

# FORT SAM HOUSTON News Leader



MARCH 11, 2016  
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**JBSA  
HOTLINES**

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

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

**JBSA Domestic Abuse Hotline  
367-1213**

**JBSA Duty Chaplain  
221-9363**

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



**TOURNIQUET TESTED AT FORT SAM HOUSTON PAGE 3**

**DAYLIGHT SAVING TIME  
STARTS SUNDAY**



**SPRING AHEAD**

**SET YOUR CLOCKS AHEAD 1 HOUR**

**SPRING FORWARD SAFELY**

**PAGE 4**



**'KELLY KATIES' AIDED WWII WAR EFFORT PAGE 10-11**

## Cole Lady Cougars finish basketball season as 3A state semi-finalists

By Jayne Hatton  
Fort Sam Houston Independent School District  
Associate Superintendent

The Robert G. Cole High School Lady Cougars basketball team lost to the Wall High School Lady Hawks, 60-40, at the Alamodome March 3, ending their first run at the Region IV District 3A girls state tournament.

Facing one of the top-ranked teams in the state, the Lady Cougars fought to the bitter end.

"Making history, our Lady Cougars and Coach Tina Guerrero were the first girls' basketball team from Cole to make it to the state finals," said Robert G. Cole Middle and High School principal Dr. Isabell Clayton. "Their determination, class and hard work were evident throughout the season."

Clayton added, "There is no stand out on the team, no 'Shaq' who could do it all. They were, and will forever be, an amazing team who represented Cole and our military community with dignity and respect."

Defending their district championship for the third year in a row, the team finished with a district record of 10-0, an overall season record of 37-4 and a four-year record of 136-16.

"Cole's athletic programs have always emphasized the best UIL tenets: leadership, teamwork, character, and good sportsman-like conduct. The Lady Cougars exemplified these traits throughout their entire season and have made us all consistently proud," said Dr. Gail Siller, Fort Sam Houston Independent School District superintendent. "Special kudos to Coach Guerrero, who has done an outstanding job as both cross country and basketball coach, as well as athletic director this year."

"I will always remember this group of hard working young ladies and the amazing support of our administration, faculty, staff, students and the military community," Guerrero said.



Photo by Hunter Duplessis

Cole High School senior Dalesia Booth (center) attempts to shoot around two Wall High School defenders during the Region IV District 3 semifinal game at the state championship at the Alamodome March 3. Wall won the game, 60-40.

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# JBSA Air Force Assistance Fund campaign kicks off March 21

By Dan Hawkins  
 JBSA-Randolph Public Affairs

The 2016 Air Force Assistance Fund Campaign at Joint Base San Antonio kicks off March 21 and runs until April 29.

JBSA is part of the overall Air Force effort worldwide participating in this annual fundraising event which raises money for four Air Force charities – the Air Force Aid Society, Air Force Enlisted Village, Air Force Villages Charitable Foundation and the Gen. and Mrs. Curtis E. LeMay Foundation.

“The overall fundraising goal this year for JBSA is \$407,644, split between JBSA-Randolph, JBSA-Lackland and JBSA-Fort Sam Houston,” said 2nd Lt. Sean Nesburg, 502nd Communications Squadron and JBSA’s AF AF installation project officer. “Anyone can



donate to the program, using cash or check; active duty and retirees can also set up an automatic deduction from their paychecks if they choose.”

Unit AF AF project officers will be making 100 percent contact with active duty personnel about the program; other personnel wishing to

make an AF AF donation should contact their unit AF AF project officers for information.

Here’s a closer look at the four charities the AF AF supports:

- The Air Force Aid Society: provides Airmen and their families worldwide with emergency financial assistance,

education assistance and various base-level community enhancement programs.

- The Air Force Enlisted Village: supports Teresa Village in Fort Walton Beach, Fla., and Bob Hope Village in Shalimar, Fla., near Eglin Air Force Base. The fund provides homes and financial assistance to retired enlisted members’ widows and widowers who are 55 and older. It also supports Hawthorn House in Shalimar which provides assisted living for residents, including 24-hour nursing care.

- The Air Force Villages Charitable Foundation: donations support independent and assisted living needs for retired officers and their spouses, widows or widowers and family members. Communities are located in San Antonio.

- The Gen. and Mrs. Curtis E. LeMay Foundation: provides rent and financial assistance to widows and widowers of officer and enlisted retirees in their homes and communities through financial grants of assistance.

The Air Force Assistance Fund website is <http://www.afassistancefund.org> and has information about all of the affiliate charities, a link to the donation forms, videos, assistance stories and frequently asked questions.

For more information about the AF AF, Joint Base San Antonio points of contact for JBSA are 2nd Lt. Sean Nesburg, 925-8264; JBSA-Fort Sam Houston, 1st Lt. Jessica Smith, 221-2213; JBSA-Lackland, Master Sgt. Richard Losoya, 945-4896; and JBSA-Randolph, Master Sgt. Leif Gisselberg, 652-3459.

## Army Emergency Relief launches 2016 campaign

Army Emergency Relief announced the 2016 campaign theme, “Never Leave a Soldier in Need.” The campaign began March 1 and runs through May 15 with the goal of creating greater awareness of the benefits of AER, as well as providing Soldiers the opportunity to help their fellow Soldiers.

Over the last several years, AER has made significant changes to meet the needs of today’s Army, adding new categories of assistance, expediting the assistance

process and increasing grants by 30 percent.

Last September, AER made a policy change which allows all Soldiers, regardless of rank, direct access to AER assistance.

“‘Never Leaving a Soldier in Need’ is in keeping with the Army’s core values,” said retired Army Lt. Gen. Robert Foley, AER director. “Whether the need is money for a Soldier’s emergency leave, new brakes for the family car or to cover the initial rent deposit on a new apartment, AER is there.

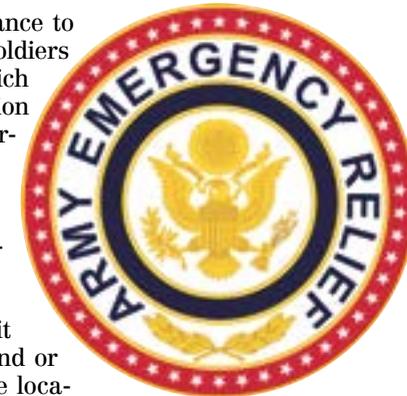
To maintain this level of assistance today, donations from Soldiers, active and retired, are essential to ensure the legacy of Soldiers helping Soldiers.”

Army Emergency Relief is a private non-profit organization dedicated to providing financial assistance to active and retired Soldiers and their families.

Since it was founded in 1942, AER has provided more than \$1.7 billion to more than 3.6 million Soldiers and families. Last year, AER provided more than \$71 million

dollars in assistance to nearly 47,000 Soldiers and families which includes \$9 million for 4,102 scholarships to spouses and children of Soldiers.

Soldiers needing AER assistance can either contact their unit chain of command or go directly to the location at Joint Base San Antonio-Fort Sam Houston, 1304 Stanley Road, building 131 or call 221-1612 or 221-0994. Additional informa-



tion is available at <http://www.aerhq.org>.

(Source: Army Emergency Relief)



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## News Briefs

### Voting Assistance

The Joint Base San Antonio Voting Assistance Program office is located at JBSA-Fort Sam Houston, 2380 Stanley Road, building 124, first floor. Assistance is available by appointment only between the hours of 9-11:30 a.m. and 1-2:30 p.m. Call 221-VOTE (8683) or email to USAF JB San Antonio 502 ABW Mailbox 502 FSS VOTING-ASSISTANCE with your inquiry. Visit <http://www.FVAP.gov> for more voting resources.

### Army Candidate School Structure Interview Panel Board

The 502nd Force Support Squadron's Military Personnel Branch conducts an 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 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

See NEWS BRIEFS, P6

# Soldiers getting junctional tourniquet designed to save lives

By Ellen Crown

U.S. Army Medical Materiel Agency Public Affairs  
Fort Detrick, Md.

