



SEPTEMBER 2, 2016
 VOL. 58, NO. 35

**JBSA
 HOTLINES**



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 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



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ARNORTH CHANGE OF COMMAND



Lt. Gen. Jeffrey S. Buchanan addresses U.S. Army North military members, family, friends and distinguished guests after assuming command of ARNORTH during the change of command ceremony at the Fort Sam Houston Quadrangle Friday. For article and more photos, turn to pages 10-11.

Photo by Sgt. 1st Class Wynn Hoke

MICC Government Purchase Card program efforts earn DOD recognition

By Daniel P. Elkins
 MICC Public Affairs Office

A Government Purchase Card program officer at Fort Sam Houston was recognized earlier this month by officials from the office of the undersecretary of defense for acquisition, technology and logistics for improving program performance while greatly reducing delinquencies command-wide.

LeRoy Griffith was presented a letter of appreciation by LeAntha Sumpter to acknowledge his fiscal

2015 efforts during the General Services Administration SmartPay Training Forum in Washington, D.C., Aug. 2-6. Sumpter is the deputy director for program development and implementation for defense procurement and acquisition policy at the office of the undersecretary of defense.

Sumpter underscored the size and scope of the Mission and Installation Contracting Command GPC Program, which is the largest in the Army and during fiscal 2015, included 32 MICC contract-

ing offices, 31 Army command customers, 12 GPC Level-3 hierarchies, more than 12,000 cardholder accounts and approximately \$750 million in annual spending.

"The fact that you were able to maintain MICC GPC operations and improve overall program performance ... despite the departures of the MICC GPC chief and a business manager is highly commendable," Sumpter wrote.

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New directive: officers must be vetted before promotions are confirmed

By **C. Todd Lopez**
Army News Service

A change to Army regulations now requires that the Army determine the suitability of each officer considered for promotion before that officer's name ever crosses the desk of the Army secretary.

While the Army has always investigated officers to ensure they are suitable for promotion, in the past such vetting usually took place at the same time that senior Army, Defense and congressional leadership were considering them, rather than before.

Now, the directive published July 18, re-quires officers who are selected for promotion be vetted for mental, physical, moral, and professional fitness and meet the standards for exemplary conduct



Photo by **C. Todd Lopez**

A new change to Army regulations ensures that officers selected by boards for promotion meet the standards for exemplary conduct laid out in U.S. law, before their names are forwarded to the Secretary of the Army.

before their names are forwarded to the secretary of the Army for certification.

The previous concurrent vetting process sometimes resulted in the Army having to remove officers from promotion lists, resulting in embar-

rassment for the individual and the service.

"Previously, the Army did not systematically screen all officers recommended for promotion or federal recognition for adverse or reportable information prior to nomination or confirmation,"

said Albert S. Eggerton, chief of Officer Selection Board Policy.

"Consequently, some officers confirmed by the Senate were not discovered to have adverse or reportable information until just prior to appointment."

According to Army Directive 2016-26, "a post-board screening initiated by the director of Military Personnel Management will be conducted on officers selected for promotion to captain through colonel and chief warrant officer 3 through chief warrant officer 5 before the results of the promotion selection board are forwarded to the secretary of the Army."

The post-board screening includes a review of information in official files maintained by the Army Criminal Investigation Command, the

Department of the Army inspector general, the restricted portion of the Army Military Human Resource Record and a query for suspension of favorable personnel actions.

"Adverse information" can include, among other things, SHARP-related offenses; domestic assault or child abuse; DUIs/DWIs; possession or involvement with child pornography; positive urinalysis; false swearing; patterns of misconduct; or ongoing investigations or cases under review with Criminal Investigation Command, the Department of the Army, the Inspector General or their unit.

Similar changes have been made for officers who are being considered for promotion to first lieutenant or chief warrant officer.

Blended Retirement System modernizes retirement plan for uniformed services; goes into effect in 2018

The National Defense Authorization Act for Fiscal Year 2016 created a new military retirement system that blends elements of the legacy retirement system with a more modern, 401(k)-style plan.

The new Blended Retirement System goes into effect Jan. 1, 2018 and combines the legacy 20-year military retirement system in which the U.S. government provides monthly retired pay based on years of service

and a percentage of a service member's pay with a defined contribution plan, similar to the civilian equivalent of a 401(k)-style retirement system, where the service member and the U.S. government both contribute to the retirement.

The new Blended Retirement System provides service members an automatic and matching portable contribution retirement plan, while maintaining a traditional pension for those who

serve at least 20 years.

The change to a Blended Retirement System is a key step in modernizing the military's ability to recruit, retain and maintain the talent require of the future force. The plan provides additional options to attract and manage a military force, which requires ever-increasing diverse and technical skill sets in an evolving global economy.

The legacy defined-benefit military retirement system was a

significant incentive in retaining a career military force and has served the Department of Defense and service members well for decades. However, 81 percent of service members who left before reaching 20 years of service, had no government retirement benefit.

The new Blended Retirement System will now ensure nearly 85 percent of military members leave the service with retirement savings, as opposed to just 19

percent today. It is one of the most wide-reaching and significant changes to military pay and benefits of the last 70 years. For the first time, service members will receive automatic and matching DOD contributions to their retirement and have control over their investments.

The Department's immediate focus is on educating and training more than two million active,

See RETIREMENT, P17

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News Briefs

Holiday Hours For JBSA-Fort Sam Houston Entry Control Points

For the Army Training Day/Air Education and Training Command Down Day Friday and federal holiday Monday, there will be some adjustments of the entry control point hours at Joint Base San Antonio-Fort Sam Houston. Closures on both days include the Wilson gate, the Quadrangle pedestrian gate, the Harry Wurzbach West ECP and the News Braunfels South ECP. The San Antonio Military Medical Center Beach Avenue gate and Interstate 35 commercial gate is closed Monday only. The Nursery and Winans ECPs are open from 6 a.m. to 10 p.m. both days.

Leadership Is Listening

The Armed Forces Action Plan is a tool to manage change and improve the well-being of the military community, giving service members, retirees, Reservists, Guardsmen, Department of Defense civilians, teens, survivors and family members the opportunity to identify critical issues and present them to senior leadership for action and resolution. Submit issues, ideas, suggestions and concerns to usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil by Friday. For more information, call 221-2705.

Transition Information Program Workshop

All service members transitioning or considering transitioning from military to civilian life are encouraged to attend the Joint Base San Antonio Transition Information Program workshop from 8 a.m. to 12:30 p.m., Sept. 12, at the Sam Houston Community Center. Speakers from the Military and Veteran Community Collaborative, Texas Veterans Commission, Veterans Service Program and the Work Force Solutions Alamo will be available to discuss networking opportunities, education benefits, health care, employment tips on career transitions, housing and property markets and more. This free event open to all Department of Defense ID cardholders and their spouses. Registration is required, call 221-1213.

Hiring Heroes Career Fair

Joint Base San Antonio-Fort Sam Houston hosts the Hiring Heroes Career Fair from 9 a.m. to 2 p.m. Sept. 14 at

See NEWS BRIEFS, P6

NMETC donates to JBSA 2016 Build-A-Backpack Drive

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

With school kicking off once again, the 80 staff members at Navy Medicine Education and Training Command on JBSA-Fort Sam Houston took the opportunity to help children by donating supplies for the Joint Base San Antonio's 6th Annual Build-A-Backpack Drive Aug. 10. NMETC staff gave enough donations to stuff 19 full backpacks for children ranging from kindergarten to high school.

The JBSA school liaison offices have conducted the drives

since 2010 to help military families at JBSA-Lackland, JBSA-Randolph and JBSA-Fort Sam Houston, as well as for children in the local community.

A total of 757 backpacks full of the necessary supplies for the school year were collected throughout JBSA.

Backpacks went first to identified service members who needed a little extra help getting their children properly equipped for the school year. After filling needs on the military locations, hundreds of backpacks were sent to schools in the surrounding communities.



