



MARCH 4, 2016  
 VOL. 58, NO. 9

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 HOTLINES**



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**JBSA Domestic Abuse Hotline  
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**JBSA Duty Chaplain  
 221-9363**

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



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**Know How To Prevent The Zika Virus**

**FIGHTING THE ZIKA VIRUS** **PAGES 10-11**



**ARMY NORTH BORDER CONFERENCE** **PAGE 13**

# Navy Surgeon General visits Navy Medicine San Antonio

By **Larry Coffey**  
 NMETC Public Affairs

The Navy's surgeon general made his second trip since assuming his new position in December, visiting Navy Medicine commands in San Antonio Feb. 18 and 19.

Vice Adm. C. Forrest Faison, U.S. Navy surgeon general and Bureau of Medicine and Surgery chief spent two days on a whirlwind tour in "Military City USA" with Force Master Chief Terry Prince, his force master chief and Hospital Corps director.

Faison's first stops were to the Navy Medicine Education and Training Command and the Navy Medicine Training Support Center at Joint Base San Antonio-Fort Sam Houston. He said visiting Navy Medicine education and training organizations early on was intentional and meant to send a message. "You play a critical role in Navy

**See NAVY SG, P9**



Vice Adm. C. Forrest Faison III, Navy surgeon general and Bureau of Medicine and Surgery chief, uses a tablet to control a simulation model in the nursing synthesis lab at the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston. The lab is a part of the Basic Medical Technician Corpsman Program where all hospital corpsmen students get hands-on experience with simulated patients.



Vice Adm. C. Forrest Faison III, Navy surgeon general and chief, Bureau of Medicine and Surgery, speaks to Sailors and civilians from Navy Medicine Education and Training Command at an all hands call at JBSA-Fort Sam Houston Feb. 18. Faison visited Navy Medicine facilities across San Antonio during his first official visit as surgeon general.

**Photos by Petty Officer  
 1st Class Jacquelyn Childs**

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# Commentary: you don't need to have a cell phone to be a distracted driver

By John E. McLaughlin

Traffic Safety Program Manager  
 502nd Air Base Wing Safety Office

Distracted driving has become the number one cause of fatal car accidents and pedestrian deaths due to motor vehicles in the United States.

In 2014, 4,223 pedestrians in the United States were killed by vehicles, with 487 of those in Texas.

Here is my story about how distracted driving affected me.

Back in 1997, I was in high school and life was going great. I had a pretty girlfriend, lots of good buddies to hang out with and a wonderful 1988 Chevy S-10 pickup truck. I loved that truck.

My uncle worked for the local cable television company and they would auction off their old inventory every year.

One Saturday afternoon, my dad, uncle and I went and purchased two S-10s. Our intent was to combine them into one great looking and running vehicle. It took us about a month to get the trucks taken apart and put back together. Finally, after a lot of hard work, I had my beautiful S-10.

Two months go by and my friend George and I are hanging out at his place playing video games, when hunger strikes. We ventured out to the local pizza place.

It was raining and overcast, but we got in and out of the store quickly and started driving back. We didn't have time to wait; that pizza was so enticing that I had to get a slice of it right away.

There I was, slice of pizza in one hand and steering wheel in the other; on a rainy day heading through the busy streets of Cleveland. I didn't like the song



Courtesy photo

Distracted driving is the act of driving while engaged in other activities – such as looking after children, texting, talking on the phone or to a passenger, eating or reading – that take the driver's attention away from the road. All distractions compromise the safety of the driver, passengers, pedestrians and those in other vehicles.

playing on the radio, so I went to put in a CD.

George yelled, "STOP!" An F-350 had slammed on its brakes in front of me.

In my current state of pizza and CD-induced distracted haze, I was unable to react with enough time to stop. We rear-ended the F-350; the trailer hitch went through my engine block and my beautiful truck was totaled.

The F-350 had stopped abruptly to avoid running over a child playing in the street. I was lucky. Yes, I destroyed my beautiful truck, but I am happy that I had that accident. If that truck had not been there that day, I would have killed that child.

All of this could have been avoided if I had not been driving while distracted. Thankfully, that didn't happen, but it happens all too often on our roads.

In 2014, more than 3,500 people died on Texas roads. There were 100,825 traffic crashes during this time and 468 of the fatalities have been attributed to distracted driving. The big picture here is that nothing should be more important, while behind the wheel, than driving.

As pedestrians and parents of small pedestrians, we need to also keep in mind the dangers of distracted drivers and roadways. Here is where the pedestrian numbers come into play.

In San Antonio alone, 54 pedestrians were hit and killed by motor vehicles in the past year. Over the past six years, 135 pedestrian-vs.-motor-vehicle mishaps have been recorded in the Air Force mishap database. Of those, 58 were on duty, 77 were off duty and 18 were fatal. Here at Joint Base San Antonio,

we have had eight pedestrians hit by motor vehicles recorded.

While crossing streets, running, jogging, biking or walking in and around roadways, be mindful of traffic. Wear reflective clothing at low-light times, don't wear headphones around traffic and make sure that oncoming traffic is aware of you and reacts to you when crossing a street.

Do not blindly enter a roadway just because you are in a crosswalk. In 10 years of investigating accidents, in every pedestrian-vs.-motor-vehicle accident I have investigated, the pedestrian was in a crosswalk. This year, we have already had two such accidents on JBSA-Lackland.

Be careful out there. Pay attention while driving and be mindful of traffic when you are on the road.



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## News Briefs

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

A "Glow In The Park" run is scheduled for 7 p.m. Saturday 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. There will be a limited number of packet pickups available at the event starting at 4 p.m. Saturday. Cost is \$15. 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. Monday held at the JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Speakers from the Military and Veteran Community Collaborative, Texas Veterans Commission, Veterans Service Program and the Work Force Solutions Alamo will be onsite to discuss networking opportunities, education benefits, health care, employment tips on career transitions, housing and property markets and more. This free event is open to all Department of Defense ID cardholders and their spouses. Registration is required. Call 221-1213.

### 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 Monday to the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center. For more information, call 221-2418.

See NEWS BRIEFS, P6

# National Safe Sleep Hospital Certification Program recognizes SAMMC

By Robert A. Whetstone  
BAMC Public Affairs

San Antonio Military Medical Center at Joint Base San Antonio-Fort Sam Houston was recently recognized by the National Safe Sleep Hospital Certification Program as a "Silver Certified Sleep Leader," for its commitment to best practices and education on infant safe sleep. SAMMC is the first hospital in Texas to receive this recognition.

"While the title of first hospital in Texas to receive certification is exciting, we just hope it symbolizes the role San Antonio Military Medical Center and our joint pediatric clinics in San Antonio play as a leader in reducing sudden unexpected infant deaths, or SUIDs," said U.S. Air Force Maj. Nicholas Carr, SAMMC staff neonatologist. "Our patients deserve to know that our providers and nurses are doing everything they can to improve the safety of our future service members and providing safe home sleeping environments for all infants."

According to the Texas Department of Family Protective services, every two days a baby dies in the state, increasing annually since 2013. In Bexar County, there has been a 40 percent increase in SUIDs since 2012, mostly attributed to bed-sharing and unsafe sleeping home environments.

"Overall, our com-



Photo by Robert A. Whetstone

San Antonio Military Medical Center was recently recognized by the National Safe Sleep Hospital Certification Program as a "Silver Certified Sleep Leader," for their commitment to best practices and education on infant safe sleep. SAMMC is the first hospital in Texas to receive this recognition. Team members are (front row from left) Air Force Maj. Nicholas Carr, Air Force Tech. Sgt. Carmeilla Bethay, Anabelle Martinez, Scarlett O'Hara-Wood, Army Capt. Arielle J. Dietz, Air Force 1st. Lt. Rachel R. Negri, Ashley Risner, Lawanda Clark and Kim Hatfield, (back row from left) Air Force Maj. Adriana Hollis, Air Force Tech. Sgt. Jenna Teal, Air Force Capt. Robert Slaughter, Air Force Capt. John Laskoski, Angie Hudson, Gracie Baylor and Air Force Col. Liz Murray.

munity has been very receptive to our interventions and our mission," Carr said. "Unfortunately, SIDS and SUIDs has touched too many families in both the medical and Bexar County community. We frequently hear stories from people who volunteer and champion our message that have either lost or know someone who has experienced an unexpected loss.

"In addition, we want to thank the Wilford Hall Auxiliary for their generous support and funding to help provide Halo sleep sacks for every infant discharged from SAMMC newborn and NICU service. This gift

provides both education and a lasting message to our families well after they go home."

The National Safe Sleep Hospital Certification Program was created by Cribs for Kids®, a Pittsburgh-based organization dedicated to preventing infant sleep-related deaths due to accidental suffocation. In addition to being Cribs for Kids® partners, SAMMC was recognized for following the safe sleep guidelines recommended by the American Academy of Pediatrics and providing training programs for parents, staff and the community.

Community outreach

includes supporting local fundraisers for SIDS nonprofit organizations, donations of safe sleeping materials to underserved families, and a large scale media campaign to bring awareness to Bexar County and Texas about infant losses.

SAMMC is one of six large medical centers in San Antonio that comprise the Bexar County SUID Coalition. The coalition includes leaders and programs from Baptist Health System, Children's Hospital of San Antonio, Methodist Children's Hospital, Southwest General Hospital, and University Health System.