A new junctional tourniquet designed to save warfighters from dying on the battlefield after injuries to the groin or armpit area, is being fielded by the U.S. Army Medical Materiel Agency, a subordinate command within the U.S. Army Medical Research and Materiel Command.

The SAM™ junctional tourniquet – which underwent testing at Joint Base San Antonio-Fort Sam Houston – weighs about one pound, straps on like a belt and includes two inflatable air bladders that medics can inflate individually or both at the same time.

The device is designed so that a person can



The U.S. Army Medical Materiel Agency is fielding a new junctional tourniquet designed to save Warfighters from bleeding to death on the battlefield. Junctional tourniquets are designed to stop the bleeding in the groin or armpit area where the Combat Application Tourniquet cannot be used.

position it in under a minute – a crucial factor for combat medics who only have mere minutes to save a fellow warfighter's life if he or she is hemorrhaging.

Exsanguination, or bleeding to death, is the most common cause of potentially survivable death to wounded warfighters. Groin and

pelvic injuries have become increasingly common because of the enemy's use of improvised explosive devices. Blasts from IEDs often cause pelvic fractures and high leg injuries, which result in massive blood loss (i.e., hemorrhage) if not immediately treated.

"One of the unique elements about this device

is that it is easy to carry and use, yet incredibly effective when used properly," said Megan McGhee, a biomedical engineer and product manager assigned to the Project Management Office for Medical Devices at USAMMA.

McGhee explained that some other junctional tourniquets models required assembly and were bulkier.

"If it is going to be something that we want Soldiers to carry on the battlefield and use, it has to be not only simple to use but also as small and light-weight as possible," said McGhee.

The U.S. Food and Drug Administration cleared the SAM™ junctional tourniquet in 2013 for inguinal (i.e., groin area) use. The device was also later



Photos by Ellen Crown

Each junctional tourniquet comes with a simple step-by-step instructional card.

cleared for axillary use (i.e., armpit), as well as for pelvic binding.

See TOURNIQUET, P17

## Army South political advisor mentors St. Mary's students

By Maj. Jamelle A. Garner

U.S. Army South Public Affairs

The role of a military political advisor is a long-standing role and commitment from the U.S. State Department to provide a flag-rank equivalent official as a personal advisor to leading U.S. military leaders and commanders.

Dr. Bridget Gersten, personal foreign policy advisor to the commanding general and command at U.S. Army South at Fort Sam Houston is no stranger to staying abreast of foreign policy issues and assisting in the decision-mak-

ing process of military officials as it pertains to U.S. foreign policy.

The St. Mary's University undergraduate international relations program sponsored the forum as a way for the campus community to learn how the State Department and the U.S. military work together in Latin America and the Caribbean, as well as what it takes to be a foreign policy advisor.

Gersten was invited to speak to students at St. Mary's University in San Antonio Feb. 24 by former U.S. Embassy Honduras ambassador and current St. Mary's

professor James F. Creagan.

"A large group of former St. Mary's students through opportunities like these have gone on to have successful careers in foreign service or other related international endeavors," said Creagan, who served as an ambassador from 1996-1999.

Gersten began her presentation by highlighting her career assignments in Afghanistan, Saudi Arabia and Colombia, in addition to a host of other countries. Gersten



Dr. Bridget Gersten (right) answers a question from former U.S. Embassy Honduras Ambassador and current St. Mary's Professor James F. Creagan (seated) while conducting a question and answer seminar with students from St. Mary's University in San Antonio Feb. 24.

Photo by Maj. Jamelle A. Garner

See ADVISOR, P17

# Spring forward safely: stay seen with reflective belt, clothing

By Jewell Hicks

Joint Base San Antonio  
Safety Office

It's that time of the year again. Daylight Saving Time begins Sunday.

This shift in time moves one hour of daylight from the evening into the morning hours. Many of you will be travelling to work during the hours of darkness, which increases the risk for people driving, as well as for people walking or jogging.

It's important for drivers to pay special attention to the path ahead and expect the unexpected. Pedestrians and joggers need to assess the risk as well and have situational awareness of their surroundings.

A brief look at data from the Air Force Safety

Center database indicated there were 135 reportable pedestrian mishaps over the past six years. The other services have reported similar numbers for pedestrian versus motor vehicle mishaps.

The city of San Antonio reported 54 pedestrian fatalities last year. The state of Texas averages 350 to 400 pedestrian fatalities per year. The pedestrian mishap may not get the same attention as a vehicle crashing into another vehicle but the end result is the same – serious injury or death.

The Joint Base San Antonio community has recently had several individuals struck by a vehicle while jogging or crossing a street and though none resulted in serious injuries, the

results could have easily been much worse.

There have also been a number of near misses reported. In all cases, the individuals struck by vehicles were wearing dark clothing during times of limited visibility. None were wearing a reflective belt or reflective clothing which would have made the individuals visible to the vehicle operators.

Pedestrians do have the right of way in crosswalks in the state of Texas; however, many times vehicle operators may not always be paying attention to the pedestrian. It is critical that pedestrians also take responsibility for their own safety by ensuring the crosswalk is safe to enter and wearing material to ensure they are as visible as possible.

On all JBSA locations,

pedestrians and joggers should be familiar with reflective equipment requirements for ensuring their safety during the hours of decreased visibility.

Pedestrians should use paths or sidewalks along roadways, walk facing oncoming traffic when paths or sidewalks are not available and wear reflective outer garments during periods of darkness or reduced visibility, according to Department of Defense Instruction 6055.4, DOD Traffic Safety Program, which is applicable to all services.

The instruction also requires the use of applicable fluorescent or reflective personal protective equipment by all DOD personnel exposed to traffic hazards as part of their assigned duties, such as marching troops,

police, firefighters, emergency medical services, road construction crews, electricians or telephone repair personnel working on outside overhead lines.

Each of the military services also has specific guidance related to pedestrian safety and the wear of reflective materials during limited hours of visibility which closely parallels DODI 6055.4 guidance.

According to Army Regulation 310-85, personnel running and not in formation are required to wear a reflective outer garment and or equipment during hours of limited visibility. The regulation further states that fluorescent or reflective PPE will be provided to and used by all personnel who are exposed to traffic hazards as part of their assigned duties; for

example, marching, running, and jogging troops (not in formation).

In Air Force Instruction 91-207, the rules for individuals jogging, running or walking on roadways at night or in inclement weather (e.g., fog, rain, sleet, snow, etc.) is to wear clothing/accessories containing retro-reflective properties visible from the front and back. All individuals who are exposed to traffic hazards as part of their assigned duties shall wear a highly visible outer garment during the day and outer garment containing retro-reflective material at night.

Operational Navy Instruction 5100.12J stresses that at night or in periods of reduced

**See SAFETY, P9**

# Social workers 'forging solutions out of problems'

By Ensign Caroline Gray  
AMEDD Center & School

March is National Social Work Month and this year's theme is "Forging Solutions out of Challenges."

The National Association of Social Workers drew the inspiration for this year's theme from the historic social worker and former U.S. Secretary of Labor Frances Perkins. Through Perkins' example of public service, social workers today continue to seek out challenges that people within the community are facing and assist in any way possible.

Perkins served under President Franklin D. Roosevelt from 1933 to 1945 and was the first woman ever appointed to a U.S.

Cabinet position.

The 2016 Masters of Social Work class at the U.S. Army Medical Department Center & School, Health Readiness Center of Excellence at Fort Sam Houston has continued the tradition of service in the community that the social workers who have come before established.

During the past year, Army-Fayetteville State University social work students continued to search for opportunities in which they can help to become part of the solution to many challenges that face the community.

In order to support a culture in line with this important value of service, students have volunteered with a number of community agencies that provide the opportunity to be in-

involved in solutions for the community.

