up regular transfers using your financial institution's bill pay system. Automatically transfer money from

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MILITARY SAVES WEEK 2016



Photo by Steve Elliott

(From left) Army Col. Mark A. Lee, 502nd Air Base Wing and Joint Base San Antonio vice commander; Brig. Gen. Bob LaBrutta, 502nd ABW and JBSA commander; and Command Chief Master Sgt. Stanley C. Cadell, 502nd ABW and JBSA Command Chief, sign the Military Saves Pledge to “Set A Goal. Make a Plan. Save Automatically.” Military Saves Week begins Monday and runs through Feb. 26 throughout JBSA. The pledge is a commitment to exercise good financial habits, improve financial readiness and encourage other Americans to do the same.

JOINT BASE SAN ANTONIO MILITARY SAVES WEEK EVENTS

Monday

- Investing for Retirement, 11:30 a.m., JBSA-Lackland Military & Family Readiness Center, building 1249.
- Credit When Credit is Due, 5:30 p.m., JBSA-Randolph M&FRC, building 693.

Tuesday

- Using Credit Wisely, 9 a.m. JBSA-Lackland M&FRC.
- Planning for Retirement, 2 p.m., JBSA-Fort Sam Houston M&FRC, building 2797.
- Thrift Savings Plan, 5:30 p.m., JBSA-Randolph M&FRC.

Wednesday

- Using Credit Wisely, 9 a.m., JBSA-Lackland M&FRC.
- Are You a Smart Consumer? 10:30 a.m. and 1:30 p.m., JBSA-Lackland M&FRC.
- Money Smarts Youth Rally, 5:30 p.m., JBSA-Randolph Youth Programs, building 585.

Thursday

- Using Credit Wisely, 9 a.m., JBSA-Lackland M&FRC.
- Credit Building, 11:30 a.m., JBSA-Lackland M&FRC.
- Coupon Strategies for Savings, noon, JBSA-Randolph M&FRC.

Feb. 26

- Car Buying Workshop, 9 a.m., JBSA-Fort Sam Houston M&FRC.
- Home Buying Workshop, 10 a.m., JBSA-Fort Sam Houston M&FRC.
- Are You a Smart Consumer, 10:30 a.m. and 1:30 p.m., JBSA-Lackland M&FRC.
- Wise Investment Strategies, 5:30 p.m., JBSA-Randolph M&FRC

For more information, call the JBSA-Fort Sam Houston M&FRC at 221-2705, the JBSA-Lackland M&FRC at 671-3722 or the JBSA-Randolph M&FRC at 652-5321.



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News Briefs

Basura Bash 2016

The 6th Annual Joint Base San Antonio-Fort Sam Houston Basura Bash will be held at JBSA-Sam Houston's Salado Creek Park from 9 a.m. to noon Saturday, with volunteer check-in at 8 a.m. and a safety briefing at 8:45 a.m. The annual cleanup of Salado Creek is held in conjunction with the broader city-wide cleanup effort for the tributaries of the San Antonio River. Volunteers are encouraged to wear long pants, sturdy shoes, gloves, hat, sunscreen and can bring their own cleanup gear, such as waders, trash-grabbers, nets, etc. Trash bags will be provided. All participants under 18 must have a parent or guardian onsite. All participants must have a government ID card or Common Access Card and sign a waiver to participate. Community service vouchers will be available. Volunteers can register online at <http://www.basurabash.org>. For more information, call 295-4724.

Glow In The Park 5K Run At JBSA-Fort Sam Houston

A "Glow In The Park" run is scheduled for 7 p.m. March 5 at Joint Base San Antonio-Fort Sam Houston's MacArthur Park. The run starts on the east side of MacArthur Field, near the intersection of Worth and Stanley Roads. Pre-race party begins at 5 p.m., people will start lining up at 6:45 p.m. and the first wave of runners start at 7 p.m. Runners will be released in waves of 250 people. Packet pick-up will be at the Fort Sam Houston Golf Clubhouse at 1050 Harry Wurzbach from 3-7 p.m. March 4 and there will be a limited number of packet pickups available at the event starting at 4 p.m. March 5. Cost is \$10 before March 4 and \$15 on March 4 and 5. All participants will need a Department of Defense ID card or be sponsored by a DOD ID card holder to participate in this event. Visit <http://nsplit.com/glow-run-jbsa/event-details/> for more information.

Transition Information Program Workshop

All service members transitioning or considering transitioning from military to civilian life are encouraged to attend the Joint Base San Antonio Transition Information Program workshop from 8 a.m. to 4:30 p.m., March 7, held at the JBSA-Fort Sam Houston Military &

See NEWS BRIEFS, P13

Joint Base San Antonio, VIA team up for new P4 community partnership initiative

By Kathy Salazar
JBSA-Fort Sam Houston
Public Affairs

VIA Metropolitan Transit celebrated their continued support to Joint Base San Antonio Public/Public/Public/Private Community Partnership Initiative at VIA headquarters Feb. 8 with a new "Active Duty, Active Of Thanks" initiative.

502nd Air Base Wing and JBSA Commander Brig. Gen. Bob LaBrutta expressed his thanks on behalf of JBSA for VIA's continued support by paying it forward, providing affordable and reliable transportation to the military in his speech.

"Historically, in 1917, the city's very first motorized buses transported service members from Fort Sam Houston to the city of San Antonio and back," LaBrutta said.

"Today, VIA continues to

serve the military, first with their JBSA Express initiative which transports our workforce to-and-from JBSA Ft Sam Houston and JBSA-Lackland Mon - Sun; and now, by offering reduced prices to our active duty military members."

VIA's extension of their P4 will offer reduced rates, allowing all active duty members to ride VIA transportation at half-price fares throughout San Antonio or for a special monthly rate.

"Anytime military members get half the price on anything is a good thing for our service members and their families," LaBrutta said. "This is a win-win, not just for the military but for the city of San Antonio as well."

"The military is an important part of our city and this is our way of giving thanks to the military," said VIA President and CEO Jeffrey C.