"The Coalition, along with the Bexar County Child Fatality Review Team, has been instrumental in providing changes to hospital and clinic practices, improving public awareness through media campaigns, and fundraising to improve care and provide safe sleep resources for less fortunate families," Carr said.

"Sleep-Related Death, or SRD, results in the loss of more than 3,500 infants every year in the U.S.," said Michael H. Goodstein, M.D., neonatologist and medical director of research at Cribs for Kids®.

See SLEEP, P8

# New Mexico State University honors MICC commanding general

By Cadet Alfonso Orenday  
New Mexico State  
University ROTC

The commanding general for the Mission and Installation Contracting Command at Fort Sam Houston was inducted into the New Mexico State University Army ROTC Alumni Honor Company during a Feb. 5 recognition dinner in Las Cruces, N.M.

Brig. Gen. Jeffrey Gabbert was one of several distinguished alumni taking part in the Honor Company Class of 2016 during the ROTC chapter's 13th Annual Recognition

Weekend. Gabbert was commissioned as a quartermaster officer in 1986 from the ROTC program at New Mexico State University, where he received a bachelor of arts in business management.

"It's truly an honor to be a member of the Honor Company," Gabbert said. "My father gave me two options following high school: the Army or college. Choosing New Mexico State University and then electing to join the Bataan Battalion were critical in establishing the right foundation for my career. I cannot think of anything that

I would rather do than serve as a Soldier in the world's best Army."

Maj. Wes Childs, NMSU Army ROTC senior assistant professor of military science with said the New Mexico State University Army ROTC program has always had a great deal of support from the university, the community and its fellow alumni.

This year, the NMSU ROTC Alumni Association invited the cadets of the Bataan Battalion to be a part of its annual alumni dinner and honor company induction.

Prior to the induction,

Gabbert took time to sit down and share a few words of wisdom with this semester's commissioning cadets. After speaking, the MICC commanding general gave the soon-to-be second lieutenants an opportunity to ask questions on any topic they desired.

The Bataan Battalion cadets were most interested in the general's career, his life choices and any advice he could offer to future second lieutenants. They were able to relate to Gabbert as a former New Mexico State University Aggie and were inspired and motivated through his humbleness and eagerness to share his advice, Childs said.

"It's inspiring to see how far one person can go in their career as long as they are determined and work hard. It's even more inspiring when it's a former student and alumni at your university," said Cadet Gulee Kwon, cadet battalion commander. "I am excited to see how far I can take my career as an Army officer."

Throughout the evening's recognition event, cadets continued to speak with many of the alumni and their guests. Each



Brig. Gen. Jeffrey Gabbert is inducted into the New Mexico State University Army ROTC Alumni Honor Company by retired Lt. Col. Gary Cataldo during a dinner ceremony Feb. 5 in Las Cruces, N.M. Gabbert, a 1986 ROTC graduate, is the commanding general for the U.S. Army Mission and Installation Contracting Command at Fort Sam Houston and Cataldo is the president of the NMSU ROTC Alumni Association.



Photos by Cadet Adonis McShan-Teague

Brig. Gen. Jeffrey Gabbert speaks with cadets from the New Mexico State University ROTC Bataan Battalion Feb. 5 prior to a dinner ceremony at which he was inducted into the New Mexico State University Army ROTC Alumni Honor Company at Las Cruces, N.M. Gabbert, a 1986 ROTC graduate, is the commanding general for the U.S. Army Mission and Installation Contracting Command at Fort Sam Houston.

of the guest speakers, who included Gabbert, the NMSU president, president of the alumni association, NMSU Army ROTC professor of military science and honor company inductees, offered their own advice to the cadets.

At the end of the event, the alumni association revealed that it would be purchasing each commissioning cadet a set of the Army service uniform upon graduation as a demonstration

of the support enjoyed by the New Mexico State University Army ROTC program.

Founded in 1888 as Las Cruces College, New Mexico State University today has more than 15,000 students enrolled across five campuses throughout the state and at satellite sites. The research land-grant university offers students a choice in almost 100 undergraduate degrees and more than 55 graduate and 27 doctoral degrees.

# Army North commander talks 'Military City USA' to SA Chamber of Commerce

By Sgt. Brandon Hubbard  
204th Public Affairs Detachment

Lt. Gen. Perry L. Wiggins, commander of United States Army North (Fifth Army) and senior commander of Fort Sam Houston and Camp Bullis, addressed the San Antonio Chamber of Commerce Feb. 24 at Sunset Station in downtown San Antonio.

Wiggins spoke to an audience of approximately 100 people as part of the chamber's "Military City U.S.A." speaker series. He talked about the importance of the military retiree population in the city. San Antonio has the second largest retired veteran population with 58,000 veterans, behind only San Diego.

He added that San Antonio's population is growing at a rate of about 300 retired veterans each



Lt. Gen. Perry L. Wiggins, commander of United States Army North (Fifth Army) and senior commander of Fort Sam Houston and Camp Bullis, addresses the San Antonio Chamber of Commerce as part of the chamber's "Military City U.S.A." speaker series Feb. 24 at Sunset Station in downtown San Antonio.

month, and said the city needs to be vigilant to meet the growing needs in a growing urban infrastructure for its military

community.

"Those who are here in this station, we probably won't see the fruits of our labor, but as NFL



Photos by Sgt. Brandon Hubbard

Wiggins spoke to an audience of approximately 100 people from the San Antonio Chamber of Commerce at Sunset Station in downtown San Antonio about the importance of the military retiree population in San Antonio Feb. 24.

Hall of Fame coach Vince Lombardi said, it's not important to score touchdowns. Get a first down, then we'll think about

touchdowns. And that is true here."

Afterward, the ARNORTH commander thanked the business community for

its continued support.

"Bottom line for me: Military City USA. absolutely deserves its moniker," he said.

## News Briefs

Continued from P3

### 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. Wednesday 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.

### 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

See NEWS BRIEFS, P17

# JBSA fire response crews red-hot at AETC's annual awards

By Jeremy Gerlach  
JBSA-Lackland Public Affairs

Joint Base San Antonio's fire response community won big at the Air Education and Training Command 2015 annual awards, which were announced in February, with the 502nd Civil Engineering Squadron's Fire Emergency Services Flight and two individual firefighters taking home top honors.

The Fire Emergency Services Flight won the Fire Department of the Year in the large department category, while Darren Fehlinger, 502nd CES firefighter, took home Civilian Firefighter of the Year and Senior Master Sgt. Timothy Walsh, 502nd CES deputy fire chief, was the Military Fire Officer of the Year.

The departmental award didn't come as a surprise – seeing as the squadron was the only one in the running for the “large” category – but the 502nd CES still had an exceptional year, said Mark Ledford, fire emergency services flight chief.

The 502nd CES fire emergency services flight, comprised of 211 firefighters supporting eight wings, protected 86,000 personnel at more than 3,000 emergencies in 2015, all with no dollars lost in facility fire loss.

“That's a pretty huge deal considering the amount of property and resources we provide protection for at all the locations,” said Ledford, who also praised JBSA's corps of civil engineers for helping prevent fires in the first place.



Darren Fehlinger, 502nd CES firefighter, took home Civilian Firefighter of the Year at the Air Education and Training Command 2015 annual awards.

“We've got such a fantastic fire prevention program here, with the civil engineers doing such a great job building facilities with fire safety features.”

Ledford's team came in above standard in training hours, advanced courses taken and certifications earned.

The unit was also involved in several public education efforts, fundraisers, and innovation initiatives centered on enhanced drone, security camera and robotic detection capabilities, according to a department release.

“We've got such a unique, diverse workforce,” Ledford said. “There are civilians, military, female firefighters here ... and while many outside departments are specialized, we're well-round-

ed. We all are CPR certified and trained in hazardous materials, so it's really neat that we can respond to a number of situations from any of our locations.”

Ledford said Fehlinger and Walsh represent the strength of this civilian-military partnership.

Walsh, who is deployed and was unavailable for comment, has worked at JBSA-Lackland since 2014.

He led the successful, multi-department response to a large steel mill fire in 2015, while also helping his squadron secure funding for several educational courses.

Walsh was one of about 25 individuals nominated for Military Fire Officer of the Year, Ledford noted.

“He's a great leader, a great role model, and



Courtesy photos

Senior Master Sgt. Timothy Walsh, 502nd CES deputy fire chief, was the Military Fire Officer of the Year at the AETC 2015 annual awards.

a great example for all our personnel, both military and civilian, to emulate,” Ledford said of Walsh. “He does a great job of keeping both our civilian and military workforces engaged and working together.”

Fehlinger, in his 12th year at JBSA-Randolph, has led a number of successful responses to emergencies in 2015.

He helped shut down a natural gas hazard at a residential complex, mitigated a T-1 Jayhawk aircraft fire while preserving both the crew and aircraft and helped save an anaphylactic patient.

“Fehlinger is extremely positive,” Ledford noted. “He volunteers a lot, and does a great

job working with the military for their qualification training – helping people prepare for careers down the road.”

Despite a successful 2015, Ledford said his department needs to continue to improve in the face of “unique challenges” the future will bring.

“We just want to continue with a very aggressive and progressive fire prevention program,” Ledford said.