In March 2015, students participated in the Rape Crisis Center's Run 4 Hope, which assists in raising money to end all forms of violence and empowering survivors of sexual violence. In April 2015, students assisted in running a booth at the United Way Kids Festival.

When San Marcos was hit by tragic flooding in May 2015, a group of students volunteered to assist with the clean up of neighborhoods where many homes had been destroyed due to water damage. During an adoption event at the Animal Defense League in June, social work students assisted in walking and playing with the dogs and cats that were hoping to be taken in to new, loving homes.

In September, 2015, students assisted in building homes for Habitat for Humanity. During the holidays, social work program students assisted in packing food for families with the San Antonio Food Bank. The students completed the year with volunteering at a Boysville event, where the students were paired with children and assisted them in shopping for Christmas gifts.

The willingness for the social work students to participate in community events established relationships that will continue to grow throughout future classes at the AMEDD Center and School.

The Army-Fayetteville State University Master of Social Work program will bring social workers from Joint Base San



Courtesy photo

Masters of Social Work Program students from the Army-Fayetteville State University at the U.S. Army Medical Department Center & School at Fort Sam Houston volunteer for Habitat for Humanity in September 2015. Pictured are (from left) Army 1st Lt. Kathryn Helland, Navy Ensign Caroline Gray, Army 2nd Lt. Roxanne Pruitt-Kiser, Charlotte Pruitt and Army 1st Lt. Ashley Thropp.

Antonio together 11:30 a.m. March 18 at the AMEDD museum.

*(Editor's Note: Gray is a student in the Masters of Social*

*Work Program through Army-Fayetteville State University at the U.S. Army Medical Department Center & School at Fort Sam Houston.)*

## News Briefs

### Continued from P3

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

### Weingarten rights: having union representation during investigatory interviews

The Labor Relations Statute entitles a bargaining unit employee to representation by the union during an examination, by an agency representative, in connection with a matter under official investigation if that employee reasonably believes disciplinary action will result. If the employee requests union representation, no further questioning will take place until a representative is present. For those stationed at Joint Base San Antonio-Fort Sam Houston, call 808-0205; at JBSA-Randolph, call 652-4658 and at JBSA-Lackland, call 671-4528.

### 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>.

# Army South delegates expand relations in Central America

By Maj. Janelle A. Garner  
U.S. Army South Public Affairs

Countering trans-national organized crime was the recurring theme for U.S. Army South delegates who traveled to Central America's northern tier to visit with ambassadors, senior military leaders and national police officials Feb. 16-20.

The whirlwind five-day trip, reminiscent of the path and journey linked with the famous "Mayan Route," began in Guatemala, then continued to El Salvador and Honduras.

The original Mayan Route was established 15 years ago when former National Geographic editor William Garrett, created a dedicated tourist route connecting important Mayan archaeological sites across Guatemala, El Salvador, Honduras, Mexico and Belize.

Maj. Gen. K.K. Chinn,

Army South commanding general, along with Dr. Bridget Gersten, U.S. Department of State political advisor to the unit, made initial stops to meet with the Guatemalan Chief of Defense and the Fifth Vice Ministry of Government, a department established by Guatemala's president in 2012 to focus exclusively on the country's counterdrug policies and programs.

Participating in the various office call visits were teams of subject and area-matter experts from U.S. Army South and partners, including Lt. Col. Christopher Synowiez from the G-2's Military Intelligence Directorate; Lt. Col. Betsy Evans, Regionally Aligned Forces commander, Brigade Special Troops Battalion from Florida and numerous security cooperation officers and planning and assistance team personnel.

While in El Salvador, Chinn had the oppor-

tunity to meet chief of defense Maj. Gen. Felix Nunez Escobar and the newly appointed army commander, Col. Guillermo Herrador Pena.

"We are honored to be here and visit with our great friends who have fought with us in Iraq and Afghanistan and continue to build and strengthen the relationships and trust that we have between our two professional armies," Chinn said.

While visiting the U.S. Embassy in Guatemala, Chinn received presentations from deputy chief of station Blanca Krebs and the international narcotics and law enforcement director. When asked how U.S. Army South can assist the counter transnational, Krebs said, "We are in a good space here in Guatemala. Just recently, 11.7 hectares of poppy fields were eradicated."

The desire to elimi-



Photo by Maj. Janelle A. Garner

Maj. Gen. K.K. Chinn (right) and Dr. Bridget F. Gersten (left) meet with Ambassador to Guatemala Todd Robinson (center) during a recent trip to Central America to discuss ways and means U.S. Army South can support countering trans-national organized crime in the area. Chinn is the U.S. Army South commanding general and Gertsen is the U.S. Department of State political advisor to the command.

nate narcotics and work jointly with the support of police forces, was a shared concept during the key leader engagements. Future plans and concepts in the Central America region will include training provided by the Royal Air Force at Joint Task Force Bravo, which will provide a tactical training team, and

an information sharing team.

The trip closed out with a visit to Tegucigalpa, Honduras, where Chinn met with chief of defense Maj. Gen. Francisco Alvarez Urbina and Maj. Gen. Rene Ponce Fonseca, the Honduran army commander.

## Screening, early detection help prevent colon cancer

By David DeKunder  
Joint Base San Antonio-Randolph Public Affairs

March is National Colon Cancer Awareness Month and Joint Base San Antonio members 50 years of age and older, or those who have a family history of colon cancer, are being urged to get screened for the disease to prevent it from occurring.

According to the Centers for Disease Control and Prevention, every year in the U.S. about 140,000 people are diagnosed with colon cancer and 50,000

die from the disease, making it the second leading cause of cancer deaths in the U.S. More than 90 percent of colon cancer cases occur in people ages 50 years and older.

Colon cancer occurs in the form of polyps, which are abnormal growths inside the colon or rectum that could become cancerous if not removed.

Col. Bryce Mays, chief of gastroenterology services at San Antonio Military Medical Center, said screening and early detection could stop colon cancer

from developing.

"This is a disease that is mostly preventable with appropriate screening," Mays said.

Symptoms of colon cancer include a change in normal bowel habits, including diarrhea, constipation and a change in consistency of stools; persistent abdominal pain; rectal bleeding, including blood in the stool; and fatigue, including unexplained weight loss.

Patients should consult their physician as to what screening test options there are for

detecting the disease, Mays said.

While it is recommended that people start getting screened for colon cancer at 50 years of age, Mays said people who are younger than 50 years of age should consider getting screened earlier if they have a family history of colon cancer or an inflammatory bowel disease.

According to the Colon Cancer Alliance, patients whose colon cancer is detected at an early stage have a five year survival rate of 90 percent.

Priscilla King, a certified personal trainer at the JBSA-Randolph Rambler Fitness Center, was diagnosed with stage three colon cancer in 2009. King was 41 years of age at the time of her diagnosis.

King said she first experienced symptoms of colon cancer three years earlier and had gone to see a physician who misdiagnosed her condition. She put off getting screened until her symptoms got worse.

After her diagnosis,

## 129TH AMEDD ENLISTED CORPS ANNIVERSARY CELEBRATION

Brooke Army Medical Center Command Sgt. Maj. Albert Crews (center) cuts the 129th U.S. Army Medical Department Enlisted Corps Anniversary Cake along with guest speaker retired Command Sgt. Maj. James M. Aplin (left) and Pvt. Taijai Prosser (right) during a ceremony in the San Antonio Military Medical Center Medical Mall March 1.

Photo by Robert Shields



## TEXAS CAVALIERS RIDE ACROSS FORT SAM HOUSTON



Photo by Sgt. 1st Class Wynn Hoke

Fort Sam Houston Museum curator Bill Manchester (left), dressed in an early 1900s Army uniform, talks to the Texas Cavaliers association about the Pershing House built in the late 1800s. The Cavaliers were hosted on horseback by Lt. Gen. Perry L. Wiggins, commanding general, U.S. Army North (Fifth Army), Saturday. The riders traversed the streets of Fort Sam Houston, stopping at several significant historical sites.