Photo by Petty Officer 1st Class Jacquelyn D. Childs

(From left) Petty Officer 2nd Class Jacob Lane, Petty Officer 1st Class Juan Garcia, and Petty Officer 2nd Class Chris Peters deliver backpacks to the Joint Base San Antonio-Fort Sam Houston School Liaison Office Aug. 10 on behalf of Navy Medicine Education and Training Command.

MICC from P1

"Your leadership and GPC expertise have been instrumental in providing effective GPC policy, guidance, oversight and program support."

Griffith said he greatly appreciates the recognition, but is quick to place credit where it is due.

"Managing the GPC Program is a team effort," he said. "The folks in the field exercised aggressive account administration and maximized GPC internal controls to aid in the success MICC has experienced in the GPC program."

The Army holds a standard that its total receivables at U.S. Bank not exceed 0.75 percent over 60 days past due. In fiscal 2014, the MICC delinquency rate soared to 3.32 percent that equated to more than \$5.2 million delinquent in cardholder accounts. With the implementation of metrics

across the MICC to closely track that measure, the fiscal 2015 rate dropped to 0.35 and less than \$620,000 in delinquencies. This represented a 745 percent improvement in the GPC Program from fiscal 2014 to 2015.

"In leveraging the maximization of GPC rebates earned, our command is promoting effective program management and efficient processes in support of our Army command GPC programs," said Ray Estrada, MICC GPC Program Management Office chief.

Estrada explained by ensuring billing officials promptly certify their monthly statements and resource managers confirm successful payment of the monthly invoice, GPC program agency and organization are helping MICC customers to minimize their delinquencies, which is a key factor in increas-

ing rebates earned. The MICC returned a total of \$19.9 million in rebates for fiscal 2014 and 2015.

"It is important to note that unlike the majority of Army GPC programs that keep the GPC earned rebates for themselves, the MICC is one of the few organizations where our efforts in maximizing rebates has a direct benefit to our customers," Estrada added. "The funds from rebates earned provides our Army customers with additional funding to support their mission requirements."

Through mid-August this fiscal year, the MICC delinquency rate is 0.033 percent. The command estimates that it will return more than \$9 million in rebates to its Army customers this fiscal year.

Headquartered at JBSA-Fort Sam Houston, Texas, the MICC is made up 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.



Photo by Ryan Mattox

Leroy Griffith, a Government Purchase Card program officer at the Mission and Installation Contacting Command at Fort Sam Houston, was recently presented a letter of appreciation from LeAntha Sumpter, deputy director for program development and implementation for defense procurement and acquisition policy at the office of the undersecretary of defense, to acknowledge his fiscal 2015 efforts during the General Services Administration SmartPay Training Forum Aug. 2-6 in Washington, D.C.

ARNORTH deputy to the commanding general speaks at equality event

By Karen Lloyd
U.S. Army North Public Affairs

Robert Naething, U.S. Army North deputy to the commanding general, spoke on the importance of diversity at the Alamo Federal Executive Board's Partners in Equality Training Conference at the Schertz Civic Center Aug. 17.

Naething emphasized that recognizing diversity is not only morally and ethically right, it also adds considerable value to the organization.

In addition to his role at ARNORTH, Naething also chairs the Alamo Federal Executive Board, or AFEB, which is made up of representatives from approximately 86 federal agencies across the San Antonio and Austin area. One of the AFEB's lines of business is workforce development and support, which includes developing and promoting diversity in federal employment.

"For this particular conference we focused on how we, as supervisors, can best use the talents and skills of all those we work with to better serve the American people," Naething said. "That includes incorporating the different perspectives and capabilities that each

of us brings to the table – the diversity of opinions, backgrounds, talents and even the different way we each interact with others – to ensure the whole is more than just the sum of the parts."

Naething provided the opening comments to start off a day full of interactive group activity and remarks by noted speakers and trainers. He cautioned the group to be careful not to quickly slap labels on people simply for bringing issues to light.

"Nothing will shut down genuine dialogue more quickly than calling someone a racist or sexist," he said.

Other speakers included Sonia Clayton, a philanthropist and founder, president and CEO of a consulting business that specializes in organizational transformation. Clayton delivered the keynote address on cultural understanding and cultural competency, providing insights for diverse groups on how to prevent stressful relations.

Rodney Klein, an outreach and training manager at the U.S. Equal Employment Opportunity Commission; Rev. Naomi Brown, a licensed masters-level social worker at the Pride Center San



Photo by Karen Lloyd

Robert Naething (right) talks with keynote speaker Sonia Clayton (center) and Alamo Federal Executive Board executive director Lisa Alonzo (left) before the start of the Alamo Federal Executive Board's Partners in Equality Training Conference at the Schertz Civic Center Aug. 17. Naething is the deputy to the U.S. Army North commanding general.

Antonio; and Sylvia Rodriguez, an employee development trainer for the Air Force Personnel Center, also provided guidance and information.

"The AFEB truly appreciates Mr. Naething's support and efforts he has made in advancing the goals and mission of the AFEB," said Lisa Alonzo, AFEB executive director. "He is a huge supporter of our programs and his leadership has been instrumental in increasing attendance

and representation of a variety of agencies at our many events. His opening words and examples on diversity in Department of Defense hit the mark on issues faced still in today's workforce. It is a pleasure to work with a leader who leads by example."

This was the AFEB's 22nd annual Partners in Equality Training Conference. More than 100 people from 11 federal agencies attended the event, including Sgt. 1st

Class Elizabeth Green, ARNORTH equal opportunity advisor, and Master Sgt. Jason Skaggs, Fort Sam Houston senior command equal opportunity advisor.

"Having the opportunity to attend the Partners in Equality Training Conference was very valuable to me as an Equal Opportunity professional," Green said. "I was honored to be part of such a phenomenal conference and was overwhelmed with joy to hear guest

speaker Sonia Clayton speak on her struggles and triumphs as a minority. Her words have given me hope and inspiration to be the best Equal Opportunity Advisor to the US Army North Family by setting the example and treating people with dignity and respect."

"It was a great training event, and those who attended are now better equipped to accomplish their missions in support of the US taxpayer and citizen," Naething said.

Air Force medics, San Antonio fire fighters corral training for EMT Rodeo

By Staff Sgt. Michael Ellis
59th Medical Wing Public Affairs

Medics from the Joint Base San Antonio-Randolph Clinic teamed up with an elite emergency response unit from the San Antonio Fire Department to hone their emergency response skills for the Air Force's 2016 Emergency Medical Technician Rodeo Aug. 24-27 at Cannon Air Force Base, N.M.

While these are the first emergency medical technicians from the 359th Medical Group to participate in EMT Rodeo, another team from the 59th Medical Wing, the 959th MDG, placed first at the event last year.

The EMTs from nearby Fort Sam Houston outperformed 21 other

teams from 22 installations across the Air Force to claim the 2015 EMT Rodeo title.

"We're the first team from JBSA-Randolph selected to go," said Airman 1st Class Alex Nester, 359th MDG aerospace medicine technician. "It's an awesome experience and beneficial to get out of the clinic environment and learn vital skills."

The technical rescue team from Fire Station 11, located downtown in the heart of San Antonio, has hundreds of hours of specialized training in areas from search and rescue, swift/high water rescue, structural collapse rescue and more. Some members, who are Federal Emergency Management Agency instructors, travel around the nation



Photo by Air Force Staff Sgt. Michael Ellis

Senior Airmen Andrew Hall and Jon Paul Fitzgerald, 359th Medical Group aerospace medicine technicians, practice extracting a simulated patient from a vehicle Aug. 13 at Fire Station 11 in downtown San Antonio.

teaching classes. Multiple times a year, the team deploys for weeks across Texas and neighboring states responding

to natural disasters.

Over the course of two weeks, the fire department and Airmen trained side-by-side on

a variety of skills from simulated patient vehicle extractions and victim carries, to removing occupants from a multi-

story building.

