FORT SAM HOUSTON
# News Leader
APRIL 1, 2016
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**SOLDIERS PARTICIPATE IN SPURS COMBINE PAGE 3**

**WHAT IS #STOP107? PAGE 10**

**SECRETARY OF AIR FORCE VISITS JBSA PAGE 13**

# METC Dental Lab Program using new high-tech scanners

**By Lisa Braun**
METC Public Affairs

Students at the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston receive training on a variety of state-of-the-art tools and equipment to gain exposure and experience in their field.

Students in the tri-service dental advanced fixed Laboratory II Technician Course are no exception. In addition to learning to mix dental materials, maintain dental equipment and create advanced dental prostheses such as dental implants, crowns and bridges, students are also trained in using a state-of-the-art, computer-aided design and computer-aided manufacturing scanner system.

"Students in advanced training are given the information and tools to enhance their skills in fabricating fixed prosthesis using the most up to date modern equipment in the dental laboratory field," said Master Sgt. Lawanda Shirey, Air Force METC dental laboratory program service lead and senior enlisted advisor. "CAD CAM is the wave of the future in dentistry and we are preparing them with this advanced technology training."

The CAD CAM scanner system is basically a 3-D printer for dental prosthesis. Prior to utilizing the CAD CAM, everything was waxed by hand and cast in metal. With the CAD CAM, dental restorations are milled from solid blocks of ceramic or composite resin that closely match the basic shade of the restored tooth.

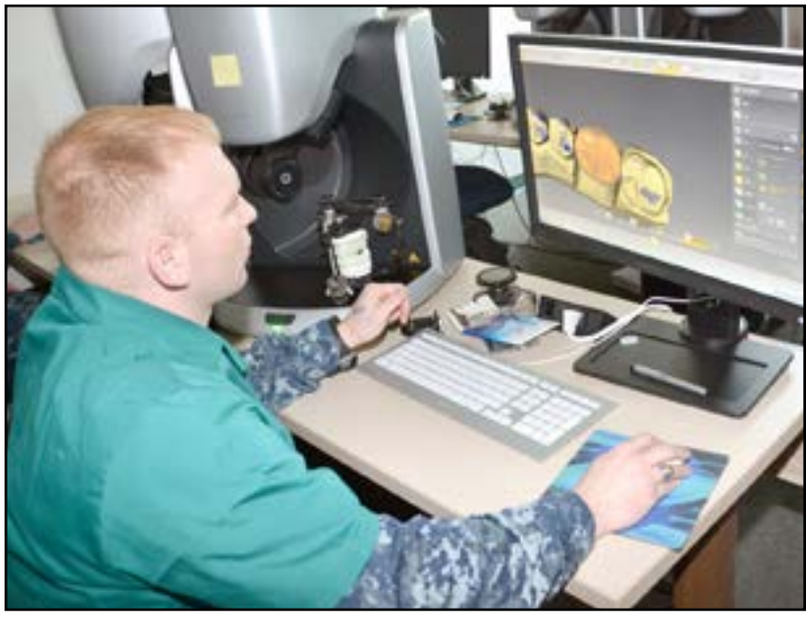

**Photo by Lisa Braun**
Petty Officer 3rd Class Lance Wilkinson, a student in the dental advanced fixed laboratory II technician course at the Medical Education and Training Campus on Fort Sam Houston, selects the correct porcelain block for the milling machine to carve out a crown.

An image, or scan, is taken of the prepared tooth and the surrounding teeth. This image, called a digital impression, draws the data into a computer.

The software then creates a replacement part for the missing areas of the tooth, creating a virtual restoration called reverse engineering. The software sends this virtual data to a milling machine where the replacement part is carved out of a solid block of ceramic or composite resin.

Stains and glazes are fired to the surfaces of the milled ceramic crown or bridge to correct the otherwise monochromatic appearance of the restoration. The restoration is then adjusted in the patient's mouth and cemented or bonded in place.

Although an older CAD CAM model had been used as part of the training for about five years, it was recently replaced with a newer, upgraded model. The new scanner was used for the first time by students Feb. 8.

"It saves time and money to use CAD CAM," Shirey said. "For example, to fabricate a gold crown by hand would normally

See SCANNERS, P17

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# Commentary: 'You can't surge character'

**By David Vergun**
Army News Service

"What's the most important attribute a young leader should seek out that will help him or her succeed in the future and win in an increasingly complex world," a U.S. Military Academy cadet asked.

"Being leaders of character," Vice Chief of Staff of the Army Gen. Daniel B. Allyn responded.

Allyn spoke to cadets of the U.S. Military Academy, West Point, N.Y., ROTC cadets, and Soldiers at the ninth annual West Point Leadership and Ethics Conference at the George Mason University campus in Arlington, Va., March 17. The theme this year was "Living an Honorable Life."

Inspiring leadership is the "exponential variable that delivers readiness and mission success," the general said.

"Character is the foundation of trust and trust is the foundation of effective leadership," he continued. "If you don't have those ingredients, you're leading by your rank and position and not by the acceptance and trust and commitment of those that you lead. That's true no matter what the vocation chosen.

"There are some who think you can flip the switch on or off of being a standards-based, values-based leader of character," Allyn said.

**Photo by David Vergun**

Vice Chief of Staff of the Army Gen. Daniel B. Allyn talks about leadership to Soldiers at the ninth annual West Point Leadership and Ethics Conference at the Arlington, Va., campus of George Mason University March 17.

"Those leaders are one event away from failure. You can't surge character. You have to build it and live it every single moment of every single day."

A Soldier from 3rd Infantry Regiment (The Old Guard) then asked about the best way to prepare for combat.

"Be careful what you wish for, Allyn replied. Combat is an unforgiving environment. While it's an incredible teacher, it isn't something I'd have folks hoping they'd experience."

The general said he and other leaders wake up every day trying to do their best to ensure they have all the skills, wisdom and knowledge so that when that call comes, they can lead effectively and ensure mission success and survival of their troops.

"That's ultimately what each of us does each day."

Another great aspect of serving in the U.S. military, he said, "it's the only profession I know where every day you're trying to work your way out of a job. You're trying to develop leaders below you to take your job."

"I've been 'killed' in training events more than probably any other senior leader in the Army he commented. Guess what? In every case, the unit still accomplished their mission because we developed the leaders below us to be ready to step up when we go down. That's what we do. That's an awesome and amazing opportunity."

The world is far different today than it was in 1981 when he entered the military, Allyn said. Today, it's much more dangerous.

"Yet, our force is just half the size of what it was then. So we are going to be heavily involved in maintaining stability around the world. How much instability develops into open combat, we don't know. Hopefully we can keep that from happening."

He concluded his reply with this tip: "Take stock of the opportunities you have to prepare. It's coming."

Allyn noted that he often finds that when he interacts with junior leaders, he most often learns more than he imparts. "You need to soak up what you learn from them as well as being a good mentor. That's the beauty of leadership. It's a give and take opportunity."

The awesome thing about the U.S. military is we are "one of the only professions in the world that grows our leaders from within, from the ground up. We don't import them. What an incredible opportunity," he added.

The general then discussed a common debate about whether or not leaders are born or made.

He said he grew up in Berwick, a rural part of Maine, and "didn't know diddly about leadership" when he went to West Point.

"What I've learned since has enabled me to be a more effective servant to the nation."

Whether young people choose the military or just commit to being "servant-leaders, that's what we want them to try to do," he said. We want to sustain the momentum of a generation that believes in giving back."

He added that as a father of two college-age kids, one who's a senior at West Point and one who's already graduated and is serving a year abroad, "I know the mindset of this generation, and it's incredibly inspiring. We want to build on that momentum and help young people realize their full potential."

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# News Briefs

### *Gold Star Banner To Fly On Post Flagpole Tuesday*

Tuesday is a day set aside to honor and recognize the spouses of fallen service members, otherwise known as Gold Star Spouses. As a symbol of recognition, the Gold Star banner will fly at the main post flagpole that day. For more information on the Gold Star Spouses, visit http://www.army.mil/goldstar.

### *JBSA Proud Week Cleanup*

Joint Base San Antonio conducts a Spring Proud Week Cleanup April 11-15 in order to promote pride and maintain a high beautification standard throughout JBSA. Proud Week provides a specified time period where resources are allocated to conduct general area building maintenance, environmental maintenance (landscaping), clean up of work areas and enhance the appearance of JBSA and its facilities. Key tasks will be to remove trash, old furniture, fallen tree limbs, brush, grass from sidewalks and non-household trash. Personnel will sweep sidewalks and curbs and conduct a general inspection of fields, streets and parking lots in areas of responsibilities to include assigned work areas, storage and maintenance areas. Bag and bundle all trashes appropriate and transport to trash collection points or nearest dumpsters. This is a four-phased operation (phases may overlap if additional time is required) that include pre-inspection, cleanup operation, final inspection and after-action review.

### *Claims Against Estate*

Anyone having property of, or to whom the late U.S. Army Lt. Col. Brandon Darby is indebted to, should contact Capt. Timothy Souza at building 2000, room 2203, 2108 Wilson Way or call 295-8940.