# 'Unlikely equestrian' leads Fort Sam Houston Caisson Section



By Airman 1st Class  
Stormy Archer  
JBSA-Randolph Public Affairs

A cool breeze filters its way through the branches of the Fort Sam Houston National Cemetery. The crisp air



Staff Sgt. Edward Montgomery, Fort Sam Houston Caisson Section military honors platoon sergeant, walks caisson horse Copeland to a trailer Feb. 5 at Fort Sam Houston. Montgomery joined the Caisson Section in 2013 and is responsible for training new soldiers to be honor guard members.

carries the sound of wagon wheels creaking as they churn their way down the road behind the clip-clop of a 1,700-pound Percheron belonging to the Fort Sam Houston Caisson Section.

As the wagon pulls up to a hearse parked at the cemetery, members of the honor guard turn with precise facing movements, helping bring closure to family members and ushering their fallen brother in arms to his final rest.

Little do they know the precision and expertise they witnessed would not be possible without the instruction of an unlikely equestrian from Alabama.

"I was in Korea and I got orders to Fort Sam Houston," said

Army Staff Sgt. Edward Montgomery, Fort Sam Houston Caisson Section military honors platoon sergeant. "I wasn't sure what the job was; all I was told is that I was going to garrison. When I arrived, I was told I was going to the caisson."

In 2013, Montgomery joined the Fort Sam Houston Caisson Section as a squad leader, becoming platoon sergeant a year and a half later after the departure of the previous platoon sergeant.

As the platoon sergeant, Montgomery trains new Soldiers arriving to the unit to be members of the Fort Sam Houston Honor Guard. After 10 days of training in drill and ceremony, the new members are ready to be sent out to perform honors.

"I'm extremely proud of how honor guard members progress from not knowing any of this and then in just 10 days, they go out and perform honors for service members," Montgomery said. "It makes me feel proud to know I helped influence and train that Soldier. I'm proud to give that Soldier the opportunity to give family member and service member that on last rite as a military member."

A typical day starts at 5:30 a.m. with preparation for either physical fitness training or rendering honors for a service member who has passed away.

Montgomery's section ensures honors are rendered at services covering a broad expanse – approximately 67,000 square miles – in south Texas.



Photos by Airman 1st Class Stormy Archer

Staff Sgt. Edward Montgomery, Fort Sam Houston Caisson Section military honors platoon sergeant, instructs Spc. Grant Meyer, 470th Military Intelligence Brigade human resource specialist and Fort Sam Houston Honor guard member, Feb. 5 at Fort Sam Houston. After 10 days of training in drill and ceremony, new members of the Fort Sam Houston Honor Guard are ready to perform honors at military funerals.

The unit includes 12 permanently assigned Soldiers, along with 12 horses. Additionally, 24 Soldiers are attached to the unit on 90-day rotations. A big part of Montgomery's job involves training, both Soldiers and horses.

"One of the big things about dealing with horses is that they are not people; they don't respond the same way so you can't come in and train them like you would a service member," Montgomery said. "You have to speak the language of the horse and convey that to the Soldiers as they learn about the horses, because not everyone has experience with horses or comes from an equestrian background."

Taskings for the unit come from the Casualty Assistance Center at Fort Sam Houston, with the earliest notification for a funeral the unit

will receive is approximately 24 hours. In that time, Montgomery and his team will assign the mission, personnel, coordinate travel and sometimes lodging for overnight stays depending on what honors are rendered.

"We have to make sure everything falls into place," Montgomery said. "This is a no-fail mission."

While he had no experience dealing with anything equestrian before arriving in San Antonio, Montgomery put his best foot forward and has adapted quickly to his new role.

"I never imagined in my life or military career that I would be working with horses, but coming here has been a great experience and I wouldn't trade it for anything," he said. "I recommend if anyone has the opportunity to do this, they should take full advantage of it."

# Virtual Critical Care Consultation project designed to improve patient outcomes

By Steven Galvan  
USAISR Public Affairs

Army medics deployed to remote or austere locations can face challenges when caring for injured Soldiers.

In an effort to provide medical care guidance and recommendations by senior, experienced critical care providers to medics in tough situations a new project called Virtual Critical Care Consultation, or VC3, has been underway for the last several months.

According to Lt. Col. (Dr.) Jeremy Pamplin, U.S. Army Institute of Surgical Research Burn Center intensive care unit medical director and chief of clinical trials at Fort Sam Houston, the VC3 project is designed to provide a low-cost, simple tele-monitoring system to inexperienced providers caring for critically ill patients and improve patient outcomes.

“The other potential

user would be a small Army community hospital that doesn't have critical care resources like critical care doctors, nurses or trauma surgeons,” Pamplin said. “For instance, a patient arrives at the community hospital but is not critically ill at the time.

“The providers may be on the fence as to how to care for the patient,” Pamplin added. “Should they transport the patient to a larger hospital with critical care capabilities or admit the patient and observe him for a while? In this kind of environment, the staff could use the VC3 to get some recommendations and guidance.”

The VC3 project is being funded by the U.S. Army Medical Department Advanced Medical Technologies Initiative as a performance improvement program. The project was started in late 2015 and has been used by various Special



Photo by Steven Galvan

Lt. Col. (Dr.) Jeremy Pamplin (right) and Capt. (Dr.) Jeffrey DellaVolpe (center) view the capabilities of a Virtual Critical Care Consultation device being demonstrated by Pete Menicucci (second from left) during a VC3 “Device Day” at the San Antonio Military Medical Center Jan. 26.

Forces units during field training exercises.

Pamplin said the feedback from the personnel involved in the training exercises has been very positive.

“Deployed medics who are able to pick up the phone and talk to a critical care provider while caring for a critically ill patient has provided

them tremendous confidence and reassurance,” he said.

To help identify other current technology that can be used immediately or within the next six months, the San Antonio Military Medical Center at Fort Sam Houston hosted a VC3 “Device Day” where several vendors

showcased existing technology to determine if it could support the project.

Pamplin, along with Air Force Capt. (Dr.) Jeffrey DellaVolpe, SAMMC trauma surgeon, were among the key participants who tested the devices simultaneously with another group at Fort Bragg, N.C.

“A program like VC3 has the potential to be an indispensable tool to both deployed medics as well as to hospitals without robust critical care staff,” DellaVolpe said. “While the military currently has a shortage of critical care providers, it unfortunately does not have a shortage of critically ill patients.

VC3 allows the expertise that exists at SAMMC to be at the fingertips of a provider virtually anywhere in the world.”

Pamplin explained that the platform they are looking for should be easy to use without too many distracting features.

“Video teleconferencing, imaging and continuous monitoring capabilities are nice to have, but not necessary in most circumstances,” Pamplin said. “Technology can distract from patient care. One of the things we've learned from the field training exercises is that if we can get photos ahead then we can provide the right clinical advice to best support the clinician on the ground.”

Pamplin added that the most useful photos are those of the care environment, the actual flowsheet that the clinician is using to care for the patient, the kit being used, and the wound.

“If we can get a better understanding of the clinical scenario then we can provide a more robust consult,” Pamplin said. “The less distractions that there are on both ends means that we can provide better patient care to the wounded warfighter.”

## SAFETY from P4

visibility, personnel are encouraged to wear brightly colored, fluorescent or other reflective garments when running, jogging, walking or trav-

eling near roadways.

The DOD and all individual service guidance also prohibit the use of portable headphones, earphones, cellular phones, iPods or other listening and entertaining

devices (other than hearing aids) while walking, jogging, running, bicycling, skating or skateboarding on roadways. In accordance with service regulations, headsets and personal stereos are

prohibited when wearing physical fitness uniforms at all times.