"Everything we learn from each other will benefit both of us. With everything that is happening in our modern world, any relationship we can build with another entity, especially between the fire department and the military, benefits the citizens we serve," said SAFD Capt. Luke Schott, Fire Station 11 tactical rescue team.

"This venture gave us the opportunity for joint training. We learned what the military members know, and imparted some of the stuff our guys know. Hopefully it will benefit them at the upcoming competition," Schott said.

Twenty-four EMT teams were slated to compete in the 2016 EMT Rodeo.

BAMC commander holds town halls about Command Climate Survey

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center Commander Brig. Gen. Jeffrey Johnson held six town hall meetings with staff to address areas of concern and provide his feedback and actions based on the results of the recent Command Climate Survey.

More than 1,000 staff members completed the survey, which focused on equal employment opportunity and equal opportunity driven questions regarding discrimination, sexual harassment and assault and the general work environment.

"I want to spend some time reflecting back to you the things I heard inside of the Command Climate Survey," Johnson said. "This is an opportunity to see ourselves

and to learn so we can improve ourselves and continue to make this a great place."

The general said there were many positive comments in the survey, but he wanted to focus on the challenges and how to best address the issues.

"It's important to understand the barriers to reporting incidents. We must focus on removing the barriers," he explained.

For many of the issues, the commander believes proactive education and training, an emphasis on leadership responsibility and accountability and a sense of transparency will help to remove barriers and improve trust within the organization.

"Everyone's contributions are of value to this organization," he said. "I'm looking at find-

ing areas where we can have common policies and processes, which apply across our diverse workforce with differing business rules."

The commander said he recognizes there are differences between Army, Air Force, civilian employees and contractors, but emphasized we are part of one team with one purpose.

The general concluded by focusing on the BAMC mission statement, which is to promote health and provide safe, quality, timely, compassionate, patient-centered care while developing health care professionals and optimizing readiness.

"This is where we remain focused," he said. "My commitment is to provide the leadership necessary to focus the organization on mission accomplishment."



Photo by Robert Shields

Brooke Army Medical Center Commander Brig. Gen. Jeffrey Johnson addresses staff members Aug. 24 during a town hall meeting to provide his feedback and actions based on the results of the recent Command Climate Survey.

News Briefs

Continued from P3

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

American Idol To Perform At JBSA

David Cook, American Idol winner, will perform 7-8:30 p.m. Sept. 9 at the Joint Base San Antonio-Lackland Outdoor Amphitheater. Opening the event at 6:30 p.m., the top three winners of the JBSA Talent Search will perform before David Cook and will win prize money. The free concert is open to JBSA department of defense cardholders

and families. There will be bouncy houses as well as food and beverage. Since this is an outdoor event, families will need to bring blankets and chairs to the show as seating will not be provided. Prior to the concert, David Cook will be hosting a meet and greet from 6-6:30 p.m. at the Gateway Club. As space is limited for the meet and greet, use the following link to enter the raffle to meet David Cook: <https://einvitations.affit.edu/inv/index.cfm?i=303880&k=016141017357>.

Winans Entry Control Point Operations

Entry into Watkins Terrace Housing, Youth Services, Fort Sam Houston Independent School District, Dodd Field Chapel and the Army Reserve Center through the Winans Entry Control Point, will require an approved Department of Defense-issued access credential. All visitors, contractors, and vendors with non-DOD issued credentials such as a driver's license, passport, etc., will stop at a visitor center

located on Joint Base San Antonio-Fort Sam Houston, to be identity proofed, background vetted and issued a credential prior to entering the Winans Entry Control Point. Visit the JBSA webpage at <http://www.jbsa.mil/Home/VisitorInformation.aspx> for visitor center hours, locations, contact information and more detailed instructions. To speak to a security assistant call 221-1902 or 221-1903.

BAMC Bariatric Clinic

Bariatric surgery can improve quality of life for individuals who are obese and have obesity-related conditions such as type II diabetes, hypertension (high blood pressure), obstructive sleep apnea, asthma, hyperlipidemia (high cholesterol), gastroesophageal reflux disease, or GERD, or other obesity-related conditions. Bariatric surgery is the most successful long-term treatment of obesity. There are three kinds of laparoscopic bariatric surgeries performed at Brooke Army Medical Center: adjustable gastric band,

gastric bypass and vertical sleeve gastrectomy. The BAMC Bariatric Clinic is a self-referral clinic and offers informational seminars on the second, third and fourth Wednesdays of each month. There is also a bariatric support group held on the first Wednesday of each month in the main dining room in the lower level of BAMC. The Bariatric Clinic will also accept referrals from your primary care manager. Call 916-9023 to set up an appointment.

Air Force Ball

The U.S. Air Force hosts its annual ball Sept. 16 at the Hyatt Hill Country Resort with the theme of "You Are What Makes Our Air Force Diverse." Social hour begins at 6 p.m. and main event at 7 p.m. Call 325-2035 or 925-1716 for tickets.

JBSA Stage 1 Water Restrictions Looming

The 10-day average of the Bexar County index (J-17), Comal Springs and San Marcos Springs are dropping due to limited rain. According

to an analysis performed by the Edwards Aquifer Director of Aquifer Modeling, Stage 1 water restrictions may be scheduled soon. The 502nd Civil Engineer Squadron urges the Joint Base San Antonio community to stay diligent and be careful to follow upcoming water restrictions, according to JBSA Water Use Critical Period Management Plan, available at <http://www.jbsa.af.mil/shared/media/document/AFD-130809-013.pdf>.

FEGLI Open Season

The Office of Personnel Management holds a Federal Employees' Group Life Insurance, or FEGLI, open season from through Sept. 30. During this time, eligible employees can elect or increase their FEGLI life insurance coverage. The effective date for changes to FEGLI coverage under an open season election will be delayed one full year to the beginning of the first full pay period on or after Oct. 1, 2017. Coverage can be cancelled or reduced at any time and enrollees

satisfied with their current FEGLI coverage do not need to make any elections during the open season. Department of the Army civilians must log into the Army Benefits Center-Civilian website at <https://www.abc.army.mil> and go into the Employee Benefits Information System. For assistance, call 877-276-9287 weekdays from 6 a.m. to 6 p.m. For additional information, visit <https://www.opm.gov/healthcare-insurance/life-insurance/>.

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 100 percent appointment only and wait time for an appointment can be up to 30 days. Civilian and military members need to remember when their CACs and military IDs expire and schedule renewal appointments appropriately. Appointments can be made online at <https://rapids-appointments>.

JBSA members urged to celebrate Labor Day safely

By David DeKunder
JBSA-Randolph Public Affairs

When the Labor Day weekend starts Friday, Joint Base San Antonio active-duty members, families and civilians are certain to take advantage of the last holiday of the summer by participating in recreational activities and traveling.

Besides providing an opportunity for JBSA members to relax and have fun, the Labor Day weekend – Friday through Monday – also concludes the Air Force Summer Safety Campaign that focused on safety awareness during the summer months, which began during the Memorial Day weekend in May.

Having a safe Labor Day weekend includes taking several precautions that can prevent mishaps,

accidents or fatalities from occurring, said Travis Kilpack, 502nd Air Base Wing Safety Office occupational safety manager at JBSA-Lackland.

“The best way to alleviate mishaps is to plan your adventures,” Kilpack said. “Take the time to plan and prepare for the activity.”

Common mishaps and accidents that occur to individuals and families during the Labor Day weekend are from sports and recreational activities. He said JBSA members should be careful not to overdo it when it comes to participating in those activities.

When taking a trip to the beach or the lake, Kilpack said swimmers



Courtesy photo

should bring sunscreen and personal floatation devices and wear protective clothing. Also, JBSA members should watch out for each other.

“Don’t be afraid to stop friends and family from getting in over their head,” Kilpack said. “While most of us think about taking someone’s keys if they have been drinking too much, or not

allowing someone to drive a boat or fly a plane while drinking, sometimes we hesitate to stop someone from doing something foolish and unsafe when it’s not obvious.”