Photo by Kathy Salazar

502nd Air Base Wing and JBSA Commander Brig. Gen. Bob LaBrutta (right) thanks VIA bus and van operators (from left) Shantella Williams, Jessie Quintero and Jeffery Wishert, who were featured in the "Active Duty, Active Of Thanks" campaign. All three are former military members. Thirty percent of the VIA workforce are retired or former military.

Arndt. "After all, we are Military City USA."

"The relationship that we have across the city and region is just magnificent," LaBrutta said. "Military City USA is not just a slogan; our community partners provide incredible support to

JBSA and walk the walk through actions ... not talk ... every single day!"

The P4 permits the 502nd ABW and JBSA to enter into partnerships in the community in order to provide, receive or share installation support services for many of its

municipal and morale, welfare and recreation functions.

Active duty members must be in uniform to receive VIA's special rate, or obtain special monthly reduced fare cards at any VIA service center.

JBSA-Fort Sam Houston commemorates Black History Month

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center hosted the Joint Base San Antonio-Fort Sam Houston Black History Month commemoration Feb. 10 at the Fort Sam Houston Theater. This year's theme was, "Hollowed Grounds: Sites of African American Memories."

Two Cole Middle School students, Raquelle Bennett and Samuel Swofford, were chosen to read their

essays about people who made significant contributions to the history of African Americans. Coincidentally, Samuel's father, Army Col. Mark Swofford, BAMC deputy commanding officer, provided the opening remarks for the ceremony.

Swofford said it was a "proud parent moment," as he opened the ceremony pointing out that during these observances we should not only look to the past, but to the future.

"That's what this theme is about," he said. "We should honor the sites and the achievements of these prominent individuals from our history, then build on that for the future of this nation."

"All of us are citizens of this nation regardless of our ethnicity, creed, gender or any other term that we would like to pull up," Swofford said. "Ultimately, we succeed



Photo by Lori Newman

Samuel Swofford (left) and Raquelle Bennett read their essays during the Joint Base San Antonio-Fort Sam Houston Black History Month commemoration Feb. 10 at the Fort Sam Houston Theater.

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WEST from P1

readiness of our Soldiers, our families and those who are entrusted to our care,” she said. “You can’t lead people if you don’t care about them. It has to be genuine care.”

West said that her mission was to ensure medical formations are appropriately agile and adaptable to meet the needs of the entire aligned force to include the Army and the joint force.

West was raised in the nation’s capital and was the youngest of 12 adopted brothers and sisters.

Before she took the oath of allegiance, her son Logan and daughter Sydney replaced their mother’s two-star shoulder boards with the three-star versions gifted by her predecessor to the applause of family, friends and dignitaries. Milley then presented her with a personal three-star flag

before administering the oath of office as her husband, Don, held the Bible.

“In short, she’s in charge of tens of thousands of medical professionals and she has significant responsibilities here and overseas that cover health care policies and medical materiel,” he said. “She’s in charge of organizing and integrating Army-wide healthcare assistance for about two and one-half million people. That’s a lot of work, a lot of responsibility and no one is going to do it better than Gen. West... and she also manages money; she’s in charge of \$11.8 billion.”

West next took the lectern and spoke briefly about her large family and thanked them for the support her brothers and sisters had given over the years. She said the smallest gap in ages was between she and her next oldest sister and that was six years.

“My family was a really good team,” she said. “There was a group who was all the same age and were friends in the orphanage, so they hung together and looked out for each other... that was a good environment to grow up.

“I think the message that sends is that there’s no limit to what you can do; what you can accomplish once you put your mind to it,” she continued. “No matter what your beginnings are, you can aspire to be anything you want.”

West is a 1982 graduate of the U.S. Military Academy at West Point, New York, where she earned a bachelor of science in engineering. She followed up by earning her doctorate of medicine from George Washington University School of Medicine in Washington, D.C.

West formally assumed command of the U.S. Army Medical Command at Fort Sam Houston Feb. 10.

U.S. Army North hosts Alaskan Command planners to discuss mission support options

By Karen Lloyd
U.S. Army North Public Affairs

U.S. Army North hosted planners from Alaska Feb. 3-5 at Fort Sam Houston to explore and develop options that will allow for effective response to the “Last Frontier” state in times of need.

The meeting stemmed from a regional realignment of forces in the U.S. Northern Command, U.S. Pacific Command and Alaska areas.

Alaskan Command is now a year and a half into a three-year transition from PACOM to NORTHCOM. Alaskan Command, headquartered at Joint Base Elmendorf-Richardson in Anchorage, Alaska, was formerly a sub-unified command under PACOM.

With the transition comes a need to codify roles and relationships with regard to a Homeland Defense or Defense Support of Civil Authorities event in Alaska and developing the best options for command, control and coordination was the focus of the meeting.

ALCOM’s deputy chief of staff for operations, Air Force Col. Travis Koch, praised the efforts of the officers who’ve been working to plan this for months.

“Maj. John Robinson from U.S. Army North and Maj. Chris Ricci from my staff spearheaded this effort,” Koch said. “This meeting has been successful in large part due to their preparation.”

Alaskan Command is no stranger to natural disasters. Alaska regularly experiences sea storms, earthquakes, volcanic activity and wildfires. The command usually has the ability to

respond to those events with minimal outside assistance, but not always.

“We spent the lion’s share of our discussion on the large or catastrophic events that could challenge our capacity to respond,” said Koch.

Col. Dave Davidson, U.S. Army North deputy chief of staff for operations, said this planning is critical to Army North with regard to its role as a theater army.

“In today’s environment, the homeland is not just a force projection platform. Bad things, both natural and man-made, can happen here. We have to be prepared to respond,” Davidson said, acknowledging that geographical separation is the greatest challenge when considering events in Alaska.

U.S. Army Alaska and U.S. Army Pacific also participated in the planning meeting since they have a role to play in Alaska disaster response. Col. Clint Baker, Davidson’s counterpart at U.S. Army Alaska, said that he was hoping to gain more clarity on how U.S. Army Alaska will fit in to the U.S. Northern Command and U.S. Army North contingency plans. Baker said that the structure of the meeting allowed each organization to see issues from the perspective of others.