“We also want to continue to have our response times down to the lowest possible time for all those who live and work at JBSA, and that's about seven minutes. That's pretty dadgum outstanding – the guys do a great job on that.”

# Green Dot training gives Airmen tools to prevent violence and sexual abuse

By Jeremy Gerlach  
JBSA-Lackland Public Affairs

About 100 program implementers wrapped up Green Dot training at Joint Base San Antonio-Lackland last week as part of the Air Force's newly-implemented violence and abuse prevention initiative.

These implementers, along with 1,400 other Airmen who have attended 22 Green Dot prep sessions worldwide, are on the front lines of a five-year strategy to decrease interpersonal violence across the Air Force.

This program isn't the first step the Air Force has taken to address issues of sexual abuse and violence, but it is the most promising one so far, said Steven B. Mayfield, Air Force Personnel Center, Directorate of Airmen and Family Care community readiness analyst.

"The goal here is to curb instances of violence, sexual abuse, assault, things of that nature ... that are occurring within the Air Force," Mayfield explained. "We've had a number of programs to address these issues – some with a modicum of success – but this is a new initiative, a new tool to put in our toolbox to address these violence-related issues."

Green Dot training is

built on a grassroots, or ground-up, method of decreasing instances of violence.

In this initiative, program implementers use a mapping system of green and red dots to keep track of positive and negative actions at each installation.

Green dots represent positive actions and behaviors of every Airman – as opposed to top-down actions from leadership – who are trying to correct and intervene in negative situations, such as stalking and domestic or sexual violence.

Red dots, on the other hand, represent negative actions. From there, the program simply aims to increase the ratio of green dots to red ones, according to the Green Dot website.

During fiscal year 2016, most Airmen will get about 50 minutes of training, while about 10-15 percent will receive four hours of Green Dot training, as mandated by the Sexual Assault Prevention and Response Office because this new curriculum will now fulfill the annual SAPR training requirement.

This training will consist mostly of group discussion and a variety of interactive scenarios where Airmen learn how to identify and stop abuse.

This time requirement



Photo by Johnny Saldivar

(From left) Tech. Sgt. Michelle Falcon, Master Sgt. Rebekah Virtue, Mary-Catherine Grinda, Staff Sgt. John Toms and Araceli Mendoza participate in a Green Dot training exercise Feb. 25 at Joint Base San Antonio-Lackland's Arnold Hall.

actually represents a decreased training load across the board compared to SAPR requirements from fiscal year 2015, Mayfield said.

"This is a different approach – it's not death by PowerPoint, and it's really more about trying to get community involvement," Mayfield noted. "We're having everybody recognize that they play both an individual and collective role in intervening and addressing violence-related issues."

That's what makes the Green Dot effective: emphasis on small but vital action from the ground up, rather than the top down, Mayfield said.

"In the Air Force, we talk about wingmen concepts and taking care

of our wingman," he explained. "This program coincides with that."

Master Sgt. LaTonya Parker, 802nd FSS MPS superintendent, is one of many program implementers who will be tasked with bringing the Green Dot's message to

their respective units.

"The biggest piece for me is to help bystanders know how to intervene," she explained. "People see things that happen all the time and they don't really know how to interact. This training will help people know what to say and what to do, whether it's in a dorm room, workplace, movie theater or in any kind of environment. This will help the individual know how to react."

Essie Whitworth Nurse, JBSA community support coordinator and violence prevention strategist, compared the Green Dot program to a public health model for inoculation.

"We're training implementers who go talk to their section," Nurse said. "Eventually, you reach everyone and the disease stops growing. The message of Green Dot, that

everyone can intervene, is a message you can take anywhere. That's how we give you the 'vaccination.'"

Even Airmen who don't experience these problems can recognize how they affect the Air Force's mission to fly, fight and win, Nurse said.

"In order for us to be ready, we have to stamp out anything that's causing an issue that keeps us from meeting that mission, and this kind of violence keeps us from being mission-ready," she concluded. "The programs we've implemented in the past haven't gotten us to zero. Domestic violence, suicide, sexual assault and workplace violence all still have statistics. We have to get these to zero."

For more information, visit <http://www.livethegreendot.com> and <http://sapr.mil>.

# Pet therapy provides stress relief for Corpsmen students

By Petty Officer 1st Class Jacquelyn Childs  
NMETC Public Affairs

The Navy chaplain at Navy Medicine Training Support Center at Joint Base San Antonio-Fort Sam Houston is in the business of speaking to students under stress.

After having enough young adults come through his office speaking about the pressures

of the classroom, he came up with a unique idea to help alleviate some of the anxiety caused by a high-paced, non-stop rigid routine – weekly pet visits to the barracks.

Almost every Wednesday night for more than a year, Lt. Cmdr. Scott Adams, the sole chaplain at NMTSC, brings certified dogs and cats into the barracks to

be available as the students return from classes that day so they can “de-stress” by petting and playing with the charismatic and fully trained animals.

“When I got here there was just such a high stress level,” Adams said. “I wanted to find a way to help combat some of that stress, so I started this program. We have had such a great

response from the students. They really look forward to seeing the animals.”

Students young and old have had a positive reaction to the presence of the animals.

Although most people have the option to interact with pets if they please, most of the Navy students at the Medical Education and Training Campus are fresh from boot camp and in neither location can they have their furry friends with them to help cope with stress.

This is especially true of those in the Basic Medical Technician Corpsman Program, known by the Navy as Hospital Corpsman “A” school.

“This is the best part of my week,” said Seaman Recruit Jesse Howell, a student in the surgical technician “C” school, who arrived in San Antonio for “A” school more than five months ago. “It’s so great to see them because I don’t have my dog here and it’s a break from the regular routine.”

Between Adams and his helpers, they have five dogs and two cats who have received their canine/feline good



Photos by Petty Officer 1st Class Jacquelyn Childs

Basic Medical Technician Corpsman students play with Mooch, one of Navy Chaplain Lt. Cmdr. Scott Adams’ certified therapy dogs, during “Pet Therapy” night at the Medical Education and Training Campus Navy student barracks on Joint Base San Antonio-Fort Sam Houston.

citizenship certificate and pass from the base veterinarian to be allowed into the barracks for pet therapy night. To achieve the certificate, the animals attend three classes totaling 18 weeks of training.

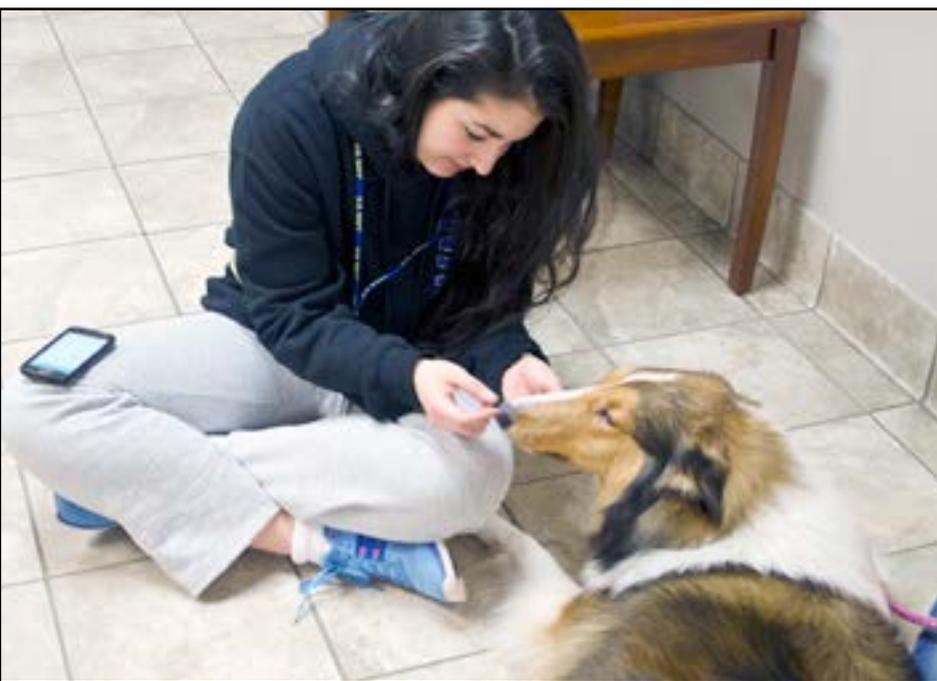
Adams says the growth of the program is promising and reassures him that it won’t be going anywhere anytime soon.

“We implemented an

official standard operating procedure for the program, so when I leave, it will continue on,” he said.

This is good news to the hundreds of students at the schoolhouse who can and do look forward to playing with the animals every week.

“I love it,” said Seaman Jeniffer Rodriguez, “A” school student. “It’s a relief for my stress, and I just love dogs!”



Seaman Jeniffer Rodriguez, a student in the Basic Medical Technician Corpsman Program at the Medical Education and Training Campus on Joint Base San Antonio-Fort Sam Houston, pets Lady, one of the Navy Chaplain Lt. Cmdr. Scott Adams’ certified therapy dogs, during “Pet Therapy” night at the Navy student barracks.

## SLEEP from P3

“We know that consistent education can have a profound effect on infant mortality, and this program is designed to encourage safe sleep education and to recognize those hospitals that are taking an active role in reducing these preventable deaths.”