Safety tips from the American Red Cross on water safety include never swimming alone, swimming in supervised areas, entering feet first in water and never using

alcohol while swimming or boating.

Before taking a trip, travelers should check their vehicle to make sure it is working properly and to get it serviced, Kilpack said.

The American Red Cross suggests drivers check brakes, tires, oil and fluids before going on the road.

And check the weather before leaving on a trip because it can be different in other areas, Kilpack said.

Also, motorists should be on the lookout for drunk drivers. In 2014, 40 percent of vehicle crash deaths during the Labor Day weekend involved drunk drivers, according to the National Highway Traffic Safety Administration, or NHTSA.

The NHTSA and law

enforcement officials are teaming up this year to crackdown on drunk drivers. The “Drive Sober or Get Pulled Over” enforcement campaign started Aug. 19 and runs through the Labor Day weekend to Sept. 5.

The purpose of the law enforcement campaign is to have zero tolerance for drunk driving by bringing awareness to the dangers of drunken driving, increasing the number of officers on the road and setting up checkpoints in an effort to reduce drunk driving.

JBSA members who need a ride after having a drink can call JBSA Armed Forces Against Drunk Driving at 710-7171 or RUI Designated Drivers at 322-5473.

JBSA AFADD is a group

See SAFETY, P17

Survival rates improving for Soldiers wounded in combat, says Army surgeon general

By David Vergun
Army News Service

About 92 percent of Soldiers wounded in Iraq and Afghanistan have made it home alive, according to Lt. Gen. Nadja Y. West, Army surgeon general and commander of the U.S. Army Medical Command at Fort Sam Houston.

That's the highest percentage in the history of warfare, despite the rising severity of battle injuries from increasingly lethal weapons, West said in Washington, D.C., Aug. 18, as she spoke to the Defense Writers Group.

The survival rate in Vietnam was around 75 percent, she told her audience. There are a number of reasons for

improved survival rates, West said.

Soldiers, not just medics, are receiving much better training in lifesaving techniques, and Army medicine has continued to advance, she said. Another reason is that casualties are transported swiftly back to hospitals and receive excellent care en route.

Other contributing factors are less obvious, she said, like improved communication from the point of injury.

For example, a video teleconference line has been established between forces deployed in Afghanistan and Iraq back to Landstuhl Regional Medical Center, Germany, which is usually the first stop for casual-

ties, she pointed out.

Communications channels have also been established with follow-on treatment centers, including Walter Reed National Military Medical Center, Md.; Naval Medical Center San Diego; and the Army's burn center at Fort Sam Houston.

During a recent video teleconference, West recalled, physicians in the U.S. were able to see that a Soldier's head wound was causing inter-cranial pressure and advised medical staff to address while still in theater.

Open communications channels also mean that medical staff stateside can better prepare for an incoming casualty,

See SURVIVAL, P15



Photo by Marleah Miller

Soldiers in a tactical critical care evacuation team prepare for a patient transfer mission at Forward Operating Base Orgun East, Afghanistan. About 92 percent of Soldiers wounded in Iraq and Afghanistan have made it home alive, said Lt. Gen. Nadja Y. West, surgeon general of the Army and commander of U.S. Army Medical Command at Fort Sam Houston.

September is National Childhood Obesity Awareness Month

By Dan Munford
436th Aerospace Medicine Squadron
Dover Air Force Base, Del.

The World Health Organization declared obesity a global epidemic.

Over the past 30 years, this epidemic has been affecting our children. The obesity rate in America has doubled in children and quadrupled in adolescents over this time frame.

One in six children in the U.S. has obesity, and they are more likely to become adults with obesity. According to the Centers for Disease Control.

Children with obesity are more likely to have pre-diabetes, type 2 diabetes, high blood pressure, high cholesterol levels and they are also at increased risk of developing sleep apnea as well as bone and joint problems.

The CDC estimates that 1 of 3 children born in 2000 or later will suffer from type 2 diabetes at some time in their lives.

Factors that contribute to childhood obesity include: increased consumption of foods high in sugar and fat, increased consumption of sugary beverages, decreased physical activity and increased time engaging in sedentary activities.

One program being encouraged by the

military to combat childhood obesity is the 5210 Healthy Military Childhood Campaign.

The 5210 Healthy Military Childhood Campaign targets venues where military families live, work and play. It provides tips on how military families can incorporate the program's principles into their lives. The campaign focuses on four areas that affect childhood obesity and encourages children to do the following everyday:

(5) Eat five or more servings of fresh fruits and vegetables

Fruits and vegetables provide a lot of nutrients and water without a lot of calories. They also contain fiber and a variety of phytochemicals that help prevent cancer, heart disease, and other diseases. Young children often reject new foods at first – it may take several exposures to a new food before it is accepted, so keep trying.

- Prepare meals and snacks at home using fruits and vegetables, and let children help in the kitchen so they learn how to make healthy foods.

- Eat together as a family and model healthy eating to your children.

- Offer a variety of fruits and vegetables and

other healthy foods at planned times throughout the day. Let children choose whether and how much they eat.

(2) Limit their screen time to no more than two hours

Screen time is free time spent in front of screens – like televisions, video games, and the Internet. It is possible to get enough physical activity and still engage in an unhealthy amount of screen time – so encourage your family to find other fun ways to spend their free time.

- Turn off televisions and put away cell phones during meals and enjoy spending time together as a family.

- Work with your children to identify a variety of activities they enjoy that do not involve screens. Encourage these activities during leisure time and serve as a role model.

- Make televisions, video games, and the internet less convenient to use during free time so that healthier choices are easier to make.

(1) Engage in at least one hour of physical activity

Moving your body is a great way to burn calories, improve your mood, boost your energy, prevent



Photo courtesy MilitaryOneSource

cancer and cardiovascular diseases, and help you sleep better at night – plus, it can be a lot of fun! Look for activities your family can enjoy together so everyone can reap the benefits and help keep one another on track.

- Use activities instead of foods as incentives – a trip to the park, sledding hill, laser tag arena, skating rink, batting cage or community pool can be a great alternative to the ice cream shop to celebrate a job well done.

- Walk or bike as a family to get where you're going.

- Set up activity dates

with like-minded families or sign up your family for a charity walk – if you're accountable to someone else, you may be more likely to stay active.

(0) Drink zero cups of soda or sugar-sweetened beverages.

It is important to drink fluids to stay healthy, but sweetened beverages add extra sugar and calories to the diet. Watch out for drinks with the following ingredients: sugar, honey, sweetener, syrup (e.g., corn syrup, brown rice syrup), and/or ingredients ending in "ose" (e.g., glucose, dextrose).

- Make water the norm for quenching thirst – drink water when you are thirsty and offer water to thirsty children.

- Sparkling water, still water with slices of lemon, and fruity herbal iced teas are fun alternatives to plain water.

- Nonfat and 1 percent milk and 100 percent fruit and vegetable juices contain beneficial nutrients and also calories, so think of them as foods contributing towards your family's diet.

What can parents do to help their child?

1. Offer new fruits and vegetables and encourage your child is to take at least three bites.

2. Keep the TV and video games out of the child's bedroom.

3. Take a family walk after dinner.

4. Encourage the child to drink more water or 16-24 ounces of low fat milk a day.

5. Discuss treatment options with the child's medical provider if she/he is obese.

For more information on childhood obesity, visit <https://nccd.cdc.gov/dnpab-mi/calculator.aspx> or http://www.militaryonesource.mil/health-and-wellness/healthy-living?content_id=282401.

Lt. Gen. Jeffrey Buchanan takes command of U.S. Army North (Fifth Army)



By Sgt. 1st Class Wynn Hoke
U.S. Army North Public Affairs

Lt. Gen. Jeffrey S. Buchanan took command of U.S. Army North (Fifth Army) Friday at the Quadrangle at Fort Sam Houston in front of family, friends, Soldiers and distinguished members of the community.