“This was a good catalyst for hard planning that needed to be done. I’m very happy to see us making inroads,” Baker said.

Within the next month, Koch and Davidson will brief their respective commanding generals on the outcomes of the planning meeting, ultimately leading to decisions on future command relationships.



Photos by Karen Lloyd

(From left) Col. Christopher Reifel, Northern Command liaison officer to Alaskan Command; Air Force Col. Travis Koch, Alaskan Command J3; Canadian Col. M.A. Frank, U.S. Army Alaska deputy commander for operations; Brig. Gen. James Blackburn, Army North deputy commanding general; and Col. Dave Davidson, Army North G3, pose for a group picture Feb. 5 at U.S. Army North headquarters at Fort Sam Houston. U.S. Army North hosted senior leaders and planners from from Alaskan Command, U.S. Pacific Command, U.S. Northern Command and the Canadian military Feb. 3-5 to discuss the geographical realignment of Alaska from the Pacific Command to the Northern Command theater.



Col. Dave Davidson (left), U.S. Army North deputy chief of staff for operations, addresses personnel from Alaskan Command, U.S. Pacific Command, U.S. Northern Command and the Canadian military at the Fort Sam Houston Mission Training Complex Feb. 5. U.S. Army North hosted a planning conference Feb. 3-5 to discuss the command relationship of Alaskan Command with U.S. Army North and U.S. Northern Command as Alaska shifts from the Pacific to North America geographic area of responsibility.

BLACK HISTORY from P3

when we are together. Our strength is when we are together instead of divided.”

Swofford introduced the guest speaker, Bexar County Commissioner Tommy Calvert, the youngest and first African-American county commissioner in Bexar County. Calvert grew up on the east side of San Antonio and was raised among the constituents he serves today.

“I never dreamed that I would have a life that would help others achieve their freedom and their goals,” Calvert said. “Now as commissioner I get to help revitalize some of the areas where I grew up and I take it personally what happens in our neighborhood.”

The commissioner said he is working to get new housing and development around the installation, especially at the Walters Street entrance. He also praised the military for their contributions to the community.

“This year’s theme calls for people to examine the history of African Americans and the historic grounds from which they have come,” Calvert said. He cited examples such as Crispus Attucks, the first casualty of the



Photo by Lori Newman

Bexar County Commissioner Tommy Calvert speaks during the Joint Base San Antonio-Fort Sam Houston Black History Month commemoration Feb. 10 at the Fort Sam Houston Theater. Calvert is the youngest and first African-American county commissioner in Bexar County.

Boston Massacre, who is considered the first casualty in the American Revolution, and the Buffalo Soldiers who originally were members of the U.S. 10th Cavalry Regiment of the U.S. Army.

“God uses ordinary people and ordinary places to make extraordinary experiences, extraordinary advances and extraordinary statements,” Calvert said.

“You couldn’t choose what race you would be. You couldn’t choose what gender you would be. You couldn’t choose who

your parents would be, but the one thing that you can choose is what to do in your life,” the commissioner concluded. “But, you can choose to continue to be a positive person giving back to society, knocking down barriers, making sure that we have a world of freedom, equality and justice for all.”

Members of the Omega Psi Phi Chapter, Antonio Alpha Delta Lambda from the University of Texas at San Antonio also performed and there was a food sampling after the ceremony.

DOD Deputy Secretary: Fiscal 2017 budget request takes long view

By Jim Garamone
DOD News, Defense Media Activity

The fiscal year 2017 defense budget request takes the long view of funding the department, Deputy Defense Secretary Bob Work said at the Pentagon Feb. 9.

The request totals \$523.9 billion in the so-called base budget and \$58.8 billion in the overseas contingency operations fund, for a total of \$582.7 billion.

The budget topline sustains the national security and defense strategies, Work said, and the figures conform to the budget levels found in the bipartisan budget agreement signed in November.

Defense Secretary Ash Carter asked Pentagon officials to look into the future to ensure the struc-

tures are in place today for excellence tomorrow, Work said, adding that the budget request is built around five challenges that officials see.

"The first two challenges reflect what we consider to be the most significant shift in the future security environment, and that is a return to an era of great power competition," the deputy secretary said.

"Today, we are faced by a resurgent, revanchist Russia and a rising China. Both are nuclear-armed powers. Both are fielding advanced capabilities at a rapid rate. Both are permanent members of the U.N. Security Council, and both take issue with some aspects of the principled international order that has preserved stability and enabled the peaceful

pursuit of prosperity for decades."

Noting that Russia is fomenting instability in Ukraine and along the rest of its western border and China has become aggressive in the South China Sea, Work said this requires an American response.

Even as the United States cooperates with Russia and China in many areas, he added, it is prudent for the Defense Department to "be prepared for a period of increased competition over the next 25 years" The budget request sets the stage for this, he said.

North Korea is another strategic challenge, Work said, pointing out that it has nuclear weapons and has developed ballistic missiles that clearly could threaten

U.S. allies in the region.

"It is committed to developing long-range, nuclear-armed missiles such as the KN-08, which could pose a direct threat to the continental United States if it is successfully designed and fielded," the deputy secretary said.

Added to this, he said, is the unpredictable nature of North Korean dictator Kim Jong Un.

Iran, and with delusions of being the dominant power in the Middle East, also poses a challenge, Work said.

"In support of its goal, it is pursuing a wide range of destabilizing activities throughout the region, threatening our allies and partners, particularly Israel," he said. "While we hope that Iran will moderate its malign activities over time, we



Photo by Navy Petty Officer 1st Class Tim D. Godbee

Deputy Defense Secretary Bob Work (right) announces details of the Defense Department's fiscal year 2017 budget proposal as Air Force Gen. Paul J. Selva, vice chairman of the Joint Chiefs of Staff, looks on during a press briefing at the Pentagon Feb. 9.

concluded we must be prepared to counter them, as well as any moves that that country takes to violate the recent agreement to curtail its pursuit of nuclear weapons."