This program is well-aligned with the Maternal

Child Health Bureau’s vision of reducing infant mortality through the promotion of infant sleep safety as outlined in the Collaborative Improvement and Innovation Network to Reduce Infant Mortality. Thirty-six states have designated SIDS/SUID/SRD as their emphasis to reduce infant mortality.

Hospitals can earn one of three National Safe

Sleep Certifications based on their levels of commitment; bronze, silver or gold. According to Carr, SAMMC would love to attain gold certification. They are currently meeting all other requirements to attain gold and are striving to provide the top-level care consistent with all other safe sleep champions at that level.

The National Safe Sleep Hospital Certifica-

tion Program was created in partnership with leading infant health and safety organizations such as All Baby & Child, The National Center for the Review & Prevention of Child Deaths, Association of SIDS and Infant Mortality Programs, Kids In Danger, Children’s Safety Network, American SIDS Institute, Charlie’s Kids, CJ Foundation for SIDS and numerous state

American Academy of Pediatric chapters and health departments.

“The program kicked off in June of 2015 in Pittsburgh, Pennsylvania, PA. home of the Cribs for Kids® national headquarters,” said Jonathan Bannon, Cribs for Kids founder and executive director. Sixteen states and Quebec, Canada, are represented among the 38 certified hospitals

which have achieved the ‘Gold Champion’ status, or are working their way toward it. This will have a profound effect on the number of babies’ lives that will be saved.”

For more information on the Cribs for Kids® National Safe Sleep Hospital Certification program, visit <http://www.cribsforkids.org/safesleephospitalcertification>.

# Musician turned funny car driver advocates for fallen heroes

By Sgt. Bethany L. Huff  
204th Public Affairs Detachment

A recording artist who shifted gears a decade ago to follow her lifelong passion for drag racing now blends that passion with a unique foundation to honor fallen service members and veterans.

With the dawning of the new millennium, Nancy Matter, an audio mastering engineer and founder of a recording studio, was doing well for herself. Living in Los Angeles, she was involved with more than 35 gold

and platinum records and working on movies such as “The Little Mermaid II: Return to the Sea” and “Toy Story II.”

Ten years ago, however, she decided to return full time to her passion for racing and began driving competitively.

“I’ve been racing since I was 13 years old,” Matter said. “I began working on this car in particular in 2006.”

“This car in particular” is her 3,200-horsepower National Hot Rod Association top alcohol funny car dragster, capable of blaz-

ing down a quarter-mile track in 5.3 seconds with a top speed of more than 270 miles per hour.

For nine years, Matter and her team raced for a variety of corporate sponsors. Then, through a series of personal encounters, her career turned a corner and she began using her vehicle to spread awareness for a unique foundation.

“A customer walked into our shop and it came up in conversation about using my car as a means to spread awareness about the Guardian for

Heroes Foundation,” stated Matter. “From there, we’ve been blessed to be put in contact with the Chris Kyle family – Deby, Jeff, and Amy – which allows us to carry the foundation’s message.”

The Guardian for Heroes Foundation was established by former Chief Petty Officer Chris Kyle, the legendary Navy SEAL immortalized in the “American Sniper” book and movie.

Kyle left the Navy in 2009 after four combat tours in Iraq but wanted to continue to serve his

country by helping those returning from war to acclimate to life after the military. After his death in 2013, the Kyle family carried on his legacy and continues to raise awareness for those service members.

Matter says that there is a deeper symbolism for her when she races the car down the strip. “Chris is a guardian of his men, and when I’m driving he’s like a guardian of me and my car and I’m beyond honored that I was chosen to represent his foundation.”

Matter travelled to San Antonio in mid-February to put her funny car through its paces at the San Antonio Raceway in preparation for the 2016 racing season. She also visited the Warrior & Family Support Center and U.S. Army North Headquarters on Fort Sam Houston to talk with service members and veterans and collect their signatures on her car.

Matter said her interactions with service members past and present

See FUNNY CAR, P17

## NAVY SG from P1

Medicine’s success,” Faison told NMETC military and civilian staff during an all hands call to discuss the future of the Navy and Navy Medicine. “This is where our corpsmen train. Our success is dependent upon their success, and their success is dependent upon your success.”

Lt. j.g. Andrew Duffin, a medical service corps officer serving in the NMETC operations department, was one of three NMETC staff recognized by Faison during the all hands call. Faison presented Duffin one of his personal coins for managing several projects that significantly impacted NMETC success.

“I think Vice Adm. Faison’s visit showcased a strong transition in our senior leadership,” Duffin said. “He came across as charismatic and genuine.

“His vision for the future of Navy Medicine is a proactive one that puts the focus back on what all of us in Navy Medicine are passionate about, the patient,” Duffin added. “As a person who

constantly questions everything, it was refreshing to hear his focus on the ‘why’ in our business. Far too often, why we

do things is overlooked in favor of processes and procedures.”

Faison also visited and held all hands calls with

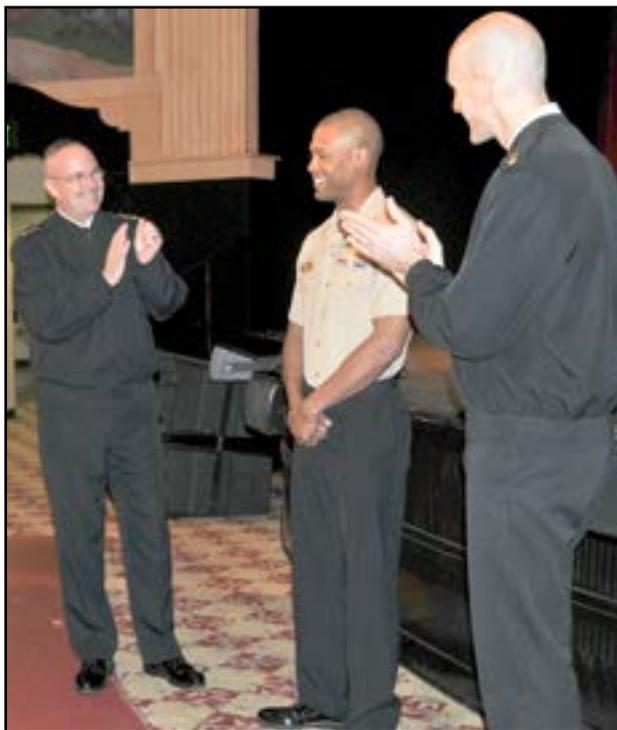


Photo by Petty Officer 1st Class Jacquelyn Childs

Vice Adm. C. Forrest Faison III (left), Navy Surgeon General and Chief, Bureau of Medicine and Surgery, and BUMED Force Master Chief Terry Prince (right), applaud following the announcement of the achievements of Petty Officer 2nd Class Brandon Ponder (center), since he checked on board Navy Medicine Education and Training Command. Faison presented Ponder with a coin as congratulations during an all hands call on board Joint Base San Antonio-Fort Sam Houston Feb. 18.

NMETC Navy officer and enlisted instructors serving at the Army, Navy and Air Force tri-service Medical Education and Training Campus and at several officer medical training programs located on JBSA-Fort Sam Houston.

Faison also visited the Naval Medical Research Unit-San Antonio and then wrapped his two-day visit with a tour of the METC, where he was able to meet and speak with enlisted students.

The highlight of Faison’s visit seemed to be the time he spent with the most junior enlisted personnel. This included serving as the guest speaker for a Hospital Corps “A” School class graduation, now a joint Navy and Air Force program called the Basic Medical Technician/Corpsman Program. He told the graduates he had three requests of them – requests that span all ranks and medical specialties.

“Always be worthy of the trust that has been placed in your hands in the privilege of car-

ing for America’s sons and daughters, to care for them as you would care for your loved ones, providing them the best care possible and doing all in your power to return them home to their families safely,” Faison said. “Always be worthy of the uniform you wear. For Navy Medicine, that uniform also represents hope, caring, compassion, strength and dedication to those who look to us for help and support. As you assume leadership positions, always be worthy of the privilege and responsibility of leadership. As leaders, a trust will be placed in your hands to care for those you have

the privilege to lead.”

NMETC manages Navy Medicine’s logistic and enlisted and officer education and training programs, medical operational training for medical and medical support personnel deploying worldwide.

NMETC is part of the Navy Medicine team, a global health care network of Navy medical professionals around the world who provide high-quality health care to eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support on the sea aboard ships, in the air, under the sea and on the battlefield.



# Know How To Prevent The Zika Virus

**By Capt. Audra Blasi**  
359th Aerospace Medicine  
Squadron Public Health Officer  
JBSA-Lackland

Have you ever heard of the Zika virus?

Up until about a month ago, unless you were studying rare tropical diseases, probably not. Now, you can't turn on the TV or surf the web without seeing an article. So what's the real story behind this virus that is spreading through South, Central America and the Caribbean?

The Zika virus is closely related to dengue, chikungunya and yellow fever. It was first discovered in the forests of Uganda in 1947 and in early 2015, it made its way to Brazil.

Since then, it has continued to spread with local transmission now confirmed in most South and Central American countries and the Caribbean. For the most up-to-date listing of affected countries, visit <http://www.cdc.gov>.

An infection by the Zika virus typically goes unnoticed by 80 percent of people that become infected and is usually non-fatal. Those that do show

symptoms generally have a mild illness lasting a week or less and rarely seek medical attention. Once a person recovers from infection, they are likely to be protected from re-infection.