Air Force Gen. Lori J. Robinson, commander, Northern Aerospace Defense and United States Northern Command, presided over the change of command ceremony. Buchannan previously served as the Army North director of operations from May 2006 to November 2007.

“Having served at U.S. Army North and Fort Sam Houston earlier in my career, my family and I are thrilled to be back in Military City USA,” Buchanan said. “I’m honored for this opportunity to command Army North and serve as Senior Commander, Fort Sam Houston and Camp Bullis.”

“The service members, civilians, and contractors on these installations have accomplished great things,” he continued. “I look forward to building on those accomplishments through hard work and unity of effort.”

Buchanan received his commission as an infantry officer in May 1982 after graduating from the University of Arizona with a Bachelor of Science in Wildlife Ecology. He also holds a Master of Arts in Leadership Development from the United States Military Academy.

Buchanan’s military education includes the Infantry Officer Basic and Advanced Courses at Fort Benning, Ga.; the United States Army Command and General Staff College at Fort Leavenworth, Kan.; and a Senior Service College Fellowship in Geneva, Switzerland.

His duty assignments include command and staff positions within the 82nd Airborne Division, 25th Infantry Division, 101st Airborne Division and 10th Mountain Division. He also served as a company and battalion tactical officer at the U.S. Military Academy at West Point, N.Y; the director for operations (J3) of Joint Task Force Full Accounting, and the senior light infantry task force trainer at the National Training Center.

Buchanan served four tours in Iraq, and from 2003-2004 he was the Director of the Operations (C3), Coalition Military Assistance Training Team. Between 2004 and 2006, he commanded the 2nd Brigade, 75th Division (Mission Command Training) and deployed a second time to Iraq to serve as an advisor to the Iraqi Special Police Commando Division.

Upon his return, he served as the U.S. Army North



Lt. Gen. Jeffrey S. Buchanan addresses U.S. Army North military members, family, friends and distinguished guests after assuming command of ARNORTH during the change of command ceremony at the Fort Sam Houston Quadrangle Friday.

(Fifth Army) director of operations at Fort Sam Houston until November 2007. From 2007 through 2009, he served as 10th Mountain Division deputy commanding general, including a deployment to Iraq as the Multi-National Division-South.

Following an assignment as the G-3/5/7 for the U.S. Army Reserve Command, he returned to Iraq for his fourth tour as the director of strategic effects (J9), U.S. Forces Iraq, from July 2010 to December 2011.

Buchanan served as I Corps deputy commanding general from 2012-2013, and then commanded the U.S. Army Military District of Washington/Joint Force Headquarters-National Capitol Region from 2013-2015. He most recently served as the Resolute Support DCOS-Operations/ deputy commander (Operations) for US Forces-Afghanistan from 2015-2016.

He and his wife have been married 32 years and have three adult children.



Lt. Gen. Jeffrey S. Buchanan received his third star at a promotion ceremony at Fort Sam Houston Friday from his mother, Carolyn (left) and wife, Laura (right), shortly before he assumed command of U.S. Army North (Fifth Army).



Photos by Sgt. 1st Class Wynn Hoke

Laura Buchanan, wife of Lt. Gen. Jeffrey S. Buchanan, receives roses from a U.S. Army North Soldier to welcome her to the ARNORTH family during the ARNORTH change of command ceremony at the Fort Sam Houston Quadrangle Friday.



Lt. Gen. Jeffrey S. Buchanan (second from left) receives the colors from Gen. Lori J. Robinson (left), commander, North American Aerospace Defense Command and U.S. Northern Command to assume command of U.S. Army North and the senior mission commander of Fort Sam Houston and Camp Bullis from Lt. Gen. Perry L. Wiggins (third from left) during the U.S. Army North change of command ceremony at the Fort Sam Houston Quadrangle Friday.



Lt. Gen. Jeffrey S. Buchanan sits with his family during the U.S. Army North change of command ceremony at the Fort Sam Houston Quadrangle Friday. Buchanan assumed command of ARNORTH in front of hundreds of military members, family, friends and distinguished members of the community.



Courtesy photo illustration

Breastfeeding awareness: nutrition is key to a healthy baby

By J.D. Levite
Air Force Surgeon General
Public Affairs

There are many aspects of breastfeeding that mothers should be aware of, but one of the most important things to know is how personal nutrition and diet can impact the baby.

Maj. Saunya Bright, nutrition consultant for Air Combat Command and a mother of three. She said "choosing a healthy balanced diet, having a healthy lifestyle, ensuring one is taking prenatal supplements, and increasing one's nutrient requirements" are all important when breastfeeding.

Mothers should be taking in upwards of 400 extra calories a day while pregnant and preparing to breastfeed, Bright said. "I don't think people appreciate that all the time," Bright said. "They try to restrict in an effort to lose weight, but while breastfeeding restricting calories is not a wise choice. You're not eating for two adults. Four hundred more calories a day is the equivalent of a ham and cheese

sandwich with a cup of skim milk."

A healthy and balanced diet produces quality breast milk for the baby, so all of the calorie intake, even the extra ones, should come from nutritious sources.

"There should be a wide variety of food from all the food groups," Bright said. "The goal would be to focus on lean meats, low fat or non-fat dairy products, fruits and vegetables, and whole grains breads and cereals."

A mother's daily diet should include 6 ounces of protein, 7 ounces of whole grain foods, 3 cups of dairy and 3 cups each of fruits and vegetables, Bright said. People who don't eat meat can get their protein from eggs, lentils or dry beans. Any dairy consumed should be low fat and fortified with calcium and Vitamin D.

While this all might seem pretty standard for any healthy diet, new mothers need to be much more aware of what a bad diet can mean.

See **BREASTFEEDING,**
P13

New tourniquet will save many lives, Army surgeon general predicts

By David Vergun
Army News Service

Hemorrhage control is the No. 1 thing you can do to save lives on the battlefield, said Lt. Gen. Nadja Y. West.

“Stop the bleeding as soon as you can, and stop it as much as you can,” said West, who serves as surgeon general of the Army and commander of the Army Medical Command at Fort Sam Houston. West spoke at a meeting of the Defense Writer’s Group in Washington, D.C., Aug. 18.

One of the latest advances in treating hemorrhaging on the battlefield, West said, is what is known as the “junctional tourniquet,” which can be applied to wounds in ways not possible with conventional tourniquets.

Traditionally, a medic or fellow Soldier can apply a tourniquet just to a person’s limb, she explained. A traditional

tourniquet cannot be used to stop hemorrhaging in the abdomen, chest, groin, waist, pelvis or armpit.

Developed at Army Medical Research and Materiel Command, Fort Dietrich, Maryland, the junctional tourniquet is essentially a belt with one or more inflatable air bladders that can be puffed up, somewhat like a blood pressure cuff, to apply pressure to a wound.

The device can be deployed to stop hemorrhaging in about 60 seconds.

The junctional tourniquet is now being fielded to Soldiers in harm’s way, but it’s so new – just months since fielding – that West hasn’t yet been briefed on how many lives it has saved, though she believes the number will be significant over time.

The new tourniquet is currently being fielded only to medical person-

nel, though it may in the future become available to line troops, she said.

In developing the design for the new tourniquet, Army medical personnel visited the port mortuary at Dover Air Force Base, Del., to examine the remains of Soldiers who are deceased. They also examined the body armor they had worn.

“Were there things missing in the body armor? Were their gaps? Were there recurring injuries in a particular spot?” West said, describing the kinds of questions medical personnel asked themselves.

Another capability developed as a result of the same research but which has been around for some time now, she said, is the ballistic undergarment, which can lessen damage sustained in a blast, such as that of a roadside bomb.

The protective gear



Photo by Ellen Crown

The 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. The junctional tourniquet is designed like a belt with air bladders that can be positioned in about 60 seconds – a crucial factor for combat medics who only have mere minutes to save a fellow warfighter’s life if he or she is hemorrhaging.

doesn’t just protect genitalia, she said, it also protects the large arteries and vessels found in the groin area that, if damaged, could result in substantial hemorrhaging.