### *Motorcycle Safety Briefings*

The annual Joint Base San Antonio motorcycle safety briefings fulfill the annual requirement set forth in Air Force Instruction 91-207. Briefings are at 1 p.m. Friday at the Arnold Hall ballroom at JBSA-Fort Sam Houston; 10 a.m. Tuesday at Blesse Auditorium on JBSA-Fort Sam Houston and at 10

See NEWS BRIEFS, P6

# SOLDIERS ENJOY SAN ANTONIO SPURS MILITARY COMBINE

Spc. Steven Volrich (in red shorts) of U.S. Army Installation Management Command joins other Soldiers to defend a fast break at the San Antonio Spurs Military Combine under the watchful eye of Spurs assistant coach James Borrego (right) March 16 at the AT&T Center.

Soldiers from Fort Sam Houston listen to instructions from a member of the San Antonio Spurs coaching staff during the Spurs Military Combine March 16 at the AT&T Center. About 50 Soldiers took part in the event.

Staff Sgt. Gary Davis (left) of U.S. Army Installation Management Command, meets San Antonio Spurs forward Boris Diaw at the San Antonio Spurs Military Combine March 16 at the AT&T Center.

Davis goes through basketball drills at the San Antonio Spurs Military Combine March 16 at the AT&T Center.

The San Antonio Spurs mascot, the Coyote, entertains a baby at the San Antonio Spurs Military Combine March 16 at the AT&T Center. The Spurs ran 50 Soldiers through an assortment of drills that resembled an NBA practice session.

About 50 Soldiers from Fort Sam Houston participated in the San Antonio Spurs Military Combine March 16 at the AT&T Center. The event simulated a Spurs practice in which the troops exhibited the benefits of exercising.

**Photos by Tim Hipps**

Volrich (left) delivers a pass at the San Antonio Spurs Military Combine March 16 at the AT&T Center.

# Army Medicine 'legend' visits METC

**By Lisa Braun**
Medical Education and Training Campus Public Affairs

Then-Capt. Floyd Baker was a first-year surgical resident at Fitzsimons Army Hospital, Colo., in 1956 when he was told to set up and learn to operate a new piece of equipment: a pump oxygenator.

Baker retired, succeeded, thus becoming the first in the Army to use the machine, which does the work of both the heart to pump blood and the lungs to oxygenate the blood. The machine would continue to be used to save many lives.

A story about Baker and his past accomplishment ran in the Feb. 26 issue of the Joint Base San Antonio-Fort Sam Houston News Leader.

Baker, now a retired major general in his late 80s, and his wife, Dolly, were recent guests of Brig. Gen. Robert Miller, Medical Education and Training Campus commandant, and Command Sgt. Maj. Leon Archer, METC senior enlisted advisor, during a visit to METC at Joint Base San Antonio-Fort Sam Houston March 16.

Miller wanted METC students and staff to have the opportunity to meet this military medicine pioneer in person.

Retired Maj. Gen. Floyd Baker (left), the first Army medical officer to use a pump oxygenator, signs the article written about him in the Feb. 26 issue of the News Leader for Medical Education and Training Campus respiratory therapy student Spc. Omolade Adesua March 16.

"We are fortunate to have some of the legends of military medicine in our local community, and Maj. Gen. Floyd Baker is one of them," Miller stated.

Baker and his wife were given a mission brief and tour of the tri-Service schoolhouse, and the opportunity to share his story with the students firsthand.

During the visit to the Interservice Respiratory Therapy program, Baker toured the program's Intensive Care Unit laboratory before visiting a classroom filled with enthusiastic students.

As Miller introduced Baker and mentioned the recent News Leader article, Army student Spc. Omolade Adesua displayed her copy of the article to the delight of the visitors and her classmates. Her excitement at having Baker in her classroom was palpable.

"Not very often in one's career do they get a chance to meet a person who made a positive impact not only on the job, but also on humanity", Adesua said. "General Baker's resourcefulness and untiring effort at maximizing the machine's usefulness is truly hard to believe.

"What better fulfillment can one derive other than that derived from knowing that your decision to do something right is what is saving thousands of lives today? This has got me thinking and asking myself the question, 'what am I doing to make my community and world a better place?' A question that I hope to answer every day in this chosen career. This is indeed a legacy!"

Classmate Sgt. Shaquisha Lor shared Adesua's excitement.

"I found General Baker and his visit to be incredible and an eye-opening experience for us future respiratory therapists," Lor said. "I was intrigued when I read that he used his wife's sewing machine to make a filter and I had to find out how he accomplished this mission. When he explained it to me, it was like he was reliving the moment and I could see the passion."

In the cardiovascular technician program, Baker toured the cardiac catheterization lab and fluoroscopy suite and the advanced cardiac life support trainer suite where he observed a demonstration of the cardiac catheterization simulator.

The simulator, one of only two in use in the country, offers students the realistic experience of inserting a catheter into a "patient" prior to working on live patients in a clinical setting.

Baker also visited the METC surgical technologist program where he toured the operating room and sterilization laboratories. He also took the opportunity to talk to students in the classroom.

When asked by one student what they could do as surgical techs to make it easier for him as a surgeon, he replied, "Just be professional." Baker then explained that part of being professional is to keep their attention focused on the case at hand, not letting themselves be distracted by other thoughts.

Baker later admitted that he enjoyed reminiscing about his days as a surgeon.

"I must say that I felt a good deal of nostalgia, especially during our visit to the surgical technologist program," Baker said. "It would be great to be in the operating room again with scalpel in hand."

Retired Maj. Gen. Floyd Baker (right) is shown how mock surgery is performed during a visit to the surgical technician program at the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston March 16.

"I am awed by what has happened to our medical education programs in the past 30 years. We have occasionally gotten glimpses of some of the changes but have had no idea of the magnitude nor sophistication."

He added, "It was such a joy to see and talk a bit with so many bright eyed enthusiastic students. It is comforting to know that the troops are going to have such top notch medics looking after them and that the physicians are going to be supported by staff members who have been so extensively trained."

Miller felt that Baker's visit was a benefit to METC staff and students.

"The true beneficiary was our students who had the chance to meet and talk with this great physician and leader. I know it was as inspirational for them as it was for me."

**Photos by Lisa Braun**

Petty Officer 1st Class Aldrin Augustus (right), Medical Education and Training Campus cardiovascular technician instructor and Navy service lead, demonstrates the cardiac catheterization simulator to retired Maj. Gen. Floyd Baker March 16. The simulator, one of only two in use in the country, offers students the realistic experience of inserting a catheter into a "patient" prior to working on live patients in a clinical setting.

# 502ND AIR BASE WING LEADERSHIP SIGNS ON WITH AFAF

**Photo by Steve Elliott**

(From left) Fil Jimenez, 502nd Air Base Wing technical director; Brig. Gen. Bob LaBrutta, 502nd ABW and Joint Base San Antonio commander; and Chief Master Sgt. Stanley Caddell, 502nd ABW command chief, sign their Air Force Assistance Fund pledge forms at the Evans Theater on JBSA-Fort Sam Houston after the March 24 commander's call. The AFAF runs through April 29. For more information, contact unit points of contact or visit http://www.afassistancefund.org.

# ARMY NORTH PARTICPATES IN NATIONAL HURRICANE CONFERENCE

Mike Broadbent (right), U.S. Army North operations directorate at Fort Sam Houston, speaks with a guest from the Defense Logistics Agency at the National Hurricane Conference in Orlando, Fla., recently. ARNORTH representatives attended the conference to improve on their hurricane preparedness, response, recovery and mitigation. They also participated in forums with federal, state, and local officials to exchange ideas and develop recommendations.

**Photo by John Gross**

# AMEDD MUSEUM GETS NEW ADDITION

The U.S. Army Medical Department Museum at Fort Sam Houston received its latest addition March 8 in a 35-ton M-4, or Armored Treatment and Transport Vehicle. The ATTV was a prototype that was studied in order to provide medical care for wounded Soldiers. The vehicle was ultimately not adopted by the U.S. Army and was surpassed by the M1133 Medical Evacuation Vehicle, part of the Stryker vehicle series.

**Courtesy photo**

## News Briefs

Continued from P3

a.m. Thursday at Fleenor Auditorium on JBSA-Randolph. For more information, call 671-5581.

***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 on assignment or scheduled to deploy. For a complete listing and check-list of the OCS requirements and forms, visit https://www. hrcapps.army.mil/site/protect/ branches/officer/Operations/Ac-cessions/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.

***Check 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 that their CACs and military IDs expire and schedule renewal appointments appropriately. Appointments can be made online at https://rapids-appointments.dmdc.osd.mil.

# Patch ceremony held for 206th Military Intelligence Battalion's alignment with 116th MI Brigade

**By Monica Yoas**
470th Military Intelligence Brigade Public Affairs Joint Base San Antonio-Fort Sam Houston

The 206th Military Intelligence Battalion left the 470th MI Brigade to join the ranks of the 116th MI Brigade during a patch ceremony held at Fort Hood, Texas March 16. The unit is being aligned under the 116th MI Brigade for its aerial capabilities in support of unified land operations and joint requirements.

Col. Adam R. Hinsdale, 116th MI Brigade commander, served as the reviewing officer for the ceremony. He removed the 206th MI Battalion patch and replaced the leaderships' patches with the 116th MI Brigade shoulder sleeve insignia for both Lt. Col. Shawn Barnes, 206th MI Battalion Commander and Command Sgt. Maj. Lee Yoneyama.

"The 206th Military Intelligence Battalion is strong" Hinsdale said. "Our No. 1 priority is that you be successful and have the support to do what you joined the Army to do."

He concluded by confirming to the unit that the 116th MI Brigade leadership would ensure families are taken care of prior to their deployment. Col. Hinsdale credited the 206th MI Battalion leadership and unit initiatives for the smooth transition of command.