The virus is typically spread through the bite of infected *Aedes* mosquitoes commonly known as the Asian Tiger Mosquito and Yellow Fever Mosquito.

These mosquitoes are aggressive daytime biters and prefer to live in and around homes where they can easily feed on people. The virus, while rare, has also been demonstrated to spread from mother to fetus, through blood transfusion and through sexual activity.

The CDC recommends women who may be pregnant or are trying to become pregnant avoid or postpone travel to areas that may have current Zika transmission.

This is out of an over-abundance of caution as the relationship between the virus and microcephaly is uncertain. Microcephaly occurs when the baby is born with a small brain and skull due to abnormal brain development. Zika virus, similar to other viruses, is also suspected to be linked to Guillain-Barre syndrome.

There are currently studies underway to characterize the relationship between Zika virus, congenital microcephaly and GBS.

How can you protect yourself and others? Prevention is the first and vital step.

If you are planning on being outside for any length of time, wear long sleeves and pants, ideally one that have been treated with permethrin and use an EPA-registered insect repellent on exposed skin. This combination has been shown to reduce mosquito bites by 99 percent.

Look around your house and remove any mosquito breeding sites. This species is a master of exploiting man-made breeding areas and will lay eggs and develop in things such as abandoned tires, flower pots, buckets, cans and even bottle caps.

If you are traveling to an affected country, along with following the recommended mosquito personal protective measures, stay in accommodations that are air-conditioned and have screened windows and doors.

If this is not possible, sleep under a treated bed net. When you return, if

you do feel ill, rest, drink lots of fluids, take Tylenol for fever or pain and stay indoors to avoid being bitten by mosquitoes.

While no local mosquito-borne transmission has been identified in the United States, we do have the mosquitoes here that can transmit the virus. Because the virus remains in the blood of an infected person for up to 10 days, returning travelers will most likely be the source of introduction of this virus to the country.

If you are pregnant, and you or your spouse has traveled to an affected country, talk to your healthcare provider. They can provide guidance with the most up-to-date recommendations.

The CDC also recommends that men who have lived in or traveled to an area with active transmission should abstain from sex or consistently use condoms, especially if their significant other is pregnant. It currently is not known how long the virus remains in the semen, possibly up to 10 weeks, but the CDC does not recommend screening of men at this time.

U.S. health officials do not anticipate widespread local transmission of

# Air Force actively monitoring ongoing Zika virus infection

The Air Force is closely monitoring the emergence of Zika virus infection in the Americas, Oceania, and Africa to help inform and protect Airmen and their families.

The Department of Health and Human Services, with its Centers for Disease Control and Prevention, is leading the U.S. response to the worldwide Zika outbreak with support from multiple other U.S. federal departments and agencies including Department of Defense.

“What we know about Zika virus continues to evolve, and we’re focused on providing consistent, science-based guidance to protect our Total Force Airmen and their family members,” said Col. (Dr.) John Oh, Chief of Preventive Medicine, Air Force Medical Support Agency.

For example, CDC recently reported that sexual transmission of Zika virus is possible. Oh said Zika virus updates have been communicated to Air Force Medical Service staff to quickly prevent, detect, and respond to any potential cases in patients.

Humans become infected by Zika

virus primarily through the bite of an infected mosquito. Only about one in five persons infected with Zika virus becomes ill.

Symptoms may include fever, rash, joint pain, conjunctivitis (red eye), muscle pain, and headache. Most infections are mild, lasting several days to a week, with complete recovery the norm, according to CDC.

There is new evidence of a potential link between Zika virus infection during pregnancy and a particular birth defect.

“There may be a link between Zika virus infection during pregnancy and the baby having microcephaly, which is a birth defect where the baby’s head is smaller than expected. Babies with microcephaly often have smaller brains that have not developed properly,” Oh said.

“It’s understandable that people are concerned. You have a virus that people have never heard of, it’s spread by mosquitoes, which makes all of us feel vulnerable, and there may be a link with a devastating outcome in babies,” he said.

The CDC recently advised women who are pregnant to consider postponing travel to any area where Zika virus transmission is ongoing, and women who are trying to get pregnant should consult their healthcare provider before traveling.

So far, the few Zika virus infections diagnosed in the continental United States have occurred in travelers to countries or territories with ongoing Zika virus spread, according to CDC, and there has not been local Zika infections spread by mosquitoes in CONUS.

For those who are in areas with ongoing Zika virus spread, Colonel Oh said the best way to prevent infection from Zika virus and other mosquito-borne viruses, such as dengue and chikungunya, is to prevent mosquito bites by using air conditioning or window and door screens when indoors, wearing long sleeves and pants, using permethrin-treated clothing and gear, and using insect repellants when outdoors.

When used according to product label, insect repellants registered by

the Environmental Protection Agency are safe to use in pregnant women and children.

To prevent Zika virus from spreading to CONUS, particularly in the southern states that have the mosquito species which carries Zika, dengue and chikungunya, Oh said we must remove standing water where mosquitoes can breed, such as buckets, birdbaths, dog bowls, old tires, gutters and other containers.

To prevent sexually transmitted Zika infection, according to CDC, men who live in or have traveled to an area with Zika infection and who have a pregnant partner should abstain from sexual activity or consistently and correctly use condoms for the duration of the pregnancy.

For more information and the latest public health updates on Zika virus, visit the CDC website (<http://www.cdc.gov/zika>). CDC travel health notices are updated on their travel notices page at <http://wwwnc.cdc.gov/travel>.

*(Source: Air Force Surgeon General Public Affairs Office)*

the virus in the U.S. This is in part due to the lifestyle and culture here in the United States, and based on our experiences with dengue and chikungunya.

Every year, we see cases of these viruses in returning travelers with very limited local transmission. We anticipate Zika will act in the same way. The American Association of Blood Banks is also preventing spread through blood transfusions by deferring any donations from anyone who has traveled to an affected country within 28 days of donation.

Joint Base San Antonio, in coordination with the city, will continue to protect members at all locations. Mosquito trapping and testing for not only Zika virus, but West Nile, dengue and chikungunya will resume in late March when mosquito populations start to rise and the risk of transmission is the greatest.

Education is a top priority and all deployers are briefed on how to protect themselves and their families. JBSA health care professionals are also educated and remain ready to address any concerns.

**CDC**  
CENTERS FOR DISEASE CONTROL AND PREVENTION

It is usually relatively mild, with symptoms such as **skin rash, fever, muscle and joint pain**, lasting up to seven days

Information about the possible transmission of Zika from infected mothers to babies during pregnancy or childbirth is **very limited**

Researchers in **Brazil** and **WHO** say there is growing evidence that links Zika to **microcephaly**, a neurological disorder in which babies are born with **smaller-than-normal heads and brains**

The virus was first identified in **Uganda** in 1947 and was unknown in the Americas until 2014

There is no vaccine for Zika

It is spread to people through the bite of an infected mosquito, the same mosquito that transmits dengue, chikungunya and yellow fever

## WHAT IS THE ZIKA VIRUS?

An outbreak of the virus is affecting large parts of Latin America and the Caribbean and is likely to spread in the Americas

# LENT AND EASTER CHAPEL SCHEDULES

<b>March 24</b>	12:15 p.m. Protestant service
<b>Holy Thursday</b>	
<b>Main Post Chapel</b>	<b>AMEDD Chapel</b>
5:30 p.m. – Mass of the Lord's Supper	7 p.m. Good Friday services
<b>BAMC Chapel</b>	<b>March 26</b>
11:05 a.m. – Mass of the Lord's Supper	<b>Easter Vigil</b>
<b>AMEDD Chapel</b>	<b>Main Post Chapel</b>
7 p.m. – Mass of the Lord's Supper	8 p.m. – Catholic Mass
<b>March 25</b>	<b>March 27</b>
<b>Good Friday</b>	<b>Easter Sunday</b>
<b>Main Post Chapel</b>	<b>Main Post Chapel</b>
11:30 a.m. – Good Friday services (Catholic)	7 a.m. – Easter Sunrise service
<b>BAMC Chapel</b>	9:30 a.m. – Catholic Mass
11:05 a.m. – Good Friday services	11 a.m. – Protestant service (traditional)
	<b>AMEDD Chapel</b>
	Regular Sunday schedule

## CHAPEL WORSHIP SCHEDULE

### PROTESTANT SERVICES

#### Sundays

##### Main Post (Gift) Chapel

Building 2200, 2301 Wilson Way  
8 and 11 a.m. - Traditional

##### Dodd Field Chapel

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

10:30 a.m. - Gospel

##### Army Medical Department

##### Regimental Chapel

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

Contemporary Service

11:01 - Contemporary "Crossroads"

##### Brooke Army Medical

##### Center Chapel

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

### CATHOLIC SERVICES

#### Daily Mass

Brooke Army Medical Center Chapel  
Building 3600,  
3551 Roger Brooke Rd.