Conventional tourni-

quets have a long history in the Army and in the medical community.

While tourniquets were used in World War II and the Civil War, the medical community, including medical practitioners in

the Army, for a long time remained concerned that their use could cause limb damage.

Concerns also involved the effects of improper placement of tourniquets and the effects of extended use.

“We got away from tourniquets for a while,” West said.

But during recent conflicts in Iraq and Afghanistan, the use of conventional tourniquets saved many lives, she said. Proper tourniquet use, and proper training for first responders, remains key to ensuring their effective and safe use.

One case in point of how conventional tourniquets can save lives is the story of Lt. Col. Greg Gadson, who lost both of his legs to a roadside bomb in Iraq in 2007. West said Gadson attributes his survival to a fellow Soldier who applied tourniquets to his limbs.

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“It impacts the quality of the breast milk, the nutrient content,” Bright said. “If it’s a poor quality diet, it could affect growth and development because

they aren’t getting the nutrients they need. If the diet is poor it can affect milk production as a whole.”

Moms should also be wary of particularly strong foods, especially foods that are spicy or gassy or have strong

spices like garlic.

“They will know almost instantly once they’re nursing whether or not something they ate is agreeable to the baby,” she said. “There are instances where moms can have some of those foods

when they’re cooked or steamed well, but if they have them raw it will affect the nursing baby.”

Bright mentioned other substances moms should avoid, such as: excessive amounts of caffeine, alcohol and too

much fish or shellfish because of the mercury content.

There are several resources Bright recommends for breastfeeding mothers who need more information:

• <http://www.eatright.org/> - the Academy of

Nutrition and Dietetics

• <http://www.acog.org/> - The American Congress of Obstetricians and Gynecologists

• <http://www.llli.org/> - La Leche League International, a support group for breastfeeding mothers.

Devoted Air Force veteran serves community with art

By Staff Sgt. Michael Ellis
59th Medical Wing Public Affairs

"I seldom create things to please other people; I normally create things with the mindset that I'm making something that I would want to display in my own home," said the man with many accolades and awarding-winning pieces adorning the walls around his drafting table.

Before retiring in 2010, then-Master Sgt. Cody Vance was the last active-duty Air Force graphic illustrator – the career field being eliminated three years prior. Today, he continues serving the Air Force as a medical illustrator at the 59th Medical Wing and serving the community with his award-winning and still-emerging artistic abilities.

Despite winning Department of Defense's Graphic Artist of the Year for three consecutive years, the only person to accomplish such a feat since the DOD included the career field into its annual awards program in 2001, Vance believes he didn't really come into his potential until his mid-forties.

"I was living in a vacuum, artistically. I've always been able to draw what I could see but creatives need other creatives around them to help grow," he said.

The self-made artist and native of Albuquerque, N.M., started drawing at a young age. He recalled receiving art supplies every year for his birthday but he didn't have anyone around him to help develop his craft.

"The grownups would ask if I was going to be an architect," Vance laughingly explained. "Not knowing what that really meant, I would just agree and press on. You see cartoons on television growing up and think the sky is the limit. Then, as you get some maturity and experience under your belt, you realize art can be a very challenging way to make a living."

Vance started considering a career in the military after being laid off from a job as a night shift maintenance worker at a department store.

"I wanted to see the world but I had no money. However, I knew I needed to go on my own, needed to see what was out there," he said. "I had family members from other branches of the military but none had been in the Air Force, so I walked into the recruiter's office one day and got the ball rolling."

Vance wanted to come in as a graphic artist but there was a year and a half waiting list at the time, so he told the recruiter to just give him a job where he can go anywhere in the world.

A few months later, he was sporting a beret, carrying an M-16 and heading off to his first duty station at Buchel Air Base, Germany. Within two weeks of his arrival, reality hit as the U.S. launched airstrikes against Libya in retaliation to its sponsorship of terrorist activities against U.S. service members and citizens.

"It was 0530 on a morning scheduled for normal ABGD (Air Base Ground Defense) training. We were all gathered awaiting orders for the day when the training NCO walked in and said, 'Good morning everyone and congratulations, the United States has just bombed Libya and we are now in threat condition Charlie,' Vance recalled. "And then he said, 'Go exchange your blanks for live ammo and get yourselves ready.'"

"Big reality check; I was no longer in the South Valley and this was no longer training. It was real," he continued.

Vance spent the first 12 years of his career as a security police Airman and worked various positions from patrol to alarm monitor for nuclear weapons sites. During his second assignment, while stationed at Kirtland Air Force Base, N.M., only a few miles



Courtesy photo

Retired Master Sgt. Cody Vance speaks about his vision behind creating his Post-Traumatic Stress Disorder art piece during a recent Open the Door Veterans' Project event. The Post-Traumatic Stress Disorder art has been reproduced and seen all over the world and is currently part of the Pentagon's Air Force Art Program.

from where he grew up, he was instrumental in setting up the first underground munitions storage system.

Outside of his normal day-to-day responsibilities, Vance painted murals on buildings for the security forces squadrons, some date back to the late 80s and are still present today.

"The best part of being an artist when working with cops is that it gets you time off from work to do special projects," he joke. "I really enjoyed being a cop, especially the camaraderie. Some of my best friends to this day are those made in the cops."

In 1997, Vance finally got the opportunity to do what he has excelled at since he was a youngster. He retrained to be a graphic artist.

After three months of training at the Defense Information School, Fort Meade, Md., he was sent to Brooks Air Force Base, Texas, to be a medical illustrator.

Vance retired from active duty in 2010, but he still uses

his skills as a government civilian to produce medical illustrations for the largest medical organization in the DOD – the 59th Medical Wing. Now, 33 pieces of his artwork have been donated to the Air Force Art program at the Pentagon.

In his spare time, Vance is involved with the Open the Door Veterans' pilot program. The program brings together veterans who suffer from post-traumatic stress disorder.

"Art is such a healing thing," Vance said. "I really enjoy being involved in things that have meaning and a positive impact in people's lives."

Vance, San Antonio program manager for the non-profit organization, and others like him, help veterans return to a civilian lifestyle by creating a support network that allows them to express themselves through art and aids the healing process.

"Many of the veterans who attend these therapeutic workshops have experienced wicked

things in combat, so for years they have shut themselves off from the rest of the world," said Vance. "It's an amazing feeling seeing the veterans in a positive, non-threatening environment open up, laugh and interact as they learn new skills."

Today, Vance continues learning new skills after taken up a new form of art that occupies the majority of his weekends.

"I started stone sculpting in 2008 and that has become my passion," explained Vance. "It was completely different from the two-dimensional art I was used to."

He elaborated on how when working with stone, it's a subtractive process so every action must be strategic and methodical since once you make a cut you can't take it back.

"It's a whole different mindset; it was all my own design. It was my own everything," said Vance. "Whenever I recreate a drawing or painting from a photograph, I can only claim it to certain point."

Working with stone has given Vance the opportunity to really test his artistic abilities.

"Some sculptors want the perfectly cut block so they can draw on it," he said. "I want the ones that have the twisted natural shape, the shape they come out of the ground with. It gets my creative wheels churning. So far, I've completed around 100 sculptures since starting eight years ago."

Talking with Vance, one thing rings loudly, he's humble about his ability and talent. When talking with others, he's uncomfortable with praise or accolades and will usually deflect with a smile. "It keeps me out of trouble," he says.

To see more of Vance's work, visit his profile on the Air Force Art Collection website at <http://www.afapo.hq.af.mil/Presentation/common/artistsdetail.f?Letter=V&value=2627>.

Air Force military ambassador program accepting applications

Two articulate, self-confident Air Force, Air Force Reserve or Air National Guard members are needed to serve as military ambassadors at community events to represent Joint Base San Antonio in 2017.

One male and one female ambassador are chosen each year to represent the Air Force at many community events and promote the military's commitment and relationship with the local communities around South Texas.