Col. James C. Royse, 470th MI Brigade commander, attended the ceremony accompanied by his wife, Toni, along with 470th MI Brigade Command Sgt. Maj. Anthony Torres.

**Photo by Army Staff Sgt. Toaono Best**
Col. Adam R. Hinsdale (center), commander of the 116th MI Brigade, served as the reviewing officer for the patch ceremony at Fort Hood, Texas, March 16.

**Photo by Monica Yoas**
Col. Adam R. Hinsdale (left) removes the 206th Military Intelligence Battalion patch March 16at Fort Hood, Texas, and replaces the leaderships' patches with the 116th MI Brigade shoulder sleeve insignia for both the 206th MI Battalion Commander Lt. Col. Shawn Barnes (center) and Command Sgt. Maj. Lee Yoneyama (right).

# JBSA April events focus on child safety, welfare

**By Robert Goetz**
JBSA-Randolph Public Affairs

Classes that help couples manage their emotions and improve their parenting skills are provided on Air Force installations throughout the year, but activities throughout Joint Base San Antonio this month will especially shine a light on the welfare of children.

"Zumbathons" at JBSA-Fort Sam Houston and JBSA-Randolph and family festivals at both JBSA locations will headline events observing Child Abuse Prevention Month and Month of the Military Child.

Both Zumbathons are set for Saturday, from 9:30-11:30 a.m. at JBSA-Fort Sam Houston's Jimmy Brought Gym and 11:45 a.m. to 1 p.m. at JBSA-Randolph's Rambler Fitness Center.

"The Zumbathon is meant to raise awareness of child abuse and child abuse prevention," said Norma Leal, JBSA-Fort Sam Houston Family Advocacy Program outreach manager. "Not only does this exercise offer a positive way for parents to release stress, it also promotes a healthy lifestyle and self-care."

Leal said Family Advocacy Program representatives will give parents tips during water breaks, offer resources and time-out suggestions and talk about the period of "purple crying," the time in babies' lives when they cry more than at any other time.

Angela Nance, JBSA-Randolph Family Advocacy Program intervention specialist, said Zumba and other forms of exercise help parents relieve the stress that comes with parenting and daily life in general.

"Exercise increases your overall health, your sense of well-being and improves your mood," she said. "We know parenting can be a challenge; however, incorporating exercise in your life can relax you and lower your stress level."

Nance said the Family Advocacy

See APRIL, P12

# BAMC EMPHASIZES PATIENT SAFETY AWARENESS

**Photo by Lori Newman**

(Above) Tables highlighting different aspects of patient safety were on display March 18 in the San Antonio Military Medical Center Medical Mall during an patient safety awareness event held in conjunction with Patient Safety Awareness Week, March 13-19.

**Photo by Lori Newman**

Army Col. Jennifer Bedick (left), Brooke Army Medical Center chief nursing officer, looks at a pharmacy display March 18 at the San Antonio Military Medical Center, Medical Mall during an event held in conjunction with Patient Safety Awareness Week from March 13-19. Tables highlighting different aspects of patient safety were on display and short talks were presented by staff members about the importance of safe patient care.

## 232ND MEDICAL BATTALION SPONSORS EASTER EGG HUNT

Elaina Wellman claims the sack race victory as more than 50 Soldiers and family members from the 232nd Medical Battalion at Fort Sam Houston had their second annual Easter Egg Hunt at Salado Park Saturday. After greeting the Easter Bunny, balancing spoons, and hopping through various races, families hunted for eggs.

**Photo by Jeannette Garcia**

# Serving is 'labor of love' for BAMC volunteers

**By Elaine Sanchez**
Brooke Army Medical Center
Public Affairs

Tony Meyer, a 30-year Navy veteran, serves as tour guide for a group at the Center for the Intrepid at JBSA-Fort Sam Houston March 23. Meyer, a Brooke Army Medical Center volunteer since 2004, was named Office of Volunteer Services' Volunteer of the Year for BAMC and will now vie for recognition honors at the JBSA-Fort Sam Houston and San Antonio United Way levels.

Joyce Earnest sat in the waiting area waiting anxiously for an update on her husband, who was undergoing bypass surgery in San Antonio Military Medical Center at Joint Base San Antonio-Fort Sam Houston.

The first person who came out to reassure her was not the doctor or nurse, she recalls, but a volunteer.

"I was so grateful for all of the care, especially from that volunteer … I decided that day to come back after I retired and give back," she said.

Twelve years later, in 2012, Earnest became the first volunteer clerk in the 2T intensive care unit.

"I love helping people – whether it's a patient or family member or the staff – using my knowledge and experience to be there for them, even if it's just holding someone's hand or providing a shoulder to cry on," she said.

Earnest is one of about 425 volunteers serving throughout the hospital and outlying clinics in every aspect of patient care, from caremobile drivers and front desk clerks to doctors and nurse midwives.

Most, donned in red, burgundy or blue vests, pop popcorn in the Medical Mall, listen to family members' concerns, guide people to appointments, serve in the ministry, provide wheelchair transportation or in-person escorts and pull records for patients – to name just a few of the jobs they do.

Situated in nearly every office and clinic, together, they give more than 80,000 hours of their time each year, said Michael Dulevitz, Brooke Army Medical Center volunteer services chief.

"The volunteers here amaze me every day with their dedication and caring," he said. "I attribute a great deal of our mission success to their service."

Most volunteers have military ties of some kind, while others are community members with a strong desire to give back, Dulevitz noted.

"It's a labor of love for both the staff who create the positions and the volunteers who serve in them," he said. "Our volunteers are incredibly selfless and caring, and are absolutely vital to the success of the hospital.

"They all really appreciate what the military has done and continues to do," he added. "They give back out of gratitude and a sense of service."

Tony Meyer, a 30-year Navy veteran, signed up to volunteer in 2004. He'd just retired for a second time from a business career, and missed the military's camaraderie and sense of service. He started as a caremobile driver, shuttling patients to and from the hospital's front door. He soon took charge of the program and built it up from four carts to 10, and from 16 drivers to 48. For his efforts, he was named Office of Volunteer Services Volunteer of the Year for BAMC. He will now vie for recognition honors at the JBSA-Fort Sam Houston and San Antonio United Way levels.

"I used to tell everyone that the military is not just a job, it's a way of life," said the former Command Master Chief of the Pacific Fleet Seabees, who currently serves as a tour guide at the Center for the Intrepid. "I'll volunteer for as long as they'll have me."

Linda Sanders, whose husband is an Air Force retiree, offers coffee and refreshments donated by the Ministry Department to family members with loved ones in surgery. "We do our best to take care of families during a stressful time," she said as she offered a cup of coffee and a cookie to a visitor at the post-anesthesia care unit volunteer station here.

Sanders said she always carries a few extra cookie boxes just in case they run out. "We grandmas always feel you can't have too many cookies. It may be a small thing, but I hope it makes a difference for these families."

Shirley Adcock, volunteer at the U.S. Army Institute of Surgical Research Burn Center, offers comfort to family members waiting to see their loved ones after surgery or a treatment. When the waiting room is empty, she reaches for the knitting needles and sews hand-crafted dolls and stuffed animals that she donates to the pediatric hematology/oncology clinic.

At 88 and "with nothing left to buy, this gives me something to do," she said with a smile. With a passion for volunteer work and knitting, Adcock said she's here to stay.

Linda Sanders (left) and Jerry Ramirez right), Department of Ministry volunteers, assist Harold Larkin (center) in the post-anesthesia care unit volunteer station at San Antonio Military Medical Center March 22. Sanders and Ramirez are among the volunteers who offer refreshments to family members waiting for loved ones in surgery.

Earnest also plans to stay for "as long as they'll have me." As a clerk in the ICU, she feels she's paying it forward by keeping families updated about their loved ones, just as the volunteer did for her 12 years ago. "When patients come to the ICU it's often a trauma situation and any information you can provide to the families, that they can cling to, is good," she said.

"It's incredibly rewarding to give back and feel like you're making a difference."

Whether retired military or a family or community member, BAMC always has room for more volunteers, Dulevitz noted. "Our doors are always open for people wanting to give back to the military," he said.

For more information about becoming a BAMC volunteer, call 916-5388.

**Photos by Robert T. Shields**

Volunteer Joyce Earnest (right) assists San Juana Hernandez (left) and Nayeli Perez (center) in the 2T intensive care unit at San Antonio Military Medical Center March 23. Earnest is one of about 425 volunteers serving throughout the hospital and outlying clinics in every aspect of patient care, from caremobile drivers and front desk clerks to doctors and nurse midwives.

# Service members have alternatives to predatory lenders

**By Robert Goetz**
JBSA-Randolph Public Affairs

For military members, financial preparedness is one of the pillars of mission readiness, but it can often be undermined by the predatory lending practices of some financial institutions.

These practices include charging high interest rates on mortgages and other loans, assessing fees that are higher than normal and selling unnecessary products.

One of the most insidious forms of predatory lending is the so-called "payday loan," a cash advance typically characterized by exorbitant interest rates and excessive fees.

"Payday loan places are notorious for predatory practices," said Bob Williams, Joint Base San Antonio-Randolph Military & Family Readiness Center community readiness consultant. "Their interest rates can exceed 700 percent. In many cases, a person would never be able to pay that off."

According to the Consumer Financial Protection Bureau, a payday loan is a short-term loan, generally for $500 or less, that is typically due on the borrower's next payday and includes a finance charge ranging from $10 to $30 for every $100 borrowed.