During the hours of darkness – whether as a result of the hour we moved forward on the clock or just during the

regular hours of limited visibility – it is critical for pedestrians and joggers to wear clothing or accessories for ensuring you are as visible as possible to vehicle operators.

The choice you make whether driving or walking does matter and may save your life or the life of someone else. Make the right choice – make yourself seen and stay safe.

# 'Kelly Katies' helped maintain World War II warplanes in San Antonio

By Nicholas Brace  
502nd Air Base Wing History Office

The attack on Pearl Harbor and the entry of the United States into World War II brought dramatic changes to Duncan and Kelly Fields in San Antonio, with the need for more pilots, bombardiers, navigators and maintainers that resulted in the rapid expansion of the U.S. Army Air Corps.

But by the summer of 1942, a congested sky over San Antonio had become dangerous. In response, the Army Air Forces combined Kelly and Duncan Fields in March 1943 under the single name of Kelly Field.

Flying training ended and its primary function became one of maintenance and supply, turning the base into a huge industrial complex that needed more and more workers.

Knowing they had men leaving for combat duty, women workers were flooding in, and by the beginning of 1942, the depots had authority to hire in whatever numbers and whatever skill levels they could.

During this shift in its role in 1943 to logistics and main-

tenance, the workforce quickly grew from 1,000 to 20,000, many of them women known as "Kelly Katies," who helped maintain U.S. warplanes at the San Antonio Air Depot. By the end of 1942, women comprised more than 27 percent of the depot workforce.

The demographic shift seen at the San Antonio depot was echoed throughout the country where women, known as "Rosie the Riveters," contributed to the successful war effort by performing non-traditional work. At the San Antonio air depot, they were called "Kelly Katies."

Kelly Field's personnel officers understood that by hiring a large number of relatively unskilled employees, the previous use of on-the-job training was no longer practical. These workers needed some sort of classroom apprentice training.

As a result, the depot created the San Antonio Aircraft School in May 1941, attracting some 2,500 students in a three-month program by July. As civilian strength neared its peak by the end of 1943, the need for pre-employment training lessened, but the pre-employment train-



Maj. Gen. Clement McMullen (left) welcomes back Gertrude Threadgill, a "Kelly Katie" during World War II who quit her job at the end of the war and returned to the same job during the Korean War. McMullen was the commanding general of the San Antonio Air Materiel Area at then-Kelly Air Force Base in San Antonio.

ing program continued on a much smaller scale.

By 1944, women made up nearly 40 percent of the Kelly

workforce. While their numbers increased, this didn't mean these "Kelly Katies" didn't face harassment, prejudice and

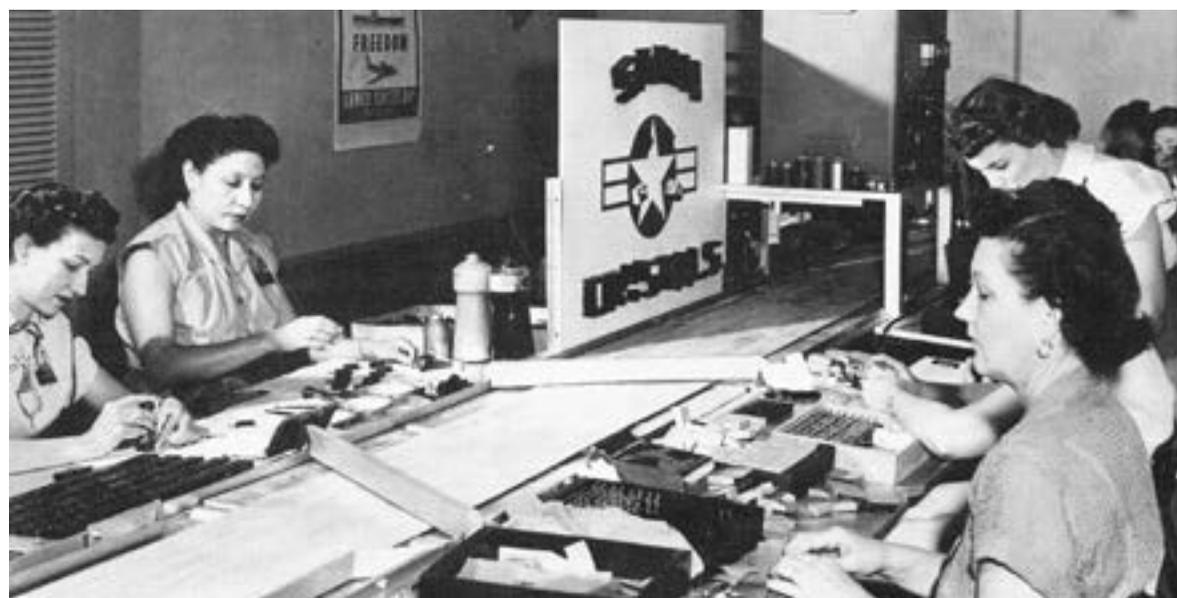
skepticism in their ability to do a "man's job."

Nonetheless, they persevered and ended up working in nearly every shop at Kelly Field, overhauling aircraft engines, taxiing aircraft and repairing damage where their small hands gained access to places larger men's hands could not.

By 1945, these women had proved they belonged at Kelly Field, but as the men returned from combat duty in increasing numbers, the "Kelly Katies" returned to their prewar roles they had played before 1941. Their contributions would leave a lasting impression on the ability of the women workforce.

The United States called on these women again after the start of the Korean War. By January 1951, the "Kelly Katies" answered their country's call, returning to their old jobs in the Kelly Field maintenance shops, overhauling B-29 bombers and repairing giant B-36 engines.

This time, they didn't have to prove themselves; and at the end of this conflict, many of the "Kelly Katies" remained working at Kelly Field.



In 1950, Kelly Air Force Base facilities were once again put on a wartime footing, calling for the hiring of thousands of additional civilian personnel.



"Kelly Katies" doing desealing work in a B-36 Peacemaker fuel tank at Kelly Field in San Antonio during the Korean War.



Photos courtesy Joint Base San Antonio-Lackland History Office

Three San Antonio women -- known as "Kelly Katies" -- work on overhauling a Wright R-3350 aircraft engine at then-Kelly Air Force Base in 1951.

# First Lady to women veterans: 'Tell your story'

By Karen Parrish  
DOD News, Defense Media Activity

First Lady Michelle Obama had a message for women veterans March 2: "Tell your story."

The first lady and Dr. Jill Biden, wife of vice president Joe Biden, attended an annual Women's History Month reception, honoring women veterans and hosted by House Minority Leader Nancy Pelosi at the Capitol's National Statuary Hall.

Retired Air Force Brig. Gen. Wilma L. Vaught was singled out for honors at the reception. The first woman comptroller selected for the rank of brigadier general, Vaught served after her military retirement as president of the board of directors for the Women in Military Service for America Memorial Foundation Inc. until January of this year.

Obama called Vaught "one of the most inspiring, trail-blazing women I have ever met."

"Thanks to brilliant, fearless women like General Vaught, today more than 200,000 women are serving our country in just about every role and rank," the first lady said. "They are flying fighter jets, training new recruits, they're graduating Army Ranger School -- and I met those graduates. They are awesome -- fierce. And as you've already heard, they will soon be welcome in every combat unit in our armed forces."

But "the striking reality," Obama said, is that those women in uniform and three million living women veterans "still face plenty of challenges as they serve this country and then transition back to civilian life."

Many women who have served don't self-identify as veterans, she said, and they thus miss out on benefits they have earned -- only one in 10 take advantage of



GI Bill benefits.

"When you meet these women and you hear their stories, you begin to understand why they might be reluctant to tell," she said. Obama said women veterans she has spoken with have experienced disbelief, outdated assumptions or misguided questions about their service.