11:05 a.m., Monday through Friday

#### Main Post (Gift) Chapel

Building 2200, 2301 Wilson Way  
11:30 a.m., Monday through Friday

### Saturday

#### Main Post (Gift) Chapel

4:45 p.m. – Reconciliation

5:30 p.m. - Evening Mass

#### Sunday

8 a.m. - Morning Mass, AMEDD

8:30 a.m. - Morning Mass, BAMC

9:30 a.m. - Morning Mass, MPC

11:30 a.m. - Morning Mass, BAMC

12:30 p.m. - Afternoon Mass, DFC

### JEWISH SERVICES

8 p.m. - Jewish Worship,

Friday, MPC

8:30 p.m. - Oneg Shabbat,

Friday, MPC

### ISLAMIC SERVICE

2:00 p.m. – Islamic Services

(Monday through Thursday) BAMC

1:15 p.m. – Jummah, Friday,

AMEDD

### LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday,

AMEDD

### BUDDHIST SERVICES

10 a.m. – Buddhist Services,

Saturday, AMEDD

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

# U.S. Army North hosts Regional Border Commanders Conference

By Karen Lloyd  
U.S. Army North Public Affairs

U.S. Army North hosted a Regional Border Commanders Conference at Fort Sam Houston Jan. 20-21 with representatives from the Mexican Secretariat of National Defense, or SEDENA, and numerous U.S. civilian and military organizations.

Participants from Army North, the XI Military Region of the Mexican Secretariat of National Defense, U.S. Air Forces Northern, Joint Task Force North, Joint Task Force West, the Texas and New Mexico National Guard and the U.S. Embassy in Mexico discussed efforts to tackle challenges along the U.S.-Mexican border.

The U.S. and Mexican militaries have participated in annual Border Commanders Conferences since 1987, according to Leo Muniz, political-military advisor to Lt. Gen. Perry Wiggins, U.S. Army North commanding general.

While the BCCs comprise representatives of U.S. and Mexican organizations along the entire southern U.S. border, the RBCCs are focused separately on each of the three SEDENA northern border Military Regions.

"The first RBCC was held last year based on a desire for senior military regional leadership to meet with greater frequency and exchange information and tackle common and shared border challenges," Muniz said. ARNORTH and SEDENA alternate responsibility for hosting both the BCC and the RBCCs.

This particular RBCC focused on the SEDENA's XI Military Region, which spans the U.S. southern border from the western edge of New Mexico to approximately the Laredo area in Texas.

The formal portion of the conference consisted of updates and best practices from the participants on border coordination, a review of ARNORTH capabilities and plans with regard to chemical, biological, nuclear and radiological response, and training opportunities for senior

leaders to exercise a catastrophic scenario along the border.

Wiggins praised SEDENA's efforts to collaborate with the United States to confront common challenges, particularly the significant work they have done to combat drug trafficking. Wiggins also spoke highly of previous coordination done between ARNORTH and SEDENA during training exercises that involved man-made and natural disasters.

"The coordination we did for Fuerzas Amigas (a yearly bilateral training exercise) helped us when we had a real disaster with Hurricane Odile in Cabo San Lucas," Wiggins said. "We had learned how to communicate with and support each other.

"When you've talked and walked through it (a disaster), it doesn't make it easy, but it sure makes it easier," he added.

Muniz highlighted that this RBCC allowed for collaboration to tackle complex issues includ-

ing information sharing, a key to ensuring operational success.

"This conference allowed us to engage in a strategic discussion to explore avenues for confronting our common challenges – weapons trafficking, drug trafficking, and response to natural disasters," Muniz said.

The SEDENA representatives were also pleased with the conference and look forward to further coordination and cooperation. Maj. Eddie Figueroa, deputy Mexico Engagement Branch chief within ARNORTH's Security Cooperation Division, said the Mexicans were particularly interested in learning from ARNORTH about equipment and techniques that can keep their soldiers safe in the performance of their daily duties.

"They anticipate learning more about technology that can help them across the range of their missions at the upcoming Border Commanders Conference," Figueroa said.



Photos by Sgt. 1st Class Wynn Hoke

Lt. Gen. Perry Wiggins, commanding general of U.S. Army North (Fifth Army), shakes hands with Lt. Gen. Uribe Toledo Sibaja, commanding general of Mexico's XI Military Region, upon the conclusion of a Regional Border Commanders Conference Jan. 21 at Fort Sam Houston. The two-day conference centered on collaboration to confront challenges along the U.S.-Mexico border in Mexico's XI Military Region, which comprises the states of Chihuahua and Coahuila.



(Front row from left) Robert Harris, director of the Department of Homeland Security's Joint Task Force-West; Lt. Gen. Uribe Toledo Sibaja, commanding general of Mexico's XI Military Region; Lt. Gen. Perry Wiggins, commanding general of U.S. Army North (Fifth Army); Maj. Gen. Jose de Jesus Barajas Santos, chief of staff for Mexico's Northeast Air Region; and Brig. Gen. Hugo Humberto Pedroza Salazar, commanding general of Mexico's Ciudad Juarez Garrison, receive a briefing during the Regional Border Commanders Conference, which Army North hosted at Fort Sam Houston Jan. 20-21. The conferences are regularly scheduled events to discuss the common challenges faced on the U.S. southern border.

# Commentary: METC cardiovascular technicians training for healthy hearts

By Petty Officer 1st Class

Aldrin Augustus

Medical Education and Training Campus

As a Navy cardiovascular technician, or CVT, I am one of the most highly specialized, medically trained enlisted professionals in the Navy. The training I deliver at the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston is one of a kind.

In a matter of just 13 months, students graduate with the knowledge and skills to function in a specialized field. Our students learn both invasive and noninvasive aspects of cardiology. Our civilian counterparts have two-year associate's degree programs, but their students are only trained on either non-invasive or invasive cardiology. Navy CVTs are trained to do both.

As a CVT, I work under the direction of a cardiologist assisting with cardiac emergencies and examination studies in both diagnostic and invasive settings, so it's no secret that the training is quite demanding.

The METC CVT program is an intensive program consisting of five months of didactic Phase 1 training at the METC, followed by eight months of clinical training at Naval Medical Center San Diego.

Throughout this time, students receive training in anatomy and physiology, physics, echocardiography, advanced cardiac life support, electrophysiology and cardiac catheterization. Students are also trained to perform exercise stress testing, electrocardiograms and interpretation of the heart's rhythm. These tools allow CVTs to assist the cardiologist in diagnosis and treatment of cardiac disease before it becomes life threatening.

After six years as a CVT, I am proficient in recognizing cardiac rhythm disturbances that could indicate a life-threatening medical condition. Using sound waves, I am able to perform cardiac ultrasounds

to visualize the heart, which provides the cardiologist with valuable information regarding the heart's structure and motion.

Standing side-by-side with an invasive cardiologist, I am able to assist with invasive diagnostic cardiac catheterization procedures that look for blockages in the coronary arteries, and if found, I play an integral part in the interventional procedure using balloons and stents to reopen the vessel.

Through mapping of the heart's electrical conduction system, the electrophysiology study will find rhythm abnormalities and correct them with specialized cardiac ablation procedures including implanting pacemakers where applicable. This specialty requires me to have a cool head and the ability to think and act quickly in critical situations.

Along with the five months of didactic training, CVT students work with some of the most technologically advanced equipment in the cardiovascular field. The program employs two state-of-the-art Laerdal SimMan 3G Advanced Cardiac Life Support simulators that are utilized during the ACLS and patient assessment portion of the curriculum.

The two simulators provide a tangible hands-on link between didactic lessons learned in pharmacology and patient assessment. It allows students to effectively practice CVT skills in a training environment.

Having this level of simulator technology allows students to learn all the different modalities of cardiovascular training that they experience throughout the course and will be exposed to upon graduation. In previous years there was no way to illustrate some of the things that a CVT will see out in the real world, like patient reaction in real time and how to treat and anticipate possible complications.

The most impressive simu-



Photo by Lisa Braun

Petty Officer 1st Class Aldrin Augustus (center), cardiovascular technician program instructor and Navy service lead at the Medical Education and Training Campus on Joint Base San Antonio-Fort Sam Houston, instructs Navy Petty Officer 3rd Class Chessa Sheppard (left) and Army Spc. Victoria Belbusti (right) on using the cardiac catheterization simulator during a portion of their CVT didactic training. The simulator is used to demonstrate concepts learned in the classroom and exposes students to hands on training that they will be expected to perform.

lation capability is during the cardiac catheterization rotation. There is a fully functional cardiac catheterization suite that allows students to practice positioning the x-ray equipment, safe patient transfer procedures, and setting up and maintaining a sterile field. It is fully stocked with the same diagnostic and interventional equipment that is used during real clinical rotations.

In addition to the cardiac catheterization laboratory, the program utilizes a Simbionix Angio-Mentor to teach invasive skills.

Students use the simulator to combine all the didactic and clinical hands on invasive tech-

niques learned throughout the curriculum. The Angio-Mentor provides experience with basic and advanced guide wire and catheter skills, familiarity with endovascular procedures, and catheterization lab team experience. Students learn how to manipulate catheters, inflate balloons and stents, and respond to complications associated with all the respective procedures.

The simulator tracks X-ray exposure, contrast administration and reacts to the procedure in real time. Other skills learned include how to operate the C-arm, patient's table, and fluoroscopic screen, as well as how to read the hemodynamic

monitoring and administer medications.

The simulator offers hands-on training that is designed to enhance manual dexterity and improve appropriate instrument decision making. I was able to feel the high-end sensation that provides realistic simulation of guide wire, balloon, stent and other interventional devices.