Young service members with limited or no credit history and a modest income are especially vulnerable because these loans only require personal identification, a checking account and income from a job or government benefits, Williams said. The borrower may lack the financial resources to pay the loan when it is due, resulting in installments paid over a longer period of time that only satisfy interest requirements and far exceed the loan amount.

A similar loan that is common this time of year is the tax refund anticipation loan, a short-term cash advance against a borrower's expected income tax refund that is offered at high interest rates.

Fortunately, military members are afforded some protection against predatory loans such as payday loans, tax refund anticipation loans and car title loans, which also have extremely high annual interest rates that trap borrowers in a cycle of debt, Williams said.

"Under the Military Lending Act of 2007, military members can be charged no more than 36 percent interest," he said, which is far less than triple-digit interest rates paid by civilian borrowers.

The act also prohibits rollover loans unless the new loan results in more favorable terms, mandatory waivers of consumer protection laws, mandatory arbitration and prepayment penalties.

However, there are better ways to secure funds in times of emergency than a loan with a 36 percent interest rate ceiling, Williams said.

"That's where the Air Force Aid Society (and Army Emergency Relief) steps in – to assist military members and their families who face financial crises such as funeral expenses, illnesses, dental or eye care and vehicle repairs," he said. "We encourage people to see us. In many instances, we can help."

AFAS and AER officers are typically found at installation military and family readiness centers.

The AFAS' Falcon Loan is an interest-free loan that provides borrowers up to $750 for emergency situations, Williams said. Other no-interest loans are also available. AER also has a variety of interest-free loans available to assist with different emergency financial needs.

Other alternatives include loans from banks and credit unions, including those located on military installations, and lower-interest credit cards, he said.

Education plays an important role in the military's efforts to help service members become financially adept and avoid predatory lending practices, Williams said.

"We have a First Term Airman Center class for our new first-duty-station enlisted personnel the second Monday of every month and the First Duty Officers Financial Class for first-duty-station officers the third Tuesday of every month," he said. "These mandatory classes are scheduled every month and they cover a wide area of financial information to include predatory lending."

The armed services also dedicate one full week each year to a range of financial education topics during Military Saves Week, and military and family readiness centers offer financial education classes and one-on-one counseling to Department of Defense ID cardholders throughout the year. During counseling sessions, military members and their families as well as DOD ID cardholders learn how to set budgets so they can save money for emergencies.

"There's a lot we try to give our customers so they can be mission-ready," Williams said. "Part of that is being financially ready. Our goal is to provide assurance to our military and family members that they can be mission ready, no matter what the need."

For more information about AFAS, visit http://www.afas.org or call 671-3722 for JBSA-Lackland or 652-5321 for JBSA-Randolph. For information about the AER, visit http://www.aerhq.org or call 221-1612 at JBSA-Fort Sam Houston.

# *Exchange's 'You Made the Grade' program rewards military students*

**By Julie M. Mitchell**
AAFES Public Affairs

For military students, making multiple moves with their active-duty parents is just a part of life. In fact, military children typically move six to nine times by the time they've completed 12th grade, according to the Military Child Education Coalition.

The Army & Air Force Exchange Service appreciates the sacrifices military students make and is rewarding young scholars who excel in the classroom with its You Made the Grade program, now in its 16th year. Students in first through 12th grades who maintain a B average or better are eligible to receive a coupon book filled with free offers and discounts from the Exchange.

"Military students face greater challenges than their civilian counterparts, including coping with separation from parents who are deployed and switching schools during moves to new duty stations," said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. "These students deserve to be rewarded for their hard work, and for 16 years, the You Made the Grade program has been a favorite among military families."

The You Made the Grade booklet includes coupons for free food such as a Burrito Supreme or Taco Supreme from Taco Bell; a small chicken Philly sandwich at Charleys; a Chicken Po'Boy at Popeyes; and a bacon double cheeseburger and small fry from Burger King.

Students who make the grade will also score Snack Avenue coupons for a free fountain drink, including the Yeti frozen carbonated beverage, and a complimentary hot dog or roller grill item. Other offers include discounts on backpacks, shoes and more. Offers are valid through July 30.

The booklet also includes an entry form for the You Made the Grade semi-annual sweepstakes. Scholars can enter to win Exchange gift cards worth $2,000, $1,500 or $500. Entries can be submitted twice a year, with drawings typically held in June and December. The most recent sweepstakes winners were students from Wright-Patterson Air Force Base, Ohio; Camp Casey, South Korea; and Joint Base Andrews, Md.

Students, including those who are home schooled, can receive a You Made the Grade coupon booklet by presenting a valid Department of Defense ID and proof of an overall B average at their nearest Exchange customer service area. Eligible students can pick up one booklet for each qualifying report card.

Students and guardians can check with their local Exchange store manager for more information about the Exchange's You Made the Grade program.

Students can send You Made the Grade sweepstakes entry forms, which are included in the coupon booklets, to: You Made the Grade, PO Box 227398, Dallas, TX 75222-7398.

# What is #STOP107?

**By Daniel R. Katka**
Sexual Assault Prevention and Response Deputy Program Director & Community Relations Director 502nd Air Base Wing

By now, you've probably seen a red and black "#STOP107" sign at one of the Joint Base San Antonio locations.

You may have even called the telephone number listed on the sign (808-8986) to find out what it means. If you did, you found out that every 107 seconds someone in the United States is sexually assaulted. Yes, you read that right, every 107 seconds!

Below is an excerpt from the Rape, Abuse and Incest National Network's website (http://www.rainn.org) explaining where this staggering statistic comes from:

**How often does sexual assault occur?**
There is an average of 293,066 victims (age 12 or older) of rape and sexual assault each year.

**Every 107 seconds, another American is sexually assaulted.**
Here's the math. According to the U.S. Department of Justice's National Crime Victimization Survey, there are an average of 293,066 victims (age 12 or older) of rape and sexual assault each year. There are 525,600 minutes in a non-leap year. That makes 31,536,000 seconds/year. So, 31,536,000 divided by 293,066 comes out to one sexual assault every 107 seconds.

**There is some good news.** Sexual assault has fallen by 49 percent in recent years.

Because of the progress made in the last 20 years, there are an estimated 5.5 million less Americans who have become victims of sexual violence.

While we should be happy that we're making progress, we are still a very long way from solving this problem.

(The entire article can be found at https://rainn.org/get-information/statistics/frequency-of-sexual-assault.)

So, the mystery of "#STOP107" is solved.

Unfortunately, the issue it references isn't.

But, what if we could stop a sexual assault from happening by the 106th second? What if 107 never happened? Would you stop it from happening if you could? It will take courage to tell others to stop inappropriate behaviors.

It will take guts to step in if you see someone in trouble. But, no matter what military uniform we wear, if we help each other, if we watch each other's backs, then we can stop 107 from happening. 107 needs to stop. We can do it! Do YOUR part … STOP 107!

The JBSA Sexual Assault Prevention and Response program is committed to supporting those affected by sexual violence and putting an end to this horrific crime. April is Sexual Assault Awareness and Prevention Month and the #STOP107 initiative complements the Department of Defense's SAAPM campaign: "Eliminate Sexual Assault; Know Your Part, Do Your Part."

Throughout the month, there will be many events promoting awareness and educating the community on sexual violence. There will be information tables set up every week at each location at exchanges, fitness centers, dining facilities and shoppettes. Talk with a staff member or volunteer to learn more.

To report a sexual assault, call the JBSA 24/7 Sexual Assault Crisis Hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247. For more information, call the JBSA-Randolph SARC office at 652-4386, JBSA-Lackland office at 671-7273 or JBSA-Fort Sam Houston office at 808-8990.

# Joint Base San Antonio Sexual Assault Awareness a

**Friday**
***Sexual Assault Awareness and Prevention Month Proclamation Ceremony***

Academic Support Building, building 1467, Joint Base San Antonio-Fort Sam Houston, 1:30 p.m. Senior leaders from each service branch will come together to mark April as Sexual Assault Awareness and Prevention Month for the Joint Base San Antonio community. Open to the public. Register at https://einvitations.afit.edu/inv/anim.cfm?i=279672&k=0064B0F7C55.

**Thursday**
***"The Hunting Ground"***

Dormitory dayroom, 525 C Street East, JBSA-Randolph, 6-8 p.m. "The Hunting Ground" viewing and discussion. An expose of rape crimes on U.S. college campuses, the viewing of the film will be followed by interactive discussion. Refreshments and/or small giveaways may be provided. For more information, call 652-4386 at JBSA-Randolph or 875-1284 at JBSA-Fort Sam Houston.

**April 8**
***"Strike Out Sexual Assault" Bowling Event***

JBSA-Fort Sam Houston Bowling Center, 2521 Schofield Road, noon. Join in the fun at this year's "Strike Out Sexual Assault" bowling event. Awards and door prizes to be given. Open to all Department of Defense ID cardholders and dependents. To register, call 336-4532 (Army), 513-309-0142 (Navy) and 919-344-2254 (Air Force). Bowlers must pay for ticket at registration.

**April 9**
***Second Annual Student Poetry Slam***

Medical Education and Training Campus Student Activity Center basement, JBSA-Fort Sam Houston, 6 p.m. In honor of Sexual Assault Awareness and Prevention Month, this poetry competition will feature original works by METC students while their peers judge from the audience. Army, Air Force and Navy students are all welcome. Free food, drinks and door prizes. For more information, call 542-4115.