Lastly, the deputy secretary also noted the continuing threat posed

by violent extremists, exemplified by the current campaign against the Islamic State of Iraq and the Levant.

"Now, from our perspective, the campaign against global terrorist

See BUDGET, P11

Curbside car seat clinic reaches across Joint Base San Antonio

By Robert Goetz
JBSA-Randolph Public Affairs

A parking lot overlooking the Family Advocacy/Mental Health Clinic at Joint Base San Antonio-Randolph bus-tled with activity Feb. 8 as parents learned how to correctly install child safety seats in their vehicles.

The “Curbside Car Seat Clinic,” a monthly event presented by the 359th Medical Operations Squadron Family Advocacy’s New Parent Support Program, attained a milestone as 20 installations were completed – the most yet.

The clinic was unique in that it also attracted members of the JBSA-Lackland community, said Connie Wilson, 359th MDOS family advocacy assistant.

“In late spring, JBSA-Lackland will begin offering its own Car Seat 101 class and curbside clinic, but until then, JBSA-Randolph will provide the services to JBSA-Lackland,” she said.

Car Seat 101, a bimonthly class at JBSA-Randolph, educates parents about laws regarding child safety seats and what to look for when they’re purchasing a car seat for their infant, toddler, pre-school child or elementary school student, said Wilson, who is the JBSA senior child passenger safety technician. Attending Car Seat 101 qualifies parents for a free car seat when they attend the curbside clinic.

Audrey Thompson, 359th MDOS New Parent Support Program nurse and a certified child



passenger safety technician, said five technicians assisted with last week’s curbside clinic.

In addition to Wilson and Thompson, Rose Padilla and Lisa Rocha from JBSA-Lackland’s Family Advocacy Program and Patricia Starks, a retired military spouse, instructed parents on the proper installation of car seats. The clinic also includes an inspection of car seats parents already have in their possession.

“We show parents how to properly install the car seats, then they demonstrate that they know how to do it themselves,” she said. “We help them through that process.”

Proper installation is vital because nine out of 10 car seats are installed incorrectly, Wilson noted.

Thompson said most parents are not aware of all the knowledge they require to buy and install a child seat, so Car Seat 101 and the curbside clinic fill that void, providing them with the information they need.

“It’s great as parents to have that knowledge in their back pockets – and to know that their

babies are safe,” she said. “They learn a lot – and how to do it the right way.”

Thompson said parents’ education includes the kinds of car seats they need.

“There are so many car seats and cars on the market,” she said. “You have to make sure it fits your vehicle and child correctly and meets the safety standards of the National Highway Traffic Safety Administration.”

State law requires all children younger than 8 years old, unless they’re taller than 4-feet-9, to be restrained in a child safety seat. Categories are rear-facing infant seats, convertible seats that are rear- and front-facing, and booster seats for older children.

One of the parents at last week’s curbside clinic was Navy Petty Officer 1st Class Clifton Alexander, Defense Language Institute English Language Center military training manager, who brought his 9-month-old daughter, Trista.

Alexander said he’s learned about car seats from spending time with his siblings’ children, but he and his wife at-

tended Car Seat 101 “to help us learn from true professionals.”

“My wife and I are very dedicated to our baby’s safety and have done extensive amounts of research,” Alexander said. “At the curbside clinic, I would say I learned how to properly install a convertible-style car seat.”

Wilson said it is her hope that car seat services will be streamlined across JBSA so that a class is available every month for anyone in JBSA to attend.

“Currently, JBSA-Randolph offers Car Seat 101 every other month, JBSA-Fort Sam Houston offers their

class every month and JBSA-Lackland will come on board in late spring,” she said.

Wilson said Car Seat 101 and the curbside clinic are important components of the New Parent Support Program.

“As new parents, there is so much information given to us about pregnancy, child development and other topics, but not much on car seat safety,” she said.

“Motor vehicle injuries are a leading cause of death in children under the age of 16.”

“Many of our population are not aware of the state child restraint laws, as they move so often and, well, it’s just hard to keep up,” Wilson said. “With Car Seat 101, all of that is discussed and so much more.”



Photo by Airman 1st Class Stormy Archer

Patricia Stark (left), Curbside Car Seat Clinic volunteer, teaches Petty Officer 1st Class Clifton Alexander, Defense Language Institute English Language Center operations specialist, how to properly install a car seat Feb. 8 at Joint Base San Antonio-Randolph. The clinic is a monthly event presented by the 359th Medical Operations Squadron Family Advocacy’s New Parent Support Program and teaches parents how to correctly install child safety seats in their vehicles.

IMCOM Airfield Operations Course brings Army airfield operators up to speed

By Jeremy Gerlach
JBSA-Lackland Public Affairs

U.S. Army civilian airfield operators from across the globe got a first-hand look at some tricks of the trade during the HQ Installation Management Command College of Installation Management's Army Airfield Operations Course at Joint Base San Antonio-Fort Sam Houston last week.

In its second year of operation, the course was stood up for IMCOM personnel due to an existing gap in functional training and career development for airfield operations civilians' throughout the Army. As part of the IMCOM CIM (formerly known as the Academy), it is the most extensive in-resident educational experience available.

Course manager Arturo Jayme explained that the objective of the course is to provide training on various functional topics to better prepare IMCOM Airfield Operations personnel to safely and efficiently manage our airfields/heliports.

Major topics included current airfield policies/procedures, resource management, airfield criteria (markings, signs, lighting, surfaces), pavement, project siting, risk management, airfield construction, bird/wildlife management, air traffic/airspace and more.

The training was led by IMCOM Airfield Operations staff subject-matter experts,

in collaboration with other functional experts covering various field specialties.

As part of the training objective, several practical exercises, or PEs, were included, which involved airfield criteria and risk management scenarios. These PEs not only helped reinforce the blocks of instruction, but also facilitated and encouraged the peer-to-peer interaction and learning.

Additionally, the course curriculum involves taking the students to JBSA-Lackland's Kelly Airfield to expand upon the lessons covered in the course.