"When these women have sacrificed so much and served so bravely, they should never have to hide their accomplishments," she said. "They should never have to worry about whether their service will be valued equally. And just like every veteran who has served this country, they should be getting every single one of the benefits they've earned."

The first lady pointed to improvements in recent years. With Veterans Affairs funding now at "unprecedented levels," she said, women's VA health outreach efforts are improving.

"We've trained 2,400 veteran health care providers in women's health, and established a designated women's health provider at every VA medical center in the country," she said.

Obama challenged her audience and "folks around the country" to take action on behalf of women veterans:

legislate for them, aid in their transition to civilian life, commit to giving them jobs.

To women veterans she said, "I want to ask you to stand tall and share your story."

Veterans develop skills "that uniquely set you apart," she said.

"All of you learned how to build a team and lead others under pressure, and complete any mission in front of you no matter what it takes," she said. "That's why it's important that you tell your own stories. Our girls, our daughters and granddaughters, need to hear them."

Obama also urged her audience to "use the women's vets hashtag" to lift up women veterans' stories on social media platforms.

"If we all keep joining forces, then I am confident that we can serve our men and women in uniform, and our veterans, as well as they have served this country," she said.

Joining Forces is an initiative Obama and Biden launched in 2011. As the White House website states, it is "a nationwide initiative calling all Americans to rally around service members, veterans, and their families and support them through wellness, education, and employment opportunities."

## Defense Department, VA kick off interagency effort for coordination of complex care

The Defense and Veterans Affairs departments made an announcement Feb. 25 about an ongoing effort to ease the transition for service members who require complex care management as they transition from the DOD system of health care to the VA, or within each system.

The effort is designed to ease the burden for service members and veterans, who have suffered illnesses or injuries so severe as to require the expertise provided by multiple care specialties throughout both departments, officials said.

“More than a decade of combat has placed enormous demands on a generation of service members [and] veterans – particularly those who have suffered wounds, injuries, or illnesses which require a complex plan of care,” said Dr. Karen Guice, principal deputy assistant secretary of defense for health affairs and co-chair of the DOD-VA Interagency Care Coordination Committee.

“These individuals require the complex coordination of medical and rehabilitative care, benefits and other services to successfully transition from active duty to veteran status and to optimally recover from their illnesses or injuries.”

“Our collaborative efforts with DOD have improved and enhanced the process of caring for our military members with serious illness, injuries or disabilities, as

they recover and return to their communities,” said Dr. Linda Spoonster Schwartz, assistant secretary veterans affairs for policy and planning and co-chair of the DOD-VA committee.

“Great attention has been taken to developing a system which focuses on continuity of care, holistic support services and a ‘warm handoff’ for service members and veterans as they move from and between military, VA and community health care systems.

“Our care coordinators,” Schwartz continued, “now have at their fingertips tools and processes that improve and simplify the lines of communication for our wounded, ill, and injured service members and veterans who require complex care coordination, their families, and those who provide their care in both departments.”

The hallmark of the effort, officials said, is the implementation of the role of lead coordinator: a designated member of a service member’s care management team who will serve as the primary coordinator for each individual.

The lead coordinator will offer personal guidance and assist service members and their families in understanding the benefits and services to which they are entitled.

Service members, veterans and their families, working with their lead coordinator, will have someone to whom they can turn when they have

# Refining innovation: USAISR researches, develops, improves cutting-edge healing products, procedures

By Sgt. Aaron Ellerman  
204th Public Affairs Detachment  
Orlando, Fla.

Muscles tense, a gut-wrenching grimace coincides with a rising heartbeat. Teeth grit as the body stiffens holding its breath, fingers trying to grasp unattainable relief. A spectrum of pink and black exposed layers lies on the table, the damp cloth massages the rough dead skin where the new meets the old.

“Sir, on a scale from one to 10 could you rate your pain?” asked Spc. Kirk Matthews, during a physical therapy session with a burn patient here Feb. 24.

“Ten!” wailed the patient pleading for the prodding to cease.

Every day, Soldier and civilian medical professionals treat, care for and research new ways to help burn patients at

the U.S. Army Institute of Surgical Research Burn Center located at Fort Sam Houston.

“It’s a rewarding job, we see the patients when they’re at their worst condition and work with them all the way through,” said Matthews, an Army physical therapist technician with the USAISR Burn Center.

Dealing with burns requires constant care and each individual care plan can vary drastically which is why research and development of new procedures and treatments is key for Soldiers and civilians.

“Working with burns is very difficult, but I like the challenge that comes with taking and treating some of the sickest patients,” said Col. (Dr.) Booker T. King, USAISR Burn Center director.

Through gathering

treatment data from the past 15 years of conflicts the burn center has developed and tested several new methods of treatment including ReCell and damage control resuscitation of severely injured Soldiers.

“When Soldiers go into combat, they sustain these types of injuries and it’s important for us to do this type of research so we can treat these patients and be better prepared for treating combat casualties,” said King.

Another capability the burn center has in its arsenal is the U.S. Army Burn Flight Team. The team provides worldwide assessment, evaluation and treatment of casualties sustaining burn injuries related to both combat and non-combat-related events. Comprised of Soldiers and Army civilians from the burn center intensive care unit, the team is readily deployable within 12 hours.

In 2015, there were 819 patients admitted to the burn center setting a record and further cementing the need for the facilities and research.

The burn center is just one facet of the USAISR, which is the nation’s premier tri-service research organization. USAISR plans and executes registry-based and translational research providing innovative solutions for burn, trauma and combat casualty care from time of injury through rehabilitation, placing equal emphasis in providing medical solutions for the injured warfighter



Spc. Shenouda Zarif, a U.S. Army biomedical science technician with the U.S. Army Institute of Surgical Research, sets a plate for a culture experiment Feb. 24 at Fort Sam Houston. Zarif is a member of the ocular research directorate, which focuses on research and advances in medicine aimed at helping Soldiers suffering from ocular related conditions.

on the battlefield.

“Knowing my unit can develop, research and supply Soldiers with products they can use directly in the field is the greatest honor I could ever have,” said Col. (Dr.) Michael D. Wirt, USAISR commander.

Approximately 700 military and civilian personnel work for USAISR, which serves as the primary combat casualty care research facility for the Army.

“Seeing the passion this team has towards making a difference and the drive they have when they come into work really shows they care and realize they are directly helping save lives,” said Wirt.

USAISR has an array of areas they focus on from ocular trauma and vision restoration to coagulation and blood research. The team is

constantly improving and designing aids and conducting studies aimed at caring for service members.

Through development and research USAISR has been instrumental in providing and improving inventions such as

the Combat Application Tourniquet, Combat Gauze, Flame-Resistant Army Combat Shirt, Xstat wound dressing and much more. Their studies and trials have also helped pave the way for new treatment and diagnosis procedures.



Photos by Sgt. Aaron Ellerman

Spc. Daniel Oladejo (right) and Spc. Peter Johnson, biomedical science technicians with the U.S. Army Institute of Surgical Research, make adjustments to the shock tube Feb. 24 at Fort Sam Houston. The shock tube is a piece of equipment designed to simulate exposure to explosions similar to what Soldiers may encounter while in combat. The data collected from the device is crucial to the ocular research directorate, which focuses on research and advances in medicine aimed at helping Soldiers suffering from ocular related conditions.



Spc. Kirk Matthews, an Army physical therapist technician with the U.S. Army Institute of Surgical Research Burn Center, demonstrates hand movement exercises for a patient to perform during a therapy session Feb. 24 at Fort Sam Houston. Physical therapy is a crucial step in treating burn patients forcing the healing skin to stretch and contract with normal motion during the healing process.

# Healthy eating advances readiness and mission success

By Prerana Korpe  
Air Force Surgeon  
General Public Affairs

Think twice before biting in. Are you making a smart food choice?

Healthy eating coupled with active living, is the foundation for healthy living, which is critical to maintaining a ready and deployable force.