**April 15**
***"Kill the Silence. A Survivor's Life Reclaimed"***

Brooke Army Medical Center Auditorium, JBSA-Fort Sam Houston, 2 p.m. Guest speaker Monika Korra is the founder and chief executive officer of The Monika Korra Foundation. After she was kidnapped and raped in 2009, she decided she would not live her life defined as a victim. She has grown into a national speaker and author since her trauma, empowering others who hear her. Open to the public.

**April 16**
***Color Run SAAPM 5K Run/Walk***

Aquatics Center, JBSA-Fort Sam Houston, 9 a.m. A SAAPM 5K "Paint the Post TEAL!" color run/walk to raise public awareness and spread the message about the prevention of sexual violence. Free race, food, drinks and door prizes; must register online at https://www.athleteguild.com/running/fort-sam-houston-tx/2016-saapm-5k.

**April 20**
***"Netsmartz"***

Military & Family Readiness Center, building 2797, JBSA-Fort Sam Houston, 10 a.m. and 1:30 p.m. Provided by the Texas Office of the Attorney General Criminal Investigations Unit, session will cover human trafficking, exploitation, online privacy, reputations, cyberbullying, sexting and online predator situations. Sponsored by the 106th Signal Brigade. Call 221-1919 for more information.

**April 21**
***"Gender Violence as a Leadership Issue" by Jackson Katz, Ph.D.***

Blesse Auditorium, building 2841, JBSA-Fort Sam Houston, 10:30 a.m. Katz is a nationally acclaimed speaker and activist against sexism and gender violence. His works include the award-winning film "Tough Guise" and book titled The Macho Paradox. He will speak to senior leaders, SAPR/SHARP program personnel and other personnel who work in the area of violence prevention.

# Event recognizes importance of wingmen all year #notjustApril

**By Tech. Sgt. Bryan Franks**
Secretary of the Air Force Public Affairs Command Information

Senior leaders kicked off the Air Force's Sexual Assault Prevention and Response #notjustApril campaign March 17 during an event at the Pentagon.

The Secretary, Chief of Staff and Chief Master Sgt. of the Air Force joined other Airmen to read testimonies from sexual assault survivors and discussed Airmen's roles in supporting sexual assault survivors and preventing this crime.

The event promoting the #notjustApril campaign came in front of the Department of Defense's official recognition of Sexual Assault Awareness Month in April to highlight the importance of Airmen's engagement all year.

Using the Air Force core values as the foundation for her comments, Air Force Secretary Deborah Lee James said integrity is imperative in this issue and the Air Force needs to look in the mirror and accept the fact that there is a problem.

"I think it's getting better," James said. "However, we need to look at ourselves and our shortcomings and identify ways we can continue to improve."

James went on to say that Airmen's 'service before self' is not only answering the nation's call to serve, but also the call to serve each other.

"Survivors of sexual assault deserve the support of the institutional Air Force, but they also deserve the support of their peers and their wingmen," James said. "Wingmen play a vital role in building and restoring units' climate and in supporting victims in their recovery."

James challenged leaders from commanders to frontline supervisors to demonstrate excellence by setting a professional atmosphere, enforcing the standards of conduct, and being prepared to walk the walk.

Chief of Staff Gen. Mark A. Welsh III spoke about members of one Air Force – active duty, Air National Guard, Air Force Reserve, officer, enlisted and civilian Airmen – who stand side by side and shoulder to shoulder to provide whatever is needed to prevent sexual assault.

"We have lots of numbers in the business, as we track different things," Welsh said. "I would offer to you that the only number that really matters is one. One victim, one criminal, one event, one life shattered, one family shattered, one unit forever affected … now multiply that one person by all the lives that they touch and then multiply that number by 2,400. That's the impact."

**Photo by Scott M. Ash**

Chief Master Sgt. of the Air Force James A. Cody shares a story that influenced him, both as a senior enlisted leader and the father of a college-aged daughter, during a Sexual Assault Awareness Month event at the Pentagon March 17. The event included participants who read actual testimonials of victims.

Welsh also said that prevention starts with averting one sexual assault, and it must continue one by one until all are stopped.

"It's about one and the only number more significant than that one is zero," Welsh said. "When we get there, we will celebrate and we will work harder the next day to make sure it stays there."

Chief Master Sgt. of the Air Force James A. Cody said that in his time as the highest ranking enlisted member in the Air Force, he has evolved how he looks at sexual assault prevention after hearing a friend's story.

His friend's daughter was excited about joining the Air Force, but as she was getting ready to leave home, she told her father she was afraid of being raped. When her father asked why, she confided she had been sexually assaulted at a high school party after having a drink.

Despite their great relationship, she had been ashamed to tell her father before because he had warned her not to drink and how to dress, and she blamed herself.

That's when Cody realized he had often said the same things to his daughter.

"I wasn't helping her be any safer," Cody said. "I was really just building up an environment where if something happened she couldn't feel she could come to me because I had already told her it was her fault every single time I watched her walk out that door."

Cody said the experience changed his dialogue with his daughter and helped him better understand prevention. They began talking about the wingmen she was going out with and who would have her back.

"You are going to go out, you are going to experience life," Cody said. "Our Airmen have to trust each other enough so they know we will always be there for each other. We're never ever going to blame them for something horrific that's happening. We are just going to be there to try and help them. We can never rewind the clock, but we can be there to support them."

# and Prevention Month Events

**April 23**
***"The Hunting Ground"***

12:30-2:30 p.m. - Evans Theatre, JBSA-Fort Sam Houston. "The Hunting Ground" viewing and discussion. An expose of rape crimes on U.S. college campuses, the viewing of the film will be followed by interactive discussion. Refreshments and/or small giveaways may be provided. For more information, call 652-4386 at JBSA-Randolph or 875-1284 at JBSA-Fort Sam Houston.

**April 29**
***The Fourth Annual "Drive Out Sexual Assault" Golf Tournament***

Gateway Hills Golf Club, JBSA-Lackland, 1 p.m. shotgun start time. The 4th annual Drive Out Sexual Assault Golf Tournament is an event to heighten awareness and show support to those affected by sexual assault. The format is a four person scramble with prizes for first-, second and third-place finishers, longest drive and closet to pin. Golf goodies and chances to win prizes. To register, email 502abw.cvk.ola@us.af.mil or call 671-7273. Registration ends April 22 and will be accepted the day of the event.

**Throughout April All JBSA Locations**
***Sexual assault awareness information tables***

Sexual assault awareness information will be distributed on base at various locations throughout April. Staff will share info about sexual assault realities, victim services and prevention tips.

***Sexual assault awareness ribbon, flag displays***

Teal is the color representing Sexual Assault Awareness Month. All JBSA locations will have teal ribbons and flags or special teal lighting to demonstrate support to those JBSA survivors recovering from sexual assault.

The Department of Defense 2016 SAAPM theme is "Eliminate Sexual Assault: Know Your Part. Do Your Part."

The JBSA SAPR hotline number is 808-7272.

Additionally, the other JBSA numbers are 808-8990 for JBSA-Fort Sam Houston, 671-7273 for JBSA-Lackland and 652-4386 for JBSA-Randolph.

Soldiers can call 221-0598, while Navy personnel can call 221-1496.

## APRIL from P6

Program will have a table outside the Zumbathon exercise room to provide information about child abuse and child abuse prevention as well as services and classes provided across JBSA.

Month of the Military Child will be observed at JBSA-Fort Sam Houston and JBSA-Randolph with family events.

JBSA-Fort Sam Houston Youth Programs will celebrate baseball opening day at 9 a.m. April 9 at the Dodd Field Youth Sports Complex. The event will feature music, information booths, food and games.

JBSA-Randolph Youth Programs will host its 20th annual Famaganza from 10 a.m. to 2 p.m. April 9 at the Youth Programs complex on Main Circle. The event will include food, games, bounce houses, arts and crafts, entertainment, demonstrations, a book fair and information booths.

The month's events will also feature classes offered throughout the year at JBSA-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph. These include "Master Your Emotions," "Effective Communication," "Stress and Time Management," "Love and Logic" and "Anger Management."

Nance said the JBSA locations will again join the Cardboard Kids Campaign created by ChildSafe, a Bexar County trauma-focused care center for child victims and child survivors of abuse and neglect and their non-offending family members.

According to ChildSafe, Cardboard Kids are "2-foot-tall cardboard figures shaped like children that represent one of the thousands of children that are abused and neglected at the hands of adults in our community each year."

Starting April 7, the Cardboard Kids will be seen at locations throughout JBSA, Nance said.

"You'll see them at banks, child development centers, youth centers, base and post exchanges and commissaries," she said. "Each Cardboard Kid will have a child's first name on it. When you turn it over, you'll see a message asking you to join in the campaign to stop child abuse."

Nance said the purpose of the campaign is to "bring awareness to the different kinds of abuse that children in Bexar County have suffered."

"In 2014, there were more than 5,000 documented cases of child abuse in Bexar County," she said.

JBSA is also part of Prevent Child Abuse America's Pinwheels for Prevention campaign, Nance said. Blue pinwheels will be placed at locations throughout JBSA.

"The color blue represents child abuse awareness," she said.