"The program

strengthens Joint Base San Antonio's relationship with the local community while educating the public about the Air Force," said Bill Gaines, 502nd Air Base Wing Public Affairs at JBSA-Fort Sam Houston civic outreach chief. "The ambassadors are given the opportunity to showcase the professionalism and skills of the Air Force while fostering a positive rapport in the community."

All E-4 to E-7 Air Force members, 21 years old and older

and assigned to JBSA are eligible to apply to be a military ambassador. Nomination packages will be distributed to public affairs offices across JBSA Sept. 5. Once nominated, candidates appear before a selection board of chief master sergeants and former Air Force ambassadors. The selection panel reviews applications, conducts interviews and selects the ambassadors.

Nomination deadline is Oct. 3. For more information, call 808-0002.



Photo by Melissa Peterson

Tech. Sgt. Steven Nowicki and Tech. Sgt. Jacqueline Crow, 2016 Air Force military ambassadors, speak with veteran Rodrick Killebrew and his wife Gloria while presenting a valentine card during the 2016 National Salute to Veteran Patients program Feb. 19 at the Audie Murphy Veterans Affairs Hospital in San Antonio. The military ambassadors and Joint Base San Antonio military leaders were on hand to distribute valentines and visit with veteran patients.

502ND ABW/JBSA COMMANDER SIGNS PREPAREDNESS MONTH PROCLAMATION



Photo by Steve Elliott

Brig. Gen. Heather L. Pringle (front right), 502nd Air Base Wing and Joint Base San Antonio commander, signs a letter proclaiming National Preparedness Month, which is recognized throughout September, while Army Col. Mark A. Lee (front left), 502nd ABW and JBSA vice commander; and (from left, back row) Lynda Lazo, executive assistant to the 502nd ABW and JBSA vice commander and technical director; Master Sgt. Adrienne Huskey, executive assistant to the 502nd ABW and JBSA command chief; and Capt. Angelie Wanner, 502nd ABW and JBSA executive officer, look on at wing headquarters Aug. 24. National Preparedness Month serves as a reminder for people to take action to prepare, now and throughout the year, for the types of emergencies that could affect individuals where they live, work and visit.

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West added.

While battlefield survival rates continue to improve, Soldiers in future conflicts may not be so fortunate, West said.

In the conflicts in Iraq and Afghanistan, the U.S. forces had the luxury of air superiority and could evacuate casualties almost at will, she said.

A Soldier with a head wound in Afghanistan could arrive from the point of injury to Bethesda Naval Medical Center where the medical specialist was standing by within 24 hours of being wounded, she said.

"That's unprecedented," she said.

But in a conflict with a near-peer enemy U.S. forces cannot count on that level of air superiority, West said. So Army medicine is looking for alternative ways of treatment.

For one, the Army will be asking a lot more of its medics in the future. That could mean teaching them sophisticated techniques and procedures that they currently don't perform. First responders, those non-medics in the fight, will also be asked to do more, she said.

Advances in telehealth

will also play a vital role, she said. Telehealth, employing telecommunications technologies to deliver virtual medical services, has already come a long way.

In the near future, a Soldier could be fitted with medical sensors that collect and relay medical data to an intensive care specialist, or a vascular surgeon in the U.S. could instruct a medical provider in theater to do a relatively complex procedure on a blood vessel.

"It won't make that person a trauma surgeon," West said. "But that reach-back could help when needed."

Annual wreath laying ceremony honors 108th anniversary of President Johnson's birth

By Senior Airman Lynsie Nichols
JBSA-Lackland Public Affairs

Every year since Aug. 27, 1973, a public wreath-laying ceremony takes place at Lyndon B. Johnson National Historical Park at the gravesite of former President Lyndon B. Johnson to observe his birthday and the contributions he made to our nation.

This year's ceremony was a continuation of the tradition that was started by Johnson's wife, Claudia "Lady Bird" Johnson, and is now sponsored by the National Park Service. This year's event honored what would have been the 108th anniversary of President Johnson's birth.

During his time as president, Johnson urged the nation "to build a great society, a place where the meaning of man's life matches the marvels of man's labor."

"I can't think of a better place to celebrate

these two special occasions, this beautiful land, especially considering the number of national parks our 36th President touched and the passion that he and Lady Bird shared for protecting our nation's land, air, water and wilderness," said the event's guest speaker, Brig. Gen. Heather L. Pringle, 502nd Air Base Wing and Joint Base San Antonio commander.

"With this wreath laying today, we celebrate President Johnson's legacy and in his own words, 'we can draw lessons from the past, but we cannot live it.'"

As a congressman and president, Johnson pursued laws that cut taxes and improved urban renewal, environmental beautification and conservation. He also advocated and achieved the Voting Rights Act, ensuring every American citizen would have an equal right to vote as well as two Civil Rights Acts that helped eliminate seg-



Photo by Johnny Saldivar

Brig. Gen. Heather L. Pringle (right), 502nd Air Base Wing and Joint Base San Antonio commander, and Russ Whitlock (center), Lyndon B. Johnson National Historical Park superintendent, salute the grave of President Lyndon B. Johnson during a wreath laying ceremony Aug. 27 at LBJ National Historical Park. The event is a long-standing tradition sponsored by the National Historical Park Service that honors the only U.S. president born and raised in Texas.

regation by prohibiting employers from using discriminatory practices and outlawing housing discrimination.

Pringle also mentioned the love Johnson and Lady Bird felt for their home on the ranch.

"Though Johnson lived in D.C., he and Lady Bird called Texas home," she

said. "This ranch was his retreat and he used it to entertain politicians, advisors and dignitaries."

Johnson was the first President to create a functioning White House away from Washington. He spent approximately 25 percent of his presidency at the ranch and it is documented that

he held staff meetings beneath the stately tree in front of the house.

"Today, millions of Americans have a better and more secure place to live, work and raise a family. As for tomorrow, as long as we honor and understand President Johnson's legacy, we can achieve his vision of that

great society," Pringle said in her closing remarks.

The ceremony concluded with memories shared from Libby Hulett, LBJ Park's first curator; Barney Hulett, an Army veteran who served with the helicopter support unit for the White House and as a personal pilot for the Johnson family; and Mike Howard, a retired United States Secret Service Agent who served on protective details for Johnson.

There was also a reading of the names of the 72 national park sites created or expanded by President Johnson.

In his book, "Vantage Point," Johnson writes, "My deepest attitudes and beliefs were shaped by a closeness to the land and it was only natural for me to think of preserving it. I wanted to leave to future generations a glimpse of the world as God really made it, not as it looked when we got through with it."

Antiterrorism efforts are everyone's responsibility

By Jason McLendon
IMCOM Provost Marshal/
Protection Office

As Antiterrorism Awareness Month comes to a close, it's important to remember that vigilance is required year-round to protect ourselves from the global threat of terrorism.

"The awareness month program presented an opportunity to highlight the seriousness of this important topic given today's threat environment," said Headquarters U.S. Army

Installation Management Command Protection Branch Chief Dale Roth. "But it is always important to take extraordinary action to increase awareness across our Army communities worldwide, all year long."

"The only way to prevent, protect, mitigate, respond and recover collectively and as individuals when faced with a hostile situation is to know what to watch for, and how to respond," Roth explained.

"Our personnel must remain mindful of the

potential circumstances that could develop," Roth said, "Placing them as a target of opportunity or consequential victim of a terrorist attack."

Multiple attacks over the past year in both our homeland and abroad have resulted in increased force protection actions on our installations, but there still remains a need to remain vigilant and maintain an ever increasing awareness of activities around us.

Threats may range from local criminal activity

and insider threat actions to violent terrorists and radicalized active shooters to breaches in our security through the use of unmanned aerial systems or cyber-attacks. As these threats continue, so must our vigilance, to include maintaining a keen awareness and understanding of actions to take when observing and responding to these activities.