The class details technical engineering criteria for airfield markings, signs and lighting as well as the Army airfield criteria for airfield/runway safety areas, obstacles, construction, foreign object damage control, paving conditions and wildlife hazards.

Though Army airfield professionals have their own methods and standards for these airport operations, Jayme said one goal of the course is to also share some of our "lessons learned and best practices" with attendees.

"This sparks them up," Jayme said. "They start thinking, 'maybe there's a better way of doing things, maybe there's a proven method that works at other airfields that we can go in and apply to our airfields.'"

The course has graduated 100 individuals



Courtesy photo
Anthony Greer, U.S. Army Installation Management Command Airfield Operations (Safety) provides students at the IMCOM Airfield Operations Course instruction on airfield construction management Feb. 11.

so far, Jayme continued, all of whom will apply what they've learned in the course back at their Army installations.

"We saw a lot of trends – when we went out and inspected the Army airfields – where some things were deficient," Jayme explained. "Part of the reason was the training or lack thereof – folks just didn't know."

The IMCOM course helps address the root causes of these challenges and provides tried and tested solutions, Jayme added.

"An airfield is an airfield is an airfield," Jayme explained. "Whether you are in a civilian, Army or Air

Force airport, you are going to have the same type of signs, markings, so we try to emphasize the commonality and the standardization that we're looking for."

As part of the JBSA-Lackland's Kelly Airfield tour, even with this emphasis on uniformity, airfield professionals still have to be able to adapt to changing conditions, said Gil Corpuz, airfield manager at the Lackland-Kelly annex. Corpuz said he wants to expose students about similar logistical and organizational challenges at their own airports.

Donna Talamantes, Lackland-Kelly airfield management shift leader, briefed students on

JBSA-Lackland-Kelly's flight planning system, a complex but efficient series of charts and flight plans that helps the airfield carefully navigate all these obstacles.

"Army professionals are already experienced," she noted. "We're just showing them the similarities and differences in the technology that the Air Force has, that they may want to use to better their job."

Stormy Ripley, an airfield safety officer for Simmons and Mackall Army Airfield at Fort Bragg in North Carolina, is a retired Blackhawk pilot enrolled in the IMCOM course.

"I'm just re-

ally impressed and amazed," Ripley said of the class.

Ripley said she's glad the Army – through efforts like this IMCOM course – are emphasizing airfield uniform standards and practices.

Ripley said she's already got some new ideas to take back to her job from the IMCOM course.

In the end, Mr. Jayme says, this course exposes IMCOM Army airfield professionals to the full gamut of what it takes to safely manage and operate our airfields, while at the same time providing individuals the opportunity to grow professionally and personally.

OPM offers limited enrollment period for new self-plus-one option

By Janis El Shabazz
Air Force Personnel Center
Public Affairs

Employees currently enrolled in self and family coverage in the Federal Employees Health Benefits programs can change to the new self-plus-one option during the Office of Personnel Management limited enrollment period open now until Feb. 29.

The self-plus-one option allows enrollees to cover themselves and one eligible family member. Eligibility for the self-plus-one option is the same as for the self and family enrollment. Eligible family members include spouses and children under age 26. A child with a mental or physical disability that existed before age 26 is also eligible for enrollment as a family member.

“This is not a second open season,” said Air Force Personnel Center human resources special-

ist Erica Cathro. “Only employees enrolled in self and family will be allowed to change to self plus one during this period. No changes in plans, option changes, or increases or other decreases will be allowed.”

Electronic enrollment systems will be available for use during this time, and employees are encouraged to make their changes electronically. They should contact their local human resources office if they experience any issues or have additional questions.

More information on the limited enrollment period for self-plus-one enrollment is available on the “Civilian Employee” homepage of the myPers website at <https://mypers.af.mil/>; enter self-plus-one in the search window. Individuals can also find information on this option on the Office of Personnel Management website at <http://www.opm.gov/>.

SAVES from P2

a checking account to a separate savings account each payday.

- Tax time is a great opportunity to save for those who receive a refund. Use Form 8888, Allocation of Refund, to direct deposit your refund in up to three different accounts - make sure one is a savings account! Another incentive to this option? Visit [SaveYourRefund at https://saveyourrefund.com/home/](https://saveyourrefund.com/home/) to learn how saving at least \$50 of your tax refund could win you \$25,000 in 2016!

Military Saves Week

2016 is Monday through Feb. 27 – one week out of the year to focus on paying yourself first by saving. Your installation or an organization near you may be participating in the week, offering educational workshops, events, and resources to help you meet the challenge of saving.

Take advantage of these opportunities and build your financial knowledge and ability. Only you can accomplish each step of the challenge: it all begins with the Military Saves Pledge and making the commitment to save.

BUDGET from P7

networks will be an enduring condition for much of the next 25 years, and we have to be prepared to monitor it constantly and to respond to and treat it when necessary," Work said.

"All this means the defense budget undergirds a portfolio with the capacities, capabilities and readiness to address all five strategic challenges with some degree of risk," the deputy secretary said. "That's important to note: the president's budget allows us to execute our national military and defense strategies."

But this is an era of constrained resources, Work said, the U.S. military cannot reduce every risk associated with every strategic challenge and therefore must prioritize.

Work said Carter directed planners to prioritize strengthening the conventional deterrent against the most advanced

potential adversaries.

But rather than a man-for-man match or a strength-on-strength contest, he added, the secretary wanted the U.S. military "to offset their strengths using new technological, operational and organizational constructs to achieve a lasting advantage and to strengthen deterrence."

And any capability that can be used against peer competitors can be used against a lesser foe, he noted.

The secretary looked for balance in the budget between readiness, capacity and modernization, Work said, and he told planners to focus on reconstituting full-spectrum readiness.

The budget request now goes to Congress. In the weeks and months ahead, the House of Representatives and the Senate will debate its provisions and determine the department's final budget for the fiscal year.

MEDCOM from P1

and their family members. The command also oversees graduate medical education, health professional education, medical research and training of all combat medics.