JBSA-Randolph will also present two Child Development Lunch and Learn sessions at the Child Development Annex on H Street, Nance said. The sessions are "Nutrition and Development" from 11:30 a.m. to 1 p.m. April 14, presented by Capt. (Dr.) Sarah Donigan, San Antonio Military Medical Center pediatric resident, and "Child Maltreatment Recognition" from 12:30-2 p.m. April 28, presented by Dr. Shelly

See APRIL, P17

# Secretary of the Air Force visits FOB of the Future

**By Staff Sgt. Marissa Garner**
JBSA-Lackland Public Affairs

Secretary of the Air Force Deborah Lee James visited the 319th Training Squadron's Forward Operating Base of the Future site at Joint Base San Antonio-Lackland March 22.

The FOB of the Future, located at the 737th Training Group's Basic Expeditionary Airmen Skills Training, or BEAST, site, is an energy saving initiative that reduces the use of non-renewable energy used at the site by the addition of solar power technologies, according to 1st. Lt. Jason Goins, Air Force Research Lab's Advanced Power Technology Office project engineer who helped the FOB of the Future go from a concept to reality.

"The project will completely modernize one zone of the BEAST complex to demonstrate the benefits associated with smart controllers, microgrids, advanced batteries, solar cells, improved HVAC units, and other energy efficiencies," Goins said.

"Our goal in these kinds of demonstrations is to prove that we can generate electricity on site and control it in such a way that our operations continue no matter what the circumstances," said Lt. Col. Scott Fitzner, AFRL material leader and contributor to the project.

James spoke to trainees currently attending the course at the BEAST complex about the significance of innovation in regard to the safety and operation of military installations around the globe, as the Air Force currently relies heavily on diesel generators to provide installation and operational power.

"I want to impress upon each and every one of you energy is integral to everything that we do in the Air Force," James said. "Our installations are critical to Air Force and joint military operations around the world and our networked total force requires uninterrupted access to energy to fulfill our missions.

"We are a very busy Air Force. More resilient, cleaner cost effective energy resources utilizing innovative technologies will play a vital role in ensuring that we remain strategically agile to meet the demands of today and to also prepare for the challenges of tomorrow."

Traditionally, FOBs in deployed locations rely heavily on diesel generators to provide installation and operational power. Additionally, military convoys are commonly used to supply diesel fuel in contested FOB environments, exposing service men and women to further danger. The AFRL's Advanced Power Technology Office hopes to develop technologies from this prototype to develop a world-wide roll-out of this energy-saving concept, according to Goins.

The demonstration location provides an excellent opportunity to foster and grow an energy-aware culture and consciousness in the 33,000 Air Force enlisted recruits that train at the BEAST facility each year, according to 737th TRG leaders.

Building a prototype of this vision now helps guide remaining technology maturation efforts and potentially accelerates the modernization of FOB, Goins said.

"Through renewable and advanced energy technologies, we can ensure our bases have the power to execute their missions, even when traditional energy resources are disrupted," James said. "The same technologies, self-sustaining approach, and energy-aware culture we're demonstrating here at BEAST are just as important across all our bases."

The project falls in line with the U.S. Air Force Energy Strategic Plan, which seeks to improve resiliency, reduce demand and foster an energy aware culture.

The FOB of the Future will undergo a 12-month demonstration or trial run. Data will be compared to a baseline site and evaluated for its effectiveness in its ability to meet energy demand reduction goals. If successful, this project could potentially expand across the Air Force at other deployed locations across the globe.

"If we make these zones 50 percent more efficient, that is a significantly less amount of fuel that we have to convoy in to sustain forward operating base locations, Fitzner said. "We view this as critical to not only reducing our operating costs of these forward operating bases, but also in protecting the lives of our service members."

**Photos by Johnny Saldivar**

Staff Sgt. Britney Simpson (left), 319th Training Squadron military training instructor, briefs Secretary of the Air Force Deborah Lee James on the anti-terrorism course taught at the Basic Expeditionary Airmen Skills Training Course March 22 at the 319th TRS at Joint Base San Antonio-Lackland. James visited the 37th Training Wing to learn about the Forward Operating Base of the Future project, a joint venture with the Air Force Research Lab and the University of Dayton Research Institute which converted one zone of the BEAST complex to generate onsite power from renewable energy.

Secretary of the Air Force Deborah Lee James speaks with 1st Lt. Jonathan Goins (right), energy and environment research engineer with the Air Force Research Lab, about the process of converting an area of the Basic Expeditionary Airmen Skills Training site to operate completely on solar power March 22 at the 319th Training Squadron at Joint Base San Antonio-Lackland. James visited the 37th Training Wing to learn about the Forward Operating Base of the Future project, a joint venture between the AFRL and the University of Dayton Research Institute which converted one zone of the BEAST complex to generate onsite power from renewable energy.

# How the Edwards Aquifer affects everyone

**By Brian Hummel**
Pollution Prevention Manager and
Aquifer Recharge Specialist
502nd Civil Engineer Squadron

Joint Base San Antonio is celebrating Earth Day and National Environmental Education Week by publishing an environmentally focused article each week in April.

Earth Day is April 22, but since there is only one earth, we should treat every day as Earth Day and incorporate earth-friendly actions into our everyday lives.

Water is vital for all the plants and animals on the earth, including humans, but what we might not know is where much of Central Texas gets its water and how it gets there.

Directly under much of Central Texas lies the Edwards Aquifer, one of the most abundant artesian aquifers in the world. Water from the Edwards Aquifer bubbles up from the ground in numerous significant springs that provided water to Native Americans for thousands of years.

Along with prehistoric stone tools, there are bones of mastodon, dire wolves, giant tigers, Colombian elephants and extinct horses indicating that these springs were attractive to wildlife as well as ancient humans.

Central Texas currently has a hot, semiarid climate and clean water is vital for people, plants and other wildlife. These springs are the reason many Central Texas cities are located where they are and why the Spanish chose to establish San Antonio in the early 1700s.

Water that lands directly over the 800,000-acre recharge zone has the opportunity to infiltrate directly into the Edwards aquifer, but this is just 18 percent of the story.

When rain falls onto our porous uplands anywhere in the contributing zone (a 3.45-million acre drainage area), millions of gallons filter into the Upper Edwards Water Table Aquifer. If there is more rain than can be immediately absorbed in the contributing zone, surface water flows downhill until it crosses the recharge zone and it has another opportunity to get into the Edwards aquifer.

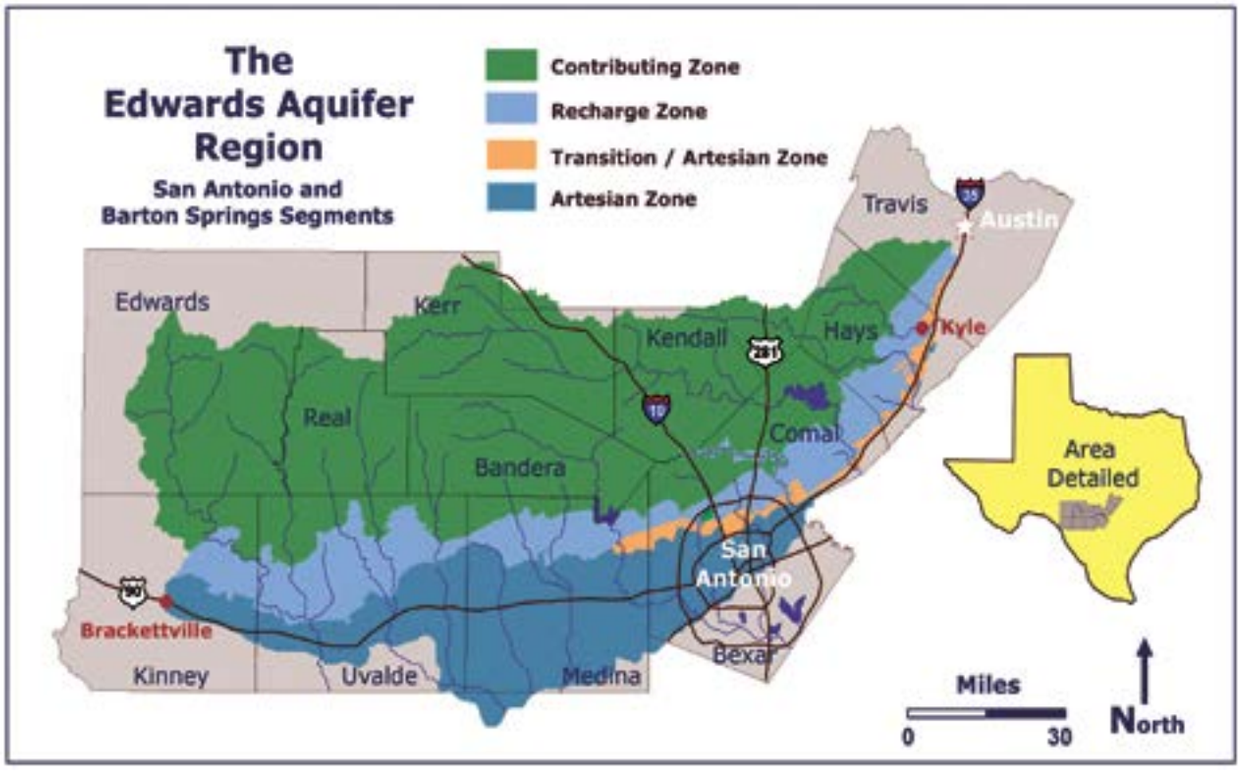
If too much rain comes down too fast, muddy flash flooding occurs like what happened last May and October. When this happens, all the rain quickly rushes down the rivers and spends too little time over the recharge zone to recharge significant volumes of water.

If we implement land management practices that slow, spread and sink water into the contributing zone uplands, we dramatically raise the groundwater tables and release this water as crystal clear spring flow.