As individuals and units, we must synchronize awareness efforts to avoid circumstances that could increase risk of be-

coming a target. For example, become current on all required antiterrorism and active shooter training, rehearse individual and collective response options, maintain high vigilance and awareness, and know when and how to report any suspicious activity.

"It is imperative that not only leaders but all Army personnel participate in AT Awareness activities year-round," Roth said. "We must be consistent in reinforcing the importance of protect-

ing our Army communities against this ever-evolving and persistent terrorist threat."

The online antiterrorism class at <http://jko.jten.mil> is not limited to uniformed personnel, and there is a "non-CAC holders" link on the training home page. Roth encourages spouses to take the class, and for parents to discuss what they've learned with children in an age-appropriate manner.

"Keeping us safe is everyone's responsibility," he said. "Year round."

INSIDE THE GATE

Armed Forces Action Plan

The Armed Forces Action Plan, or AFAP, is a tool to manage change and improve the well-being of the military community. This powerful process gives service members, retirees, Reservists, Department of Defense civilians, survivors, teens, and their family members an opportunity to identify critical issues concerning the readiness, morale, welfare or quality of life in the Joint Base San Antonio military community. Ideas, suggestions and concerns are presented to senior leadership for action and resolution. AFAP also gives commanders a gauge to validate concerns and measure satisfaction; results in legislation, policies, programs, and services that strengthen readiness and retention. To submit an idea, issue, or suggestion, fill out a comment form in-person at the Military & Family Readiness Center, visit <http://go.usa.gov/k3WwA>, or email usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.

mil. All issues for the 2016 AFAP Conference must be received no later than Friday. To become a volunteer or for more information about AFAP, call 221-2705.

Organizational Point Of Contact VMIS

Mondays, 1-4 p.m., Military & Family Readiness Center, building 2797. Unit and agency organizational points of contact, or OPOCs, will receive training with the Volunteer Management Information System, or VMIS. Open to all registered OPOC's. Call 221-2418.

Volunteer Management Information System

Mondays, 1-4 p.m., Military & Family Readiness Center, building 2797. Volunteers will receive hands-on training with the Volunteer Management Information System, or VMIS. Open to all registered volunteers. Call 221-2418.

Helping Us Grow Securely Playgroup

Tuesdays, 10 a.m. to noon, Middle School Teen Center, building 2515. A playgroup for infants

and toddlers; open to parents and their children. Registration is not required. Call 221-2418.

Army Pre-Separation Counseling

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

Post-Deployment Resiliency

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.

10 Steps To A Federal Job

Wednesday, 9-11 a.m., Military & Family Readiness Center, building 2797. Review the USAJOBS website and learn how to search for jobs, track applications, and what to include on a federal resume. Registration required, call 221-2418.

Some IDs may be invalid starting Sept. 15

By Toni Smith
Secretary of the Air Force
Public Affairs

Individuals will no longer be able to access Air Force installations with a state-issued identification card or driver's license from Minnesota, Missouri, Washington or American Samoa beginning Sept. 15.

This new change aligns the Air Force's installation access policy with requirements of the Real ID Act, which focuses on improving the reliability of state-issued identification documents and helps prevent a person's ability to evade detection by using a fraudulent form of ID.

While IDs that do not meet security and data-collection guidelines will not be accepted, alternate forms of identification will be allowed. Some of the more common alternatives

include a valid U.S. or foreign government issued passport, an employment authorization document that contains a photograph, or ID cards issued

by federal state or local government agencies that include a photo and biographic information.

According to Air Force officials, all individuals attempting to gain access to an Air Force installation without a Defense Department ID card will be subject to a routine background check.

Those who do not have the accepted documentation for installation access will not be permitted to enter the base without an approved escort.

"If an individual is escorted, the sponsor is



required to be physically present with the individual for the duration of the visit to the base," said Lt. Col. Tony Castillo,

Headquarters Air Force branch chief of police services. "Installation commanders may still deny access and issuance of access credentials if their background check determines the individual represents a threat or negatively impacts the safety or security of an installation's personnel or resources."

For a full list of Real ID Act compliant and non-complaint states, visit the Department of Homeland Security's website at <https://www.dhs.gov/current-status-states-territories>.

SAFETY from P7

of active-duty members and volunteers from all three JBSA locations that provide service members, Department of Defense civilian employees and military dependents rides home on Friday and Saturday.

In addition, Kilpack said JBSA members can call a cab or ride-sharing

service if they have been drinking.

Also, JBSA members should tell their family and friends about their travel plans, including trip dates and locations of where they will be staying, according to the American Red Cross. Travelers should provide contact numbers to family or friends in case of an emergency.

For those JBSA members who plan to stay home and do housework during the Labor Day holiday, Kilpack said there are several precautions they can take to do their projects safely.

"Use the proper tools, make sure your tools and equipment are serviceable and use proper safety equipment such as

eye protection, hearing protection and gloves," he said.

To help plan a safe trip during the Labor Day weekend, active-duty members can take the TRIPS, or Travel Risk Planning System, online survey at <https://trips.safety.army.mil>. The survey helps service members recognize and reduce travel risks.

RETIREMENT from P2

Reserve and National Guard members and their families.

The Blended Retirement System Leader Course, released June 1, is one of four targeted education courses for leaders, financial and retirement counselors, is on educating and training over two mil-

lion active, Reserve and National Guard members and their families.

The Blended Retirement System Leader Course is one of four targeted education courses for leaders, financial and retirement counselors, service members and their families who are eligible to opt-in and individuals new to the military. It is available

through the military's Joint Knowledge Online or at (<http://www.MilitaryOneSource.mil>).

Although geared towards leaders, the course is available to all service members and their families.

No service member needs to make a decision until Jan. 1, 2018. However, all service members should take advantage of training

and informational resources as they become available. It is incumbent that service members who are eligible to opt into the Blended Retirement System during 2018 be equipped with the knowledge necessary to make the best decision for their own individual circumstances.

(Source: U.S. Air Force)

The Air Force released the 2016 staff sergeant promotion list Aug. 25. There were 39,064 eligible and 16,506 were selected with a 42.25 percent selection rate Air Force wide.

Joint Base San Antonio-Fort Sam Houston

Cyrus Anguita
Jacob Auckerman
Felicia Banks
Morgan Bennett
Lianne Blackburn
Wesley Booth
Mary Boyd
Dejuan Brunson
Matthewdenice
Buan
Ryan Burdge
Tyler Byrd
Tedario Cassel
Paul Cathcart
Steven Cattani
Ashton Clare
Emily Conger
William Council
Torrey Cox
Brendon Dillman
Kianna Dorman
Delainey Doughty
Princeter Fazon
Zachary Ferguson
Tony Galloway
Johnathan Garcia
Jose Garcia
Brian Golding

Sadie Hackler
Derek Havens
Lindsey Hawkins
Joshua Hendricks
Trevor Holley
Sheena Holloway
Jamil Jefferson
Kyle Jeter
Kelsey Kane
Corey Kelley
Victoria Keyes
Amy Lamunion
Duncan
Leuenberger
Erica Lozano
Shawn Lubbers
Nephi Marston
Nichole Martinez
Austin Matheis
Chad McCoy
Josiy McEndree
Rachel McIntosh
Jamie Miller
Adam Molzof
Travis Napaepae
Cameron Near
Leah Nesmith
Justin Netcher
Alexande Newton
Cory Nichols
Kenia Olonan
Dana Parks

Michael Piccirilli
Jake Quichocho
Jessica Rector
Ashley Robinson
Erica Rockensock
Daniel Rutledge
Zurisarai Salas
Amanda
Schwochow
Christian Soto
Branden Taveras
Breona Taylor
Joshua Terraza
Shaywood Megan
Thibodeaux
Trenton Traub
Nicholas Wales
Breanna Walker
Camille White
Dillon White
Kyle Whitlock
Deanthony
Williams
Jenny Wilson
Hunter Wimpee

JBSA-Camp Bullis

Steven Brown
Devin Edwards
Douglas Meekins

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