"As I look across the field, I am inspired by the magnificent soldiers in the formation and what they represent," West said. "These soldiers represent those who are training and will go forward."

West previously served as the Joint Staff Surgeon to the Chairman of the Joint Chiefs of Staff. She holds a bachelor of science in engineering from the United States Military Academy at West Point and a doctorate of medicine from George Washington University School of Medicine.

Her previous assignments were as commanding general of Europe Regional Medical Command; Womack Army Medical Center commander, Fort Bragg, N.C.; and division surgeon for 1st



Photo by Fran Trachta

Lt. Gen. Nadja West (right), U.S. Army Surgeon General and commander of U.S. Army Medical Command, together with (from left) Gen. Daniel Allen, Vice Chief of Staff of the U.S. Army and Maj. Gen. Stephen L. Jones, commander of the U.S. Army Medical Department Center and School, salute the colors at Fort Sam Houston's MacArthur Field Feb. 10.

Armored Division, Army Europe and Seventh Army, Germany.

Raised in the Washington, D.C. area, West is the first African-American to serve as the Army Surgeon General, a three-star billet. West pinned

on her third star in a ceremony that took place Feb. 9.

This promotion makes West the Army's first black female to hold the rank of lieutenant general and the highest ranking female of any race to graduate from West Point.

Sugar wars: why is sugar so harmful to your mouth?

By BethAnn Cameron and
Col. Georgia Rogers
U.S. Army Public Health Center
(Provisional)

February is National Children's Dental Health Month and the 2016 observance promotes good oral health for military children and adults in the war against sugar.

American people, including military families, are frequently consuming foods and drinks high in sugar and starches. Junk foods and drinks have slowly replaced healthy, nutritious beverages and foods. Sugar is the enemy of the mouth.

Question: Many people say that they have cavities because they have inherited "soft teeth" from their parents. Is it true that people who get more cavities have "soft teeth?"

Answer: There is no actual condition called "soft teeth." Some rare genetic conditions can cause weak, brittle teeth but in the vast majority of cases they are not the cause of tooth decay. We now know that tooth decay is usually a sign that something is out of balance. Several factors can cause tooth decay, alone or in combination. Figuring out what is going on requires you to give a little time and attention to your diet and your daily hygiene regimen. Most tooth decay is caused by not using fluoride toothpaste the right way or by exposing your teeth to sugars too often.

Question: How should we use fluoride toothpaste?

Answer: An adult should always assist children under the age of eight with tooth brushing. Use

a rice-sized amount of toothpaste for children less than three and no more than a pea-sized amount for children aged three to six. Brush the toothpaste on all surfaces of the teeth for two minutes at least twice a day - just before bedtime is the most important. Then rinse the brush and brush the tongue and the roof of the mouth. Do not rinse with water after brushing. Just spit several times to remove the excess toothpaste. Have small children say "Patooyey!" very forcefully if they have difficulty spitting. Do not eat or drink for at least 20 minutes after you brush. This lets the fluoride stay on your teeth longer and fight decay. Brushing right before bedtime is particularly important to prevent decay.

Question: Why is sugar so harmful to your mouth?

Answer: When sugar is consumed in food or drinks, it provides food for bacteria, which produce acid. The acid can eat away the enamel of the teeth, allowing the bacteria to penetrate and cause more damage. If nothing disrupts the bacteria, the damage gets a little deeper every time you consume sugar. It eventually reaches the nerve causing an infection. Drinking water or brushing after taking liquid medicine can also reduce your child's risk for decay.

Question: Is there a safe amount of sugar that you can have?

Answer: The new USDA Dietary Guidelines have decreased the recommended limit for added

sugars to no more than 10 percent of daily calorie intake. If a child eats 1,500 calories a day, that is no more than 150 calories from sugar or about nine teaspoons. A recent survey showed children between the ages of nine and 18 have the highest sugar intake - about 17 percent of their total calories come from added sugar.

Question: Where do you find hidden sugar in foods?

Answer: Almost half of the sugar in the diets of Americans age two and over comes from beverages such as soda and fruit drinks. The next third comes from sweets, snacks and grains such as crackers, bread and cereal. Condiments like ketchup or salad dressing can also add a few extra teaspoons of sugar to your diet each day.

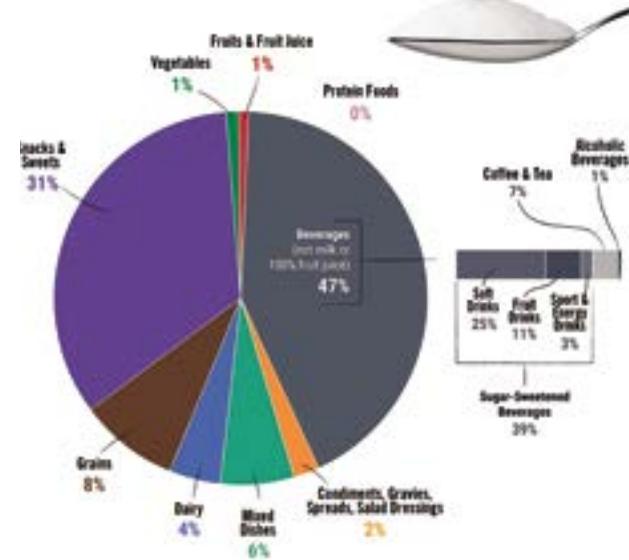
Question: How can you find out if your food or drinks have sugar added?

Answer: Read the nutrition facts label. The amount of sugar in each serving is listed under the section "Total Car-

bohydrates" as "Sugars" in grams. One teaspoon of sugar is a little over four grams. Also, look at the list of ingredients. There are now over 60 names for sugar but you can learn to spot them at <http://www.mouthhealthy.org/en/nutrition>. Use the number "3" as a guide. If a word for sugar is one of the first three ingredients listed or if there are more than three names for sugar on the list, then the product probably contains too much sugar. Another important source of sugar is children's liquid medications for congestion, allergies, pain or fever.

Question: Teens and adults also eat snacks and drinks throughout the day. Are they at risk for tooth decay?