Because this water flows out of the water table springs for days, weeks and months after the rains have gone, this naturally filtered spring water flows into the creeks as base flow and these creeks flow over the recharge zone for much longer periods of time, recharging significantly more water into the Edwards Aquifer than if it rushes by during a flood.

This is how we are working to secure sustainable groundwater supplies for JBSA which will be discussed in more detail in forthcoming articles.

The early Spanish settlers brought the knowledge of how to construct large scale irrigation systems called acequias, or aqueducts, and they started one of the earliest engineered water projects in North America.




They constructed many miles of acequias that slowly transported water long distances through water harvesting ditches with a very minimal slope. This irrigation network brought water to the early Missions and slowed, spread and sunk runoff into the landscape like the veins of a leaf spreading water throughout the leaf landscape.

This water was used to irrigate approximately 3,500 acres of cropland. JBSA-Sam Houston has a section of these acequias running through it, but this section is no longer active. You can see numerous examples of early Spanish acequias around the city and several of these aqueducts are still functioning today after 300 years of use.

The San Antonio Missions were just named the first "World Heritage Site" in Texas and you can visit these sites that are managed by the National Park Service.

Three hundred years later, we continue to use a similar technique to slow, spread, and sink storm water runoff into the landscape as free gravity powered irrigation.

In front of the Quadrangle, you can see a grant-funded project that uses the runoff from the downspouts to deeply irrigate some small rainwater gardens filled with plants that have attracted butterflies and other pollinators since 2011.

In 2013, we got three grants to install rainwater irrigated gardens and rain barrels at each JBSA elementary school to help teach school children about the importance of the water cycle, native plants, and pollinators.

In 2015, we received a grant to install 1,600 feet of raised pollinator gardens laid out on contour near the Cunningham gate on JBSA-Fort Sam Houston. The 502nd Civil Engineer Squadron did the heavy lifting, delivering dirt that was excavated during the elementary school construction and laying the material out to make a raised water harvesting berm on contour.

Girl Scouts and volunteers from the Earth Repair Corps helped plant butterfly plants, cover crops and wildflower seeds that quickly vegetated the exposed soil without any artificial irrigation, whose roots tenaciously hold onto the soil and biologically filter pollutants from the runoff and whose blooms should provide food for pollinators for many years to come.

Each of these projects capture storm water runoff and use it as free gravity powered irrigation instead of rushing it to the San Antonio River and contributing to downstream flooding.

Water is a precious resource and if we use simple ancient practices, we can infiltrate many thousands of gallons of water with every inch of rain, create a healthier JBSA landscape with habitat for the monarch butterfly and other pollinators, reduce the volume of water we withdraw from the Edwards Aquifer and reduce the destructive flooding that comes with large rain events.

You can come and learn more about environmental issues and steps you can take to be friendly to our planet by attending one of our upcoming JBSA Earth Day events happening April 17-22.

# MICC headquarters officials develop application tool for simplified acquisitions

**By Ryan Mattox**
MICC Public Affairs

The development of a tool by a Mission and Installation Contracting Command headquarters team is quickly changing the way contracting professionals handle simplified acquisitions valued at less than $150,000.

Lucy Lopez, Raul Guerra and Wiley Cox, MICC Directorate of Contracting Operations field support team members created the Simplified Acquisition Price Analysis and Award Memorandum, which is a PDF-based tool for acquisitions valued at or less than the simplified acquisition threshold.

The team packaged a combination of existing documents into one interactive form that integrates regulatory requirements that must occur after a receipt of proposal for the award of purchase orders, task orders or delivery orders.

This solution provides verification that pre-solicitation requirements such as market research, consideration of mandatory sources and public notice of synopsis are complete. It also provides the identification of the method of competition and basis for award, and makes a determination of price reasonableness and contractor responsibility.

The team developed this as a solution to the findings by the concept of operations oversight and assessment team during its contract management reviews in the field as they revealed that 70 to 80 percent of all MICC actions at or below the $150,000 threshold.

This tool features error-checking, real-time reviews of all inputs, automatic generation of more than 40 advisory flags for contracting officers to consider prior to signature, and user guidance for further insight on conducting price analysis.

"This is what effective contracting is about – efficiency, standardization and the reduction of touch labor for our workforce," said Brig. Gen. Jeffrey Gabbert, MICC commanding general. "With as many simplified actions that we perform each year, this solution will have an impact on the way we execute our actions at this threshold. Under the MICC 2025 plan, this tool will have a great impact on our smaller offices. This will be the tool they use to perform their mission."

The central aspect is the pricing analysis function. Guerra developed this function with standardization as its centerpiece.

"We wanted to key in on price analysis," said Guerra, a price cost analyst. "During the oversight and assessment team's contract management reviews, the team found documentation for pricing analysis for simplified acquisitions was inadequate, and there were a significant number of findings in this area."

The field support team pulled records of simplified actions from past years to find patterns for any particular types of buys they could develop into training. It found a lack of standardization as the issue, so instead of creating more training, a solution was to develop a form for people in the field to consistently and accurately document the price analysis for these types of actions.

Since its introduction last month, the team has received praise from the field about features that have led to reduced touch labor and increased workforce efficiency.

The team inserted advisory flags to ensure contract specialists performed required documentation steps.

For example, a function was created to validate contractor registration, suspension and debarments, representations and certifications upon receipt of proposals during completion of the acquisition and again prior to award of the contract. An additional prompt advises contracting officers of the actions completed so that they may sign contracts with the assurance that contract specialists have completed the necessary steps.

"Through the course of seeking user feedback, we were able to derive secondary benefits of the new pricing tool," said Lopez, procurement analyst.

Most notably, Lopez said field-testing at MICC-Fort Drum in New York revealed the contracting office is now 100 percent compliant in checking the System for Award Management. The system combines federal procurement systems and the Catalog of Federal Domestic Assistance into one new system. Acquisition personnel are required to review this site prior to awarding any contract.

Lopez's role is ensuring the content used is compliant with governing regulations and policies and able to withstand any audit or review.

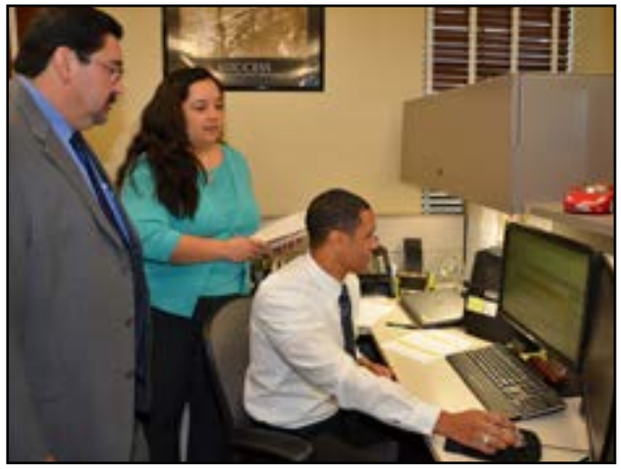


**Photo by Ryan Mattox**

(From left) Raul Guerra, Lucy Lopez and Wiley Cox review the Simplified Acquisition Price Analysis and Award Memorandum developed for acquisitions valued at or below the $150,000 simplified acquisition threshold Feb. 9 at the U.S. Army Mission and Installation Contracting Command headquarters at Joint Base San Antonio-Fort Sam Houston. Guerra is a cost price analyst, and Lopez and Cox are procurement analysts with the MICC Directorate of Contracting Operations field support team.

Incorporating the findings and inputs from Guerra and Lopez, Cox spent the next several months creating and testing the form.

"The great thing about this is it reduces time spent on reviewing simplified actions and frees contracting officers to perform more complex acquisition actions," said Cox, procurement analyst. "By employing drop-down menu choices, data cells that reconfigure based on user selections, and automatic sum tallying, this tool makes documenting price analysis much easier. And on a side note, this tool aids in the training of new acquisition personnel."

In May and June 2015, the team introduced a prototype of the tool to acquisition professionals from several MICC installations attending a cost and pricing workshop here. The team used their feedback and assistance in refining the development of this tool. The field support team continued developing and implementing additional functions that streamlined day-to-day tasks.

"One of the key things I encourage users to do is to continue finding areas that can be improved," Cox said. "I have already implemented two rounds of improvements. Ultimately, the users' feedback fine-tunes the form."

Cox is even receiving feedback from Afghanistan. Lt. Col. Wyeth Anderson, 925th Contracting Battalion commander, learned about the tool and contacted Cox about using it in the deployed environment.

Anderson is using the tool to provide contracting support while his unit is deployed in support of Operation Resolute Support, the NATO mission in Afghanistan.

"Colonel Anderson contacted me after discovering the form on the MICC SharePoint page," Cox said. "He requested to use the form in theater as it saved time. He also requested an 'unlocked' version of the form so that he could tailor it further for use in expeditionary contracting."

Through these user inputs, Guerra said the tool is helping reduce touch labor by decreasing the amount of time spent providing citations from the Federal Acquisition Regulations.

For contracting officers, the embedded FAR references and self-training nature of the tool's real-time guidance also helps reduce time previously spent providing just-in-time training to new acquisition personnel, which has increased functionality.

Newly hired purchasing agents and other contracting professionals are using the tool to improve their consistency across the command. Supervisors in the field have stated their junior employees are very excited to have this tool. In fact, according to the team, this same group reports they are using the tool as a method of training for what constitutes prices to be fair and reasonable.