The program also conducts team training exercises to build confidence and help students understand the requirements of all the catheter lab team members. Patient safety is the primary focus of the vast curricula, and validation studies have reinforced the value of simulators in professional development.

Recently, our program director underwent one of the procedures the students learn about in the program. He had an atrial fibrillation ablation, where the cardiologist mapped the electrical conduction system of the heart to see where the abnormal impulses were coming from. Once the doctor knew the location he used a catheter to deliver extremely cold energy to that area, destroying the tissue to restore normal heart rhythm.

However, seeing this as an opportunity for more learning, the program director invited his students to observe the procedure so they could see firsthand what they will be expected to do after they graduate. In addition, the staff where the procedure was conducted included two cardiovascular technicians who were trained at METC by him.

Stories like these are the reason we take great pride in our field and why we are so dedicated to providing the highest quality training using the most advanced, cutting edge technology to produce the world's finest cardiovascular technicians.

(Source: Navy Medicine Live blog, <http://navymedicine.navylive.dodlive.mil>)

# Senior medical leaders testify on defense health care reform

By Terri Moon Cronk  
DOD News, Defense Media Activity

Many successful initiatives are underway to reform the Military Health System, but the system will require change to continue its many benefits to readiness and patient care, military medicine's top leaders told a Senate panel in Washington, D.C. Feb. 23.

Dr. Jonathan Woodson, assistant secretary of defense for health affairs; Navy Vice Adm. (Dr.) Raquel Bono, director of the Defense Health Agency; and the Army, Navy and Air Force surgeons general made recommendations to a Senate Armed Service Committee personnel panel on defense health care reform.

"The Military Health System takes great pride in its performance in combat medicine over more than 14 years of war," Woodson said, adding that the services' medical collaboration resulted in "a greater than 95 percent survival rate of those wounded from battle."

And similarly, the ability to prevent disease through primary care created "equally historic outcomes," he said.

While the medical knowledge from the decade and a half of war in Iraq and Afghanistan yielded many joint-service "best practices," military medicine must continue to grow, he said.



Dr. Jonathan Woodson, Assistant Secretary of Defense for Health Affairs.

"The challenges we face in medicine and in national security continue to evolve," Woodson said, adding that new approaches are needed to be prepared for the future. To meet those challenges, the Military Health System has taken a number of initiatives to gain greater strength in all facets of its responsibilities, he added.

One such effort addresses reforms for TRICARE, the military's health plan that uses contracted private medical services when military treatment centers are not easily accessible for Defense Department beneficiaries.

Woodson said he was grateful for beneficiaries' and service organizations' congressional testimony on the Military Health System.

"The TRICARE benefit was

named the No. 1 health plan in the country for customer experience in 2015, owing in no small part the comprehensive coverage and low cost to our beneficiaries," he said.

"But we've heard loud and clear from our beneficiaries that access to primary and specialty care needs attention, particularly at our military treatment facilities," he added, noting that such concerns already have resulted in steps such as greater access to primary and specialty care.

"We entered 2016 confident the reforms in the Military Health System and TRICARE can be further strengthened through a combination of legislative and operational reforms," Woodson said.

The Defense Health Agency was stood up two years ago as a combat support agency to enable all three services to provide a medically ready force to combatant commands during war and peacetime.

DHA director Bono said the agency continues to improve military health care quality and safety expectations for beneficiaries in both military treatment facilities and in TRICARE.

"We're simplifying contracts, reducing management overhead in government and [contracts]," she noted, which would, for example, allow beneficiaries to use urgent care clinics without



Lt. Gen. Nadja Y. West is the U.S. Army Surgeon General and commanding general of U.S. Army Medical Command at Joint Base San Antonio-Fort Sam Houston.

prior authorization.

"A DHA analytics team also will assess performance of MHS using joint measures for readiness, health, quality, safety, satisfaction and cost for leadership at the headquarters and field level," Bono said.

"To ensure readiness, Army medicine must maintain the medical capabilities that are ready to deploy and support our warfighters," Army Surgeon General Lt. Gen. (Dr.) Nadja Y. West said.

West also serves as commanding general for U.S. Army Medical Command at Joint Base San Antonio-Fort Sam Houston.

Improving patient access to care is her priority, she said,

adding that she has directed actions to rapidly improve that access.

"I understand reforms are necessary to ensure the long-term sustainability of TRI-CARE," she said, stressing that reforms should not increase financial burden on beneficiaries or affect readiness.

"Reforms must not degrade our combat-tested system or readiness in an environment where we must remain rotationally focused and surge ready [because] the next large-scale deployment could be tomorrow," West said.

"As changes are considered, we strongly recommend sustaining care for active-duty families in military treatment facilities," said Air Force Surgeon General Lt. Gen. (Dr.) Mark A. Ediger.

While the Military Health System has "proven itself time and again [with] the thousands of men and women who are alive today, it is not perfect," said Navy Surgeon General Vice Adm. (Dr.) C. Forrest Faison III.

"We are committed to continuing necessary reforms ... to improve our patients' experience, and most importantly, their health," Faison added. "However, we must do so without putting at risk the very system that has yielded unprecedented survival."

## Department of Defense submits Guantanamo closure plan to Congress

By Lisa Ferdinando  
DOD News, Defense Media Activity

The Department of Defense submitted to Congress Feb. 23 the Obama administration's plan for closing the detention facility at Naval Station Guantanamo Bay, Cuba, President Barack Obama said.

Speaking from the White House, Obama said the facility is contrary to the values of the United States.

"It undermines our standing in the world. It is viewed as a stain on our broader re-

cord of upholding the highest standards of rule of law," the president said.

The plan has his full support, Obama said, and reflects how to best go after terrorists and deal with those who are captured. The facility currently holds 91 detainees, he noted.

"With this plan, we have the opportunity finally to eliminate a terrorist propaganda tool, strengthen relationships with allies and partners, enhance our national security, and most importantly, uphold the values that define us as Americans,"

he said.

The president said the plan calls for U.S. officials to:

- Continue to securely and responsibly transfer to other countries the 35 detainees out of the 91 who have already been approved for transfer;

- Accelerate the periodic reviews of remaining detainees to determine whether their continued detention is necessary;

- Continue to use all legal tools to deal with the remaining detainees still held under law of war detention; and

- Work with Congress to

find a secure location in the United States to hold remaining detainees.

Obama described the plan as an opportunity for progress.

"I'm absolutely committed to closing the detention facility at Guantanamo. I'm going to continue to make the case for doing so as long as I hold this office," he said.

Recurring costs at Guantanamo would be between \$65 million and \$85 million higher annually than at a U.S. facility, according to a statement from Pentagon spokesman Peter Cook.

The one-time transition costs would be offset within three to five years due to the lower operating costs of a U.S. facility with fewer detainees, he said.

Therefore, he said, closing Guantanamo could generate at least \$335 million in net savings over 10 years and up to \$1.7 billion in net savings over 20 years.

"This plan gives us an opportunity to do so in a way that is consistent with our interests, laws, and values," the spokesman said, adding that Carter looks forward to working with Congress on this effort.



**Closed For Training**

The Military & Family Readiness Center, building 2797, is closed every first and third Thursday from 1-4:15 p.m. for in-service training. Call 221-2418 or 221-2705.

**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.

**Helping Us Grow Securely Playgroup**

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

**Army Pre-Separation**

Tuesday-Friday, 8:30-11:30 a.m., Soldier for Life, building 2264. A mandatory counseling for all Soldiers separating from federal service. Begin the process 18 months prior to separation date. Call 221-1213.

**Post-Deployment Resiliency Briefing**

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

**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. For more information, call 221-2705.

**Accessing Higher Education**

Monday-Wednesday, March 15-16, March 21-23, 7:30 a.m. to 5 p.m., Education Center, building 2408. A three-day track for those pursuing higher education; service members will review education requirements that support their personal goals. Register is required, call 221-1213.

**ScreamFree Parenting**

Monday, March 14, 21, 28, 1-3 p.m., Military & Family Readiness Center, building 2797. This four-part series must be attended in order. A principle-based approach to parenting that focuses on the parents instead of kids. Review strategies to stay focused and calm during those frustrating moments.

**TAP - Goals, Plans, Success**

Monday-March 11, 8 a.m. to 4 p.m., Soldier for Life, building 2263. A mandatory five-day session workshop for all service members separating from the military; the workshop is facilitated by the Department of Labor, Veterans Administration, and M&FRC. Prerequisite: Pre-Separation Counseling. Call 221-1213.

**Citizenship, immigration assistance**

Tuesday, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Review American customs and cultures, or meet with a Citizenship & Immigration Service officer for assistance with applications. Eligible patrons will take the oath of allegiance at a naturalization ceremony beginning at 2 p.m. March 22. Registration is not required, for more information, call 221-2705.

**Peer-To-Peer Support Group**

Tuesday, 9:30-11:30 a.m., Soldier & Family Assistance Center (SFAC), building 3639. Caregivers have the opportunity to build a peer support network, share experiences and information with a safe place to talk. Lunch is provided after the morning session. Call 557-2018.

**Bringing Baby Home**

Wednesday and March 23, 9 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. This two-part series must be attended in order. Knowing what to expect will help ease the overwhelming feeling of preparing for your newborn baby's homecoming. Both parents are encouraged to attend. Call 221-2418.