Optimal nutrition keeps Airmen performance ready –mentally and physically prepared for mission success. It enables faster recovery from injury, exercise and stress.

Healthy eating promotes healthy Airmen and healthy communities.

“A lot of our initiatives focus on how to make the healthy choice the easy choice. This requires improving access to and availability of healthy food options,” explains Lt. Col. Deborah Robinson, senior leader of Air Force Reserve Dietetics.

Committed to championing an environment supportive of healthy eating and active living, the Air Force Medical Service has developed specific initiatives that promote healthier choices for Airmen and their communities.

## Healthy Airmen

Take these steps to help incorporate healthy eating into your daily routine:

- At the commissary, shop the perimeter, where healthier choices are found (fruits, vegetables, whole grain, low-fat/nonfat dairy and lean protein)
- Read nutrition facts



labels to help identify nutrition content and food serving size

- Plan meals in advance
- Track your food and drink intake
- Consider employing tools such as the USDA's MyPlate (<http://www.choosemyplate.gov/MyPlate>) or SuperTracker (<http://www.choosemyplate.gov/tools-supertracker>)

## Healthy Communities

Take these steps to cultivate community-wide healthy eating:

- 1. Go for Green®, or G4G, in dining facilities:  
The Department of Defense's G4G program uses a stoplight system of green, yellow and red to identify nutritious foods. Foods are color-coded based on their nutrition quality, which can impact an Airman's fitness, strength and health. Green signifies performance enhancing foods. When selecting from

menu offerings, keep in mind the significance of these labels:

- Green (eat often)
- Yellow (eat occasionally)
- Red (eat rarely)

The DOD is working to improve the G4G system through three specific goals. The first is to increase availability and variety of green-coded food recipes. The second goal is to make green-coded foods attractive and delicious. The final focused goal is to revamp existing green-coded food recipes.

- 2. Exercise dietary supplement safety:  
Supplements can have strong effects in the body. It is important to keep in mind that the FDA does not approve dietary supplements for safety or effectiveness. A supplement can be marketed without being proven safe, effective or free from adulterants. The FDA received 6,307 dietary supplement

adverse event reports from 2008-2011, including 92 deaths (GAO Report, March 2013).

Some supplements can increase the risk of bleeding. There is also the potential for adverse reactions when supplements are combined with prescription drugs. It is important to remain vigilant about the possibility of unexpected side effects when taking dietary supplements. If you use supplements, choose brands that have undergone “third party certification.” Third-party certification does not guarantee the supplement is safe or effective, but validates manufacturing practices, purity or quality.

Stay educated. Operation Supplement Safety, or OPSS (<http://hprc-online.org/dietary-supplements/opss>) is a DOD campaign that educates the warfighter and healthcare provider on responsible supple-

ment use. OPSS provides a list of ‘red flag’ high-risk supplements and hosts an “Ask an Expert” forum to address specific concerns.

- 3. Follow 5210, to improve children's health:  
5210 Healthy Military Children is a community-wide program to improve children's health. 5210 promotes healthy behaviors, to put into practice each day:
  - Five (5) or more fruits and vegetables
  - Two (2) or less hours of screen time
  - One (1) or more hour of physical activity
  - Zero (0) sugar-sweetened beverages

For more information on 5210, check out the 5210 toolkit at <http://www.5210.healthy-militarychildren.psu.edu/5210-healthy-military-children-form>.

- 4. Incorporate Operation Live Well:  
Operation Live Well is the DOD's initiative to promote healthy living throughout our communities. For more

tips on healthy eating, visit Operation Live Well: Nutrition at <http://www.health.mil/Military-Health-Topics/Operation-Live-Well/Focus-Areas/Nutrition>.

## AFMS Healthy Living Recipes

Healthy eating promotes readiness, optimal performance, better health and better care –all key factors to the success of Full Spectrum Readiness. For nutritious and tasty recipes, check out AFMS Healthy Living Recipes at <http://www.airforcemedicine.af.mil/Healthy-Living/Recipes>.

For additional health improvement resources, visit your local health promotion office.

For more AFMS guidelines on nutrition and exercise, visit the Air Force Medical Service Health Living page at <http://www.airforcemedicine.af.mil/healthyliving>.

# Army's Task Force 51 trains on emergency deployment at JBSA-Lackland

By Sgt. Maj. Matt Howard  
U.S. Army North Public Affairs

A team from U.S. Army North's Task Force 51 at Fort Sam Houston packed their bags and headed across town to Joint Base San Antonio-Lackland March 2 to train on loading their equipment on military aircraft.

The training was part of the task force's quarterly emergency deployment readiness exercise, or EDRE. There is no "down cycle" for the task force, so they must be prepared year round to

deploy anywhere in the continental U.S. at a moment's notice. The need to be constantly ready makes routine training like this critical for a number of reasons.

"We have quite a lot of new people in Task Force 51, so it's important we get people trained up," said Lt. Col. Sandra Chavez, TF-51's logistics chief. "It's also important because the nature of our mission is deploying with no advance notice, whether by military aircraft or ground convoy, so we have to stay familiar and

trained on the processes for both."

For the training, TF-51 used the 433rd Airlift Wing's mockup of a C-5 Galaxy aircraft to load two Emergency Response Vehicles, or ERVs, plus a large shipping container and a pallet of duffel bags.

Air Force air transportation specialists Master Sgt. Alejandro Molina and Tech Sgt. Crystal Schiller assisted the team with the training. Both are experienced at airlifting vehicles like the ERVs during numerous deployments and

operations with federal agencies such as the FBI and Border Patrol.

"My job is to inspect the cargo and make sure it is good for shipment," Molina said. "The customer typically loads their own equipment but they need to know what is okay and what needs to be fixed before they get here, so they don't have frustrated cargo that we can't ship."

For example, Schiller explained, a vehicle can be dripping water from its air conditioner or up to one drop per minute

of oil, but any leaking gasoline or brake fluid will mean the vehicle is not transportable.

For some on the TF-51 team, the training was old hat, but for others, it was a first.

"We have 50 percent people who are new and 50 percent who are veterans to this, so it's good training," Chavez said. "It gives the new people a better understanding of what we need to do to complete our mission and get us out the door."

Sgt. 1st Class Fernando Davis, a TF-51 veteran

since 2013, said even though the training was in a mockup and they didn't actually fly anywhere, the conditions were identical to a real deployment.

"The way this is happening is exactly the way it should happen in real life," Davis said.

After loading and unloading the mock aircraft, the team then drove to Camp Bullis to join another TF-51 team that was training on setting up an operations center, in preparation for a week of disaster response exercises.



Tech Sgt. Crystal Schiller chains down the front of a Task Force 51 Emergency Response Vehicle. A team from the task force trained on loading vehicles and equipment onto a mockup of a C-5 Galaxy aircraft as part of an emergency deployment readiness exercise at Joint Base San Antonio-Lackland March 2.



Photos by Sgt. Maj. Matt Howard

Task Force 51 Soldiers stand by their bags in preparation to palletize them and load onto a mock C-5 Galaxy aircraft. A team from the task force trained on loading vehicles and equipment as part of an emergency deployment readiness exercise at JBSA-Lackland March 2.

# Obesogens: is our environment making us fat?

By 2nd Lt. Jennifer Lopera  
BAMC Dietetic Intern

Obesity accounts for more deaths worldwide than being underweight. Poor diet and lack of physical activity are well-studied causes of the current epidemic.

However, researchers are considering other causes of the obesity epidemic, to include genetics, stress and the environment. Studies

of certain compounds – termed obesogens – are thought to be an underlying cause of obesity.

Obesogen is a term for substances that alter metabolism, appetite and the storage of fat.

Twenty compounds that could influence weight gain have been identified, to include certain medications, cigarette smoke, monosodium glutamate, and chemicals to include

bisphenol A, phthalates and tributyltin, which are often found in plastic containers.