Headquartered at Fort Sam Houston, the MICC is an organization of more than 1,500 military and civilian members responsible for contracting for Soldiers.

In fiscal 2015, the command executed more than 36,000 contract actions valued at more than $5.2 billion across the Army, including $2.25 billion to American small businesses. The command also managed more than 600,000 Government Purchase Card Program transactions in fiscal 2015 valued at an additional $747 million.

# Area seniors get Naval Reserve Officers Training Corps scholarships during Big League Weekend

**By Burrell Palmer**
Navy Recruiting District
San Antonio Public Affairs

Eight high school seniors from throughout South Texas were awarded Naval Reserve Officers Training Corps Scholarships in the amount of $180,000 each during Major League Baseball's Big League Weekend, which featured the Kansas City Royals against Texas Rangers at the Alamodome in downtown San Antonio March 18-19.

Presenting the scholarship checks from Navy Recruiting District San Antonio were Lt. Michael Stroud, assistant operations officer and Master Chief Jon Cox, chief recruiter.

Joining them were Petty Officer 1st Class Phillip Weiner, Petty Officer 2nd Class Judd Latimer, and NRD-SA's recruiter of the year, Petty Officer 1st Class Christopher Sanchez of Navy Recruiting Station Mercado.

Navy Petty Officer 1st Class Christopher Sanchez (right), Navy Recruiting Station Mercado recruiter, is greeted March 18 by J.J. Gottsch (left), Ryan Sanders Baseball and Entertainment chief operating officer, prior to opening ceremonies of the MLB's Big League Weekend March 18 and 19, which featured the Kansas City Royals against the Texas Rangers at the Alamodome. Sanchez received on-field recognition for his superior performance as Navy Recruiting District San Antonio's Enlisted Recruiter of the Year.

Scholarship checks were presented to Curtis Boyd of Science Academy in Mercedes, who will attend Texas A&M University; Roque Villafranca of Los Fresnos High School in Los Fresnos, Texas, attending Rice University; Jared Lewis of Flour Bluff High School in Corpus Christi, who will attend Texas A&M University; Sean Cahill of Boerne-Samuel V. Champion High School in Boerne, Texas, who will attend the University of Notre Dame; Austin Stramoski of Southwest High School in San Antonio, who will attend Texas A&M University; Colt Hermesch of Smithson Valley High School in Spring Branch, Texas, who will attend Massachusetts Institute of Technology; Landry Maddox of Smithson Valley High School, who will attend Embry-Riddle Aeronautical University; and Andrew Howard of Smithson Valley High School, who will also attend Embry-Riddle Aeronautical University.

**Photos by Burrell Parmer**

Austin Stramoski (center), from San Antonio's Southwest High School, stands with Lt. Michael Stroud (left), Navy Recruiting District San Antonio assistant operations officer, and Master Chief Jon Cox, chief recruiter. Stramoski, who will be attending Texas A&M University, was the recipient of an $180,000 Naval Reserve Officers Training Corps Scholarship during opening ceremonies of Major League Baseball's Big League Weekend held March 18 at the Alamodome, which featured the Kansas City Royals against the Texas Rangers. Eight high school seniors from throughout South Texas were awarded checks during the event totaling $1.4 million.

# ARMY NORTH REPRESENTS AT BIG LEAGUE WEEKEND

Lt. Gen. Perry L. Wiggins (left) and wife, Annette, are thanked by Texas Rangers manager Jeff Banister (right) at the top of the third inning during the March 19 game between the Rangers and the Kansas City Royals at the Big League Weekend series at the Alamodome. Wiggins is the commanding general of U.S. Army North (Fifth Army) and Senior Commander of Fort Sam Houston and Camp Bullis.

Members of the U.S. Army North rappel team hand off the game ball to former Rangers legend Jim Sundberg (left) for the opening ceremonial pitch March 19 at the HEB Big League Weekend at the Alamodome, featuring the Texas Rangers and the Kansas City Royals. The rappel team opened the March 18 and 19 games with a fast rappel down from the Alamodome rafters during the opening ceremonies.

**Photos by Sgt. 1st Class Wynn Hoke**

Members of the Fort Sam Houston Navy rappel team secure the Army North rappel team as they reach the field during the opening ceremony of the HEB Big League Weekend featuring the Texas Rangers and the Kansas City Royals. The rappel teams opened both nights with a fast rappel down from the dome rafters during the opening ceremonies March 18 and 19.

# 'Whole-of-hemisphere' fighting Zika virus

**By Jim Garamone**
DOD News, Defense Media Activity

U.S. Southern Command is just part of the "whole-of-hemisphere" approach to combating the Zika virus, the Southcom commander said March 22 at a Council of the Americas forum on Zika and the Americas in Washington, D.C.

SOUTHCOM commander Navy Adm. Kurt W. Tidd stressed the command is supporting other U.S. agencies in the fight against the disease.

"Our Department of Defense, including U.S. Southcom, along with Health and Human Services, U.S. Agency for International Development, the State Department and others are part of a whole-of-government – indeed a whole-of-hemisphere – effort to confront and contain this threat," he said.

The Zika epidemic has turned into a "major health care crisis in our shared American home," he said.

The virus is carried by mosquitoes and is suspected as the cause of microcephaly in infants. More than 6,000 babies have been born with microcephaly since Zika arrived in Brazil, Tidd said.

The virus may also play a role in triggering Guillain-Barre Syndrome – an uncommon sickness of the nervous system.

And the nature of the disease is it will not stay in one spot for long. The virus began in Africa and has now created the crisis in Central and South America. There have been cases in the United States.

In the world today, Tidd said, a regional crisis will quickly morph into a transregional crisis. "There is no such thing any longer, as a purely regional crisis," the admiral said. "If it touches one part of the Americas, it touches us all."

Tidd spoke about the security challenges the virus poses. "There is no way to predict when or where health threats will emerge," he said. "We can still be out-maneuvered by a simple virus with the ability to adapt to a changing environment."

**Photo courtesy Centers for Disease Control**
This 2006 photograph depicts a female Aedes aegypti mosquito, the species of mosquito primarily responsible for the spread of the Zika virus disease to people. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis, or red eyes. The illness is usually mild, with symptoms lasting for several days to a week after being bitten by an infected mosquito.

Brazil is the most affected country right now, but it may be just the first of many that have to confront this public health emergency, Tidd said. "With so many unanswered questions, and with summer right around the corner, and with the hot, rainy, mosquito-producing months that come with it, citizens and their leaders across the Caribbean and the Americas are rightly worried," he said.

The nations of the hemisphere are responding. A team from the Centers of Disease Control visited Brazil to investigate connections between the virus and birth defects.

"Our government is working aggressively to combat the Zika virus and has requested more than $1.9 billion in emergency funding to enhance our on-going efforts to prepare for and respond to it," Tidd said. "If approved, these additional resources will help build on the U.S. government's preparedness efforts and will support essential strategies to combat this virus."

These strategies including mosquito control programs, accelerating vaccine research and diagnostic development, enabling the testing and development of vaccines and educating health care providers, pregnant women and their partners on the dangers of the disease. The money will also improve health care capacity, especially to low-income families.

Southern Command will support the Department of Health and Human Services experts who are leading the counter-Zika campaign, the admiral said.

"We stand ready to lend our unique capabilities to support the broader Zika response and preparedness campaign," he said. "Our efforts are part of a coordinated whole-of-government approach to halt the spread of the Zika virus regionally and globally."

Southcom personnel in Honduras, Peru and around the region are working with local and international groups to further research, discuss mosquito eradication efforts, and halt transmission.

"Working with our partners to improve access to health systems are inherent parts of the U.S. government's effort to promote a peaceful, prosperous, secure and resilient Western Hemisphere," Tidd said.

# INSIDE THE GATE

**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; open to parents and their children, ages 5 and under. Registration not required. 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.

**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.

## APRIL from P12

Martin, child abuse pediatrician.

Nance said the Air Force offers numerous resources – Military OneSource, family advocacy programs and mental health flights among them – to help build resilience in its families and prevent child abuse.

"A majority of what we do is outreach and prevention," she said. "There are classes out there to help parents. We also offer individual counseling to active-duty members and their families. If we have healthy parents, we can have healthy children."

Family Advocacy Program intervention specialists also respond to child abuse allegations, Nance said.

"Child abuse affects children of all ages, races and incomes," she said. "It happens in all types of families."

## SCANNERS from P1

take a week and cost more than $130. To fabricate a CAD CAM crown would take about 30 minutes total and cost about $30."

But the benefits of using the CAD CAM in the training environment goes beyond time and cost.

The new computer-aided system has also helped improve how well students do in the course, according to Tech. Sgt. Elizabeth Blades, METC dental laboratory instructor,

"The addition of the new scanners has increased the students' success rate for creating prostheses and improved their learning experience," Blades said. "The new scanners have a robotic arm that rotates the cast and takes only the scans (pictures) it needs," she said.

"The old computer-aided system required students to hold the cast with one hand and push a button to take picture with the other hand," Blades added. "The student would have to repeat the process until they felt the system had enough scans. This would take a student about 30-45 minutes. As a result, some scans were blurry, or the student would end up with 40 scans."

The new additions have also left a positive impact on the students who use them.

"The new system is more user friendly," stated Petty Officer 3rd Class Lance Wilkinson, a dental laboratory technician student whose class was the first to try out the new system.

"I felt like it was easier to navigate through compared to the older system. I enjoyed learning with it and am glad I got to try it out."

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