Answer: Anyone who eats sugary snacks and drinks between meals throughout the day is at risk for tooth decay. Consuming snacks or drinks right before bedtime is the most dangerous, because your saliva flow slows down when you go to sleep, so the acids produced by the bacteria in your mouth are not



Graphic courtesy U.S. Department of Agriculture

Where do you find hidden sugar in foods?

washed away or neutralized. That is why it is critical to always brush with fluoride toothpaste before sleeping.

Question: Are babies and toddlers at risk for tooth decay since they only use a bottle or a sippy cup?

Answer: Yes, milk, formula or juice all contains some form of sugar. Babies should never be put to bed or allowed to fall asleep with a bottle of milk or formula. Prevent cavities in babies by wiping their gums with a clean, wet gauze pad or soft washcloth after each feeding - breast, bottle-fed or Sippy cup. Cleaning the gums and teeth removes the sticky film that contains bacteria which cause tooth decay.

Question: How do we protect older children's teeth?

Answer:
• Give them a healthy diet, so they have all of the vitamins and minerals that they need to keep their teeth and gums healthy.

- Limit sugary or starchy snacks between meals; offer nutritious snacks instead of crackers.
- Avoid sugary drinks such as sodas, juices, lemonade and sports drinks; provide water or low-fat milk.
- Help your children brush twice daily for two minutes and floss each day.
- Take your children for regular dental check-ups.

Join the Sugar Wars!
Defeat the effects of sugar and maintain good oral health by brushing at least two minutes, two times a day, flossing and eating healthy meals and snacks.

For more information about "Sugar Wars" for National Children's Dental Health Month and for tips to protect your teeth, go to <http://www.ada.org/en/public-programs/>.

Want more information about healthy eating? Check out the Army Public Health Center website at <https://usaphcapps.amedd.army.mil/HIOShoppingCart/searchResults.aspx?hotlist=65> or go to <http://www.MyPlate.gov>.

Common Manufacturing Names for Added Sugar			
Dextrose	Sucrose	Maltose	Date sugar
Treacle	Fruit puree	Brown rice syrup	Diastatic malt
Brown sugar	Honey	Fructose	Sorghum
Trehalose	Fruit juice concentrate	Glucose solids	Panocha
Fruit sugar	Beet sugar	Molasses	Turbinado sugar
Evaporated cane juice	Galactose	Raw sugar	Natural sweetener
High-fructose corn syrup	Corn syrup	Demerara sugar	Nutritive sweetener
Invert sugar	Maltodextrin	Malt syrup	Agave nectar

Graphic by Col. Georgia Rogers

Manufacturers use more than 60 names for sugar.



Newcomer's Orientation

Friday, 8 a.m. to Noon, Military & Family Readiness Center, building 2797. Mandatory in-processing briefing for all military and civilian personnel newly assigned to JBSA. Service members must coordinate with their unit personnel coordinator or commander support element. Spouses are welcome to attend; all patrons must be seated by 7:50 a.m. Call 221-2705.

Talent Show, Poetry Slam

Saturday, 6-8 p.m., Military & Family Readiness Center, building 2797. Do you have a special talent, love for the spot light or a way with words? Show us your skills! This family friendly talent show is free and welcomes all categories: solo, group and family acts. Open to all JBSA youth, elementary through high school. Rehearsal will be held 3-6 p.m. Saturday at the Middle School Teen Center, bldg. 2515; Feb. 13 from 3-6 p.m. at Youth Services, bldg. 1630; and a mandatory rehearsal will be Feb. 19 at the Military & Family Readiness Center. This is a collaborative project with Youth Programs. For more information, call 221-3381 or 221-3502.

TAP: Goals, Plans, Success

Monday-Feb. 26, 8 a.m. to 4 p.m., Soldier for Life, build-

ing 2263. A mandatory five-day workshop for all service members separating from the military. The GPS workshop is facilitated by the Department of Labor, Veterans Administration, and M&FRC. A pre-requisite class is "Pre-Separation Counseling." Call 221-1213.

Employment Readiness Orientation Briefing

Mondays, 9-10 a.m. Military & Family Readiness Center, building 2797. Learn about employment resources and review services offered. Call 221-2418.

Accessing Higher Education (ACES)

Monday-Thursday, 7:30 a.m. to 5 p.m., Education Center, building 2408. A three-day track for those pursuing higher education. Review education requirements and resources that may support personal goals. Call 221-1213.

Helping Us Grow Securely Playgroup (HUGS)

Tuesdays, 10 a.m. to noon, Middle School Teen Center, building 2515. An interactive playgroup for infants and toddlers; open to parents and their children, ages 5 and under. Registration not required. Call 221-2418.

Citizenship, Immigration Assistance

Tuesday, 9 a.m. to Noon, ceremony 2 p.m., Military & Family Readiness Center, building 2797. Review American customs

and cultures or meet with a U.S. Citizenship and Immigration Service officer for assistance with applications. Eligible patrons will take the oath of allegiance at a naturalization ceremony beginning at 2 p.m. Feb. 23. Registration not required. Call 221-2705.

FRG Leadership Academy

Tuesday-Thursday, 8:30 a.m. to 3:30 p.m., Military & Family Readiness Center, building 2797. This training provides commands with a better understanding of their family readiness groups, how to utilize their volunteers, in addition to their roles and responsibilities to the families. Call 221-2418.

Army FAP Unit Training

Wednesday, 9-11 a.m. and 1-3 p.m., Military & Family Readiness Center, building 2797. Mandated unit family advocacy training in accordance with Army Regulation 608-18 regarding domestic and child abuse identification, reporting, and prevention. Other topics covered include the Lautenberg amendment, restricted/unrestricted reporting and transitional compensation program. Seating is limited; call to reserve seats for your unit. Reservations will be accepted up to two weeks in advance. For more information, call 221-2418.

Post-Deployment

Wednesdays, 1-3 p.m., Military & Family Readiness Center, building 2797. Service members scheduled to deploy, going on temporary duty assignment longer

than 30 days or going on a remote assignment are required to attend this briefing. Call 221-2418.