**Family Readiness Group For Commanders**

Wednesday, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Family Readiness Group commanders will receive an overview of the FRG, community resources, funds, the deployment cycle, working with families and crisis intervention. Call 221-2418.

**General Resume Writing**

Wednesday, 9-11 a.m., Military & Family Readiness Center, building 2797. Learn about the different resume formats and which one to use when writing a non-federal resume. Get tips on how to effectively write summary statements, employment history and more. Call 221-2418.

**Relocation, Overseas Orientation Briefing**

Wednesday, 10-11 a.m. and 2-3 p.m., Military & Family Readiness Center, building 2797. Mandatory for personnel E-5 and below; topics cover include entitlement, shipment of household goods, emotional stressors of relocation, employment, and education. Only one session is needed. Call 221-2705.

**Microsoft 2013 PowerPoint Intermediate Training**

Thursday, 8 a.m. to noon, Military & Family Readiness Center, building 2797. Intermediate classes build off the skills learned from foundational classes. Participants will learn how to customize and adjust compatibly issues, insert and edit master slides, utilize sections, apply and modify themes, and manipulate pictures and graphs. Classes are free and open to all Department of Defense ID cardholders. Registration required, call 221-2705.

**Pre-Deployment Resiliency Class**

Thursday, 1-3 p.m., Military & Family Readiness Center, building 2797. This training draws heavily on the experiences of service members in order to prepare for the realities and challenges commonly encountered prior to and during a deployment. Call 221-2418.

**Spouse Information Fair**

Thursday, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Spouses, service members and civilians new to JBSA looking to connect with local military agencies are welcomed to attend the Spouse Information Fair. Meet with over 20 local military agencies and learn about services offered. Agencies included: Air Force and Army civilian personnel, legal assistance, exchange and commissary, Spouses Club, Medical/TRI-CARE, FSS/MWR, school Liaison, Youth Programs, M&FRC and others. Registration not required. Call 221-2705.

**Sensory-Friendly Family Movie**

March 14, 1-3 p.m., Military & Family Readiness Center, building 2797. The Exceptional Family Members Program and the Family Life Program invite Joint Base San Antonio families to a sensory friendly showing of "Bee Movie." Call 221-2418.

**Car Seat 101**

March 14, 1-3 p.m., Military & Family Readiness Center, building 2797. Review the basics of car seat installation and make sure your child is seated properly within their car seat. This class is required before attending the safety seat clinic. Call 221-2418.

**TAP-Goals, Plans, Success (GPS)**

March 14-18, 8 a.m. to 4 p.m., Soldier for Life, building 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. Prerequisite: pre-separation counseling. Call 221-1213.

**Microsoft 2013 Excel Foundational**

March 15 & 17, 8 a.m. to noon, Military & Family Readiness Center, building 2797. Foundation classes provide beginner basic knowledge and skills within Excel. Participants will learn how to select cells, rows and columns, delete and insert worksheets, number formatting, freezing rows and columns and how to define and utilize functions. Classes are free and open to all Department of Defense ID cardholders. Registration required, call 221-2705.

**Air Force Pre-Separation**

March 15, 9 a.m. to Noon, Military & Family Readiness Center, building 2797. Airmen planning to separate from the federal service must attend a mandatory counseling. Begin the process 18 months prior to your separation date. To register, call 221-2380.

**Army FAP Unit Training**

March 16, 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. Call 221-2418.

**Family Readiness Group Forum**

March 16, 11 a.m. to noon, Military & Family Readiness Center, building 2797. The Family Readiness Group Forum is an open forum that offers networking and an opportunity to discuss issues, share lessons learned, facilitates questions and discussions. Call 221-2418.

**Interviews, Dress For Success**

March 16, 9-11 a.m., Military & Family Readiness Center, building 2797. Take pride in your appearance and follow expected guidelines of what to wear and be prepared for your interview. Discover ways to make a connection with a potential new employer. Call 221-2418.

**Single Parent Support Group**

March 16, 11 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. Group helps single parents to connect, share helpful resources and ways to overcome challenges as a single parent. This month's topic will focus on thrift saving plans. The Single Parent Support Group is facilitated by the deployment readiness program. Call 221-2418.

**Stress Management**

March 16, noon to 1 p.m., Military & Family Readiness Center, building 2797. Identify what stress is and how can it can affect you – positively and negatively. Learn physical, emotional and behavioral signs of stress and what you can do about it. Call 221-2418.

**INSIDE from P16****Sponsorship Application Training**

March 16, 2-3 p.m., Military & Family Readiness Center, building 2797. Mandatory training for military sponsors; review the roles and responsibilities or a sponsor as well as helpful resources. The Electronic Sponsorship Application & Training at <http://apps.militaryonesource.mil/ESAT> provides registration, training certificates, sponsorship duty checklist, newcomer needs assessment, welcome packet and links to important Department of Defense and service relocation websites.

Call 221-2705 for additional information.

**Pre-Deployment Resiliency Briefing**

March 17, 9-11 a.m., Military & Family Readiness Center, building 2797. This training draws heavily on the experiences of service members in order to prepare for the realities and challenges commonly encountered prior to and during a deployment. Call 221-2418 for more information.

**Safety Seat Clinic At Fire Station**

March 17, 1:30-3:30 p.m., Fire Station, building 3830. Make sure your

child is safe while traveling on the road by ensuring restraints are properly installed and fit the child appropriately. Child and vehicle must be present; parents will be seen by appointment only at the. Prerequisite is Car Seat 101. Call 221-2418 for more information.

**EFMP Equestrian Special Olympics**

March 18, 9 a.m. to 3 p.m., Equestrian Center. Join us at the Equestrian Center to cheer on Exceptional Family Member Program youths as they compete in the Special Olympics. The winning athletes will be

eligible to compete at the regional competition in April. Call 221-2705 for additional information.

**Newcomer's Orientation**

March 18, 8 a.m. to noon, Military & Family Readiness Center, building 2797. This is a mandatory in-processing briefing for all military and civilian personnel newly assigned to Joint Base San Antonio. Service members must coordinate with their unit personnel coordinator or commander support element. Spouses are welcome to attend and all patrons must be seated by 7:50 a.m. Call 221-2705 for more information.

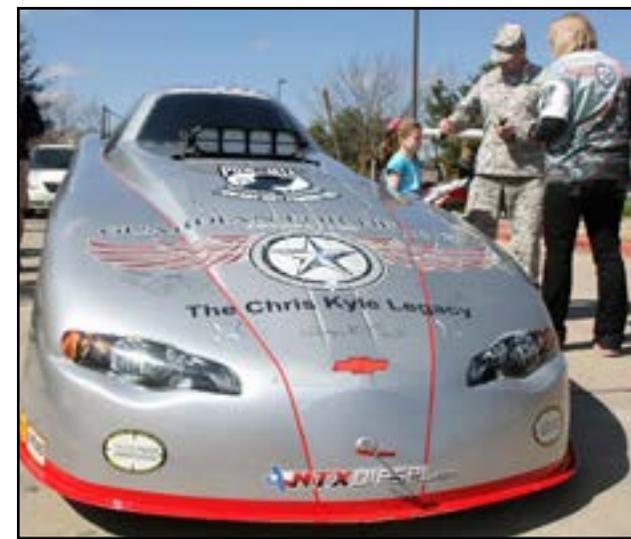


Photo by Sgt. Maj. Matt Howard

Nancy Matter (right) had her National Hot Rod Association top alcohol funny car on display at the Warrior & Family Support Center at Joint Base San Antonio-Fort Sam Houston Feb. 18. She also showed off the dragster and talked to troops Feb. 19 at Army North Headquarters in the Fort Sam Houston Quadrangle.

**FUNNY CAR from P9**

inspire her even though she will never fully know what it's like to put on a uniform and do the things that Soldiers do.

"I'm as civilian as you can get, but every time I win, it's not me winning, it's the foundation winning. It's Chris winning. It's our vets winning," Matter explained. "Winning for this foundation, and winning for you guys... nothing compares to that. Absolutely nothing."

Matter's team is just as patriotic as she is, creating a lasting legacy for anyone

who sees them.

"We hope to inspire people to show their support," said crew chief Jeremy Mitchell. "We want to help people by spreading awareness so they know that there's someone back home who cares about them and their sacrifices."

In addition to Guardian for Heroes, Matter's car is also sponsored by the Apache Warrior Foundation, an organization dedicated to honoring fallen AH-64 helicopter pilots, and #22KILL, an organization that raises awareness for veterans' mental health issues and seeks to prevent veteran suicides.

**COLE GIRLS HOOPS HEAD TO STATE**

Courtesy photo

For the first time in their history, the Robert G. Cole High School girls basketball team is headed to the Texas Class 3A state semi-finals. The game against Wall High School took place at 3 p.m. Thursday at the Alamodome in downtown San Antonio. The Lady Cougars are riding a five-game win regional playoff win streak into the game, defeating Ingram Moore Feb. 16 by a 68-17 score; beating Poth, 85-42, Feb. 19; squeezing by Jarrell, 72-71 in double overtime Feb. 26; dominating Odem, 56-24, Feb. 26; and pounding Aransas Pass, 75-48, Feb. 27 in the Region IV-3A tournament regional finals.

**News Briefs****Continued from P6**

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

**Check Your Military, CAC, Dependent ID Expiration Dates Now**

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 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.dmdc.osd.mil>.

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