Exposure to these substances causes increased abdominal fat, blood sugar levels and inflammation, all of which are risk factors for type II diabetes and heart disease.

This research, however, is in its infancy and there are likely other contributing factors. For

example, individuals that are overweight and have higher levels of these compounds in their bodies share other common factors such as smoking, little physical activity and poor diet.

This may cause us to question what has the greater influence on weight gain, food packaging or food content. While our environment may be altering our metabolism and fat cells, there are

two well-researched ways to combat these side effects, diet and exercise.

A healthy diet can aid in maintaining a normal body weight and losing weight can help shrink fat cells. Furthermore, cardio and strength training exercise can aid in increasing your metabolism, even at rest.

Ultimately, more research is needed to define the effect of obesogens on humans. Exposure to

certain obesogens may be making weight loss efforts more difficult for some. Maintaining a healthy body weight and preventing obesity related diseases is still possible through the traditional routes of diet and exercise.

At the end of the day, the calories in food still play a more important role in weight gain than the container. Don't blame the plastic bottle for holding the soda pop.

# INSIDE THE GATE

## Employment Readiness Orientation Class

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

## Sensory-Friendly Family Movie

Monday, 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

Monday, 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

Monday-March 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.

## Helping Us Grow Securely Playgroup

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.

## Microsoft 2013 Excel Foundational

Tuesday and Thursday, 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.

## Accessing Higher Education

Tuesday and Wednesday, 7:30 a.m. to 5 p.m., Education Center, building 2408. A two-day track for service members that have already obtained a bachelor's degree and

are interested in pursuing higher education. Call 221-1213.

## Air Force Pre-Separation

Tuesday, 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

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. Call 221-2418.

## Family Readiness Group Forum

Wednesday, 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.

## 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.

## Interviews, Dress For Success

Wednesday, 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. Call 221-2418.

## Single Parent Support Group

Wednesday, 11 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. 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. Single Parent Support Group is facilitated by the deployment readiness program. Call 221-2418.

## Stress Management

Wednesday, 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.

## Sponsorship Application Training

Wednesday, 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, new comer needs assessment, welcome packet and links to important Department of Defense and service relocation websites. Call 221-2705.

## M&FRC 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.

## Pre-Deployment Resiliency

Thursday, 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.

## Safety Seat Clinic

Thursday, 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.

## EFMP Equestrian Special Olympics

March 18, 9 a.m. to 3 p.m., Equestrian Center. Join us at the Equestrian Center to cheer on EFMP 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.

## Newcomer's Orientation

March 18, 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.

## ScreamFree Parenting

Monday, March 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. Call 221-2418.

# THOUSANDS TURN OUT FOR FORT SAM HOUSTON GLOW IN THE PARK



Zumba instructor Gloria James instructs and motivates the crowd in their participation of the Zumba fitness activity before the second annual Joint Base San Antonio Glow In The Park 5k run/walk.

Photos by  
Otis Toussaint

An estimated 5,000 participants limber up before the start of the second annual Joint Base San Antonio Glow In The Park 5k run/walk Saturday, which began at MacArthur Parade Field.

**DOD from P12**

a question or issue as they actively participate in their care, officials explained, adding that the first phase of lead coordinator training was completed in November. Officials expect that 1,500 DOD and 1,200 VA people will serve as lead coordinators.

This effort comes as a result of the work of the DOD-VA Interagency Care Coordination Committee, established in 2012 to implement a joint, standard model of collaboration for the most complex

cases of care that will require a warm handoff from the DOD to the VA system of care, as well as within the departments, officials said.

It is based on many of the best practices of collaboration that have been created over the last decade, they added.

The effort was enacted as policy by both departments in 2015, aligning more than 250 subpolicies into a single, overarching policy that will govern the coordination of complex care cases that transition between the two departments,

officials said.

Coordination efforts are synchronized through the committee's Community of Practice, a group representing more than 50 DOD and VA programs that provide specialty care, including rehabilitation services for the visually impaired and polytrauma centers.

It will be the job of the lead coordinator to guide service members through the system, officials said, ensuring that they receive the care, benefits and services they both require and to which they are entitled.

**COLON from P6**

King underwent 10 months of treatment, including radiation, chemotherapy and surgery. King said her colon cancer is now in remission.

King said she urges anyone who has symptoms of colon cancer to get a screening as soon as possible.

"I am now an advocate of listening to your body and getting screened, if things aren't right and you have the symptoms of colon cancer," King said.

**ADVISOR from P3**

also speaks nine different languages and is intimately familiar with U.S. embassy operations.

"There are roughly 90 colleagues of mine doing similar jobs in Brussels, Tunisia, Moscow, Stuttgart and Hawaii, performing foreign policy missions at embassies and U.S. military installations around the world," Gersten said.

In a reflective moment,

Gersten and Creagan took time during the brief to pay homage to political advisors who came before them.

Gersten talked about the unique path that brought the original political advisor, Robert D. Murphy, into the field.

After beginning his federal career at the U.S. Post Office in 1916, Murphy was advisor to former President Franklin D. Roosevelt on issues surrounding the Allied land-

ings, which was the first major Allied ground offensive during World War II.

Gersten said one of the many reasons why she loves her job is the ability to learn something new every day.

"The Army has a set of values that I continue to admire and incorporate daily in being a better person," she said.

Students asked Gersten several questions ranging from how to negotiate frequent moves to the

length of time political advisors should remain in their assigned positions.

Gersten provided the students with tangible advice for entering foreign service, suggesting expanding ones' language fluency and capabilities as a definite plus, as well as staying informed and in tune with U.S. and foreign relations policies.

"It's all about building relationships, interagency and partner nations," Gersten summed up.

**TOURNIQUET from P3**

Tourniquets are not new technology. The Combat Application Tourniquet, which was also developed by the USAMRMC, is standard issue to all deploying Soldiers. In a case of a bleeding emergency, a Warfighter can use a tourniquet to stop the flow of blood temporarily. Nevertheless, the Combat Application Tourniquet does not work on junctional injuries, which is why a specific junctional tourniquet is necessary.

The U.S. Army Institute of Surgical Research at JBSA-Fort Sam Houston, as well as the Naval

Medical Research Unit San Antonio, tested the junctional tourniquet to ensure it met the needs of the warfighter. Additionally, the USAMRMC Test Branch performed altitude testing.

The USAMMA understood that warfighters would need a way to carry the device. Industry experts developed an attachable sack – a molle bag – that could fasten to the combat medic's main M9 bag. USAMMA worked with them to provide feedback that informed design changes and subsequent training information provided with each tourniquet.

Finally, the junctional

tourniquet molle bag became available in 2015. The USAMMA started the fielding process to update specific Army's Sets, Kits and Outfits with the new junctional tourniquets. The USAMMA worked closely with the U.S. Army Medical Materiel Development Activity, also a subcommand of the USAMRMC, to update the ground ambulance and air ambulance SKOs.

USAMMA also began updating the tactical combat medical company and forward surgical team SKOs. Additionally, USAMMA is updating the combat medic bag SKOs to include a junctional tourniquet and molle bag.

Since the devices are one-time-use items, the new junctional tourniquet can be supplied with the bag or separately with the tourniquet on its own. Being able to order and field the tourniquet without the bag for those who already have a carrying case will help the Army avoid unnecessary costs and logistical burden.

Each device comes with a training DVD and simple step-by-step instructions printed on the actual tourniquet as well as on an instructional card. The U.S. Army Medical Department Center and School staff is also training new combat medics on how to use junctional tourniquets.

**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**

7:30-8:30 a.m. – Easter Sunrise service, "Empty Tomb, Full Spirit"

9:30 a.m. – Catholic Mass

11 a.m. – Protestant service (traditional)

**AMEDD Chapel**

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. - Contemporary Service  
11 a.m. - 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>.*

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