Salary Negotiation, Social Media

Wednesday, 9-11 a.m., Military & Family Readiness Center, building 2797. Learn the skill of salary negotiation and tap into the power of social media to find jobs and market yourself. Call 221-2418.

Volunteer Management Information System

Wednesday, 9-10 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 221-2705.

Volunteer Orientation

Wednesday, 10-11 a.m., Military & Family Readiness Center, building 2797. Volunteers newly assigned to the M&FRC will in-process and receive training on their responsibilities. Call 221-2705.

Pre-Deployment Briefing

Thursday, 1-3 p.m., Military & Family Readiness Center, building 2797. Service members scheduled to deploy, go on a temporary duty assignment longer than 30 days or go on a remote assignment are required to attend this briefing. Call 221-2418.

Family Readiness Group Treasurer Training

Thursday, 9-11 a.m.,

Military & Family Readiness Center, building 2797. Mandatory for current and incoming family readiness group treasurers. Topics covered include regulations for managing funds, FRG informal funds and fundraising. Commanders, FRG leaders and FRG funds custodians are encouraged to attend. Call 221-2418.

M&FRC Closed For Training

The Military & Family Readiness Center is closed every first and third Thursday from 1-4:15 p.m. for in-service training. Call 221-2418 or 221-2705.

Savings, Investment Strategies

Thursday, 9-10 a.m., Military & Family Readiness Center, building 2797. Identify strategies to help reach your financial goals and review the different type of saving options. Learn about the risks and rewards of investing. Call 221-2705.

Trails & Tales Guided Tour

Feb. 26, 8 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. A guided tour of Fort Sam Houston where people can learn about old and new structures that share a rich history dating back more than 150 years. Patrons must be ready for departure at the Military & Family Readiness Center by 8 a.m. Due to limited seating, registration is required. Call 221-2705.

LENT AND EASTER CHAPEL SCHEDULES

March 24

Holy Thursday

Main Post Chapel
5:30 p.m. – Mass of the Lord's Supper
BAMC Chapel
11:05 a.m. – Mass of the Lord's Supper
AMEDD Chapel
7 p.m. – Mass of the Lord's Supper

March 25

Good Friday

Main Post Chapel
11:30 a.m. – Good Friday services (Catholic) BAMC Chapel
11:05 a.m. – Good Friday services
12:15 p.m. Protestant service
AMEDD Chapel
7 p.m. Good Friday services

March 26

Easter Vigil

Main Post Chapel
8 p.m. – Catholic Mass

March 27

Easter Sunday

Main Post Chapel
7 a.m. – Easter Sunrise service
9:30 a.m. – Catholic Mass
11 a.m. – Protestant service (traditional) AMEDD Chapel
Regular Sunday schedule

from 4-6 p.m. Sundays. For more information, call 571-309-2403.

Check Your Military, CAC, Dependent ID Expiration Dates

All Defense Enrollment Eligibility Reporting system, Command Access Card and military ID card locations throughout Joint Base San Antonio are by 100 percent appointment only and wait time for an appointment can be up to 30 days. Civilian and military members need to remember then their CACs and military IDs expire and schedule renewal appointments appropriately. Plan ahead for your family members for when their ID cards or and DEERS updates need to be made. Appointments can be made online at <https://rapids-appointments>

News Briefs

Continued from P3

Family Readiness Center, building 2979. Speakers from the Military and Veteran Community Collaborative, Texas Veterans Commission, Veterans Service Program and the Work Force Solutions Alamo are onsite to discuss networking opportunities, education benefits, health care, employment tips on career transitions, housing and property markets and more. This free event open to all Department of Defense ID cardholders and their spouses. Registration is required. Call 221-1213.

Hiring Heroes Career Fair

Joint Base San Antonio-Fort

Sam Houston hosts the Hiring Heroes Career Fair from 9 a.m. to 2 p.m. March 9 at the Sam Houston Community Center. Transitioning service members, veterans and their families are able to network with employers from the Department of Defense, other federal agencies, and private sector firms with positions available for wounded, ill, injured and transitioning service members, Veterans, their spouses and primary caregivers. For more information, call 571-372-2123.

Ombudsman Training For Navy families

The Ombudsman is a unit family readiness program for Navy service members and their families. Basic training is required for all command

ombudsman and open to service members and their families. The two-day workshop is slated for 8 a.m. to 4:30 p.m. March 24-25 and registration is due by March 7 to the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center. For more information, call 221-2418.

Army Candidate School Structure Interview Panel Board

The 502nd Force Support Squadron's Military Personnel Branch conducts a U.S. Army Officer Candidate School Structure Interview Panel Board at 8 a.m. April 27 at building 2263, 1706 Stanley Road, room 117B. All Soldiers must have a bachelor's degree and can't be over

the age of 33. Soldiers must also be U.S. citizens, have a general technical score of 110 or higher on the U.S. Armed Services Vocational Aptitude Battery test, a security clearance and cannot have more than six years active federal service. Soldiers are also required to have a Department of the Army photo or photo in Army Combat Uniform. Do not apply if you are on assignment or scheduled to deploy. For a complete listing and checklist of the OCS requirements and forms, visit <https://www.hrcapps.army.mil/site/protect/branches/officer/Operations/Accessions/OCS/index.htm>. All OCS applicants must see their S1/ G1 prior to submitting their OCS packets. All OCS packets must be turned in by April 8. For more information, call 221-0885.

Boy Scout Troop 23 Seeks New Members

The Boy Scout Troop 23 Alamo Chapter Association of the U.S. Army is looking for more participants and new members. Scouts meet weekly to have fun, prepare for monthly camping/hiking trips and community service projects. Boys are challenged to achieve their ideals physically, mentally, and socially. No experience necessary and boys don't need prior scouting experience to join. Boys must be at least 10 years old and having completed sixth grade, but they may join later on in high school (must be 18 or younger). Troop 23 meets at the Joint Base San Antonio-Fort Sam Houston Main Post Chapel on Wilson Road

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