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COMBAT CARE SYMPOSIUM PAGE 13



CFC KICKS OFF PAGE 15

Local Navy recruiters honor World War II Veteran on 100th birthday

By Petty Officer 3rd Class
Giselle M. Christmas
Navy Recruiting District San Antonio

Petty Officer 2nd Class Keyth Curnutt of Navy Recruiting District San Antonio honored World War II Navy veteran Tom Littleton by attending his 100th birthday celebration in Devine, Texas, Aug. 27.

Littleton served four years in the Navy as a machinist's mate. His ship was on her way to Honolulu when the Japanese attacked Pearl Harbor and he was forced to man a 40-millimeter gun and take aim at the enemy planes above.

In his 100 years, he has survived the war, prostate cancer and open heart surgery and has become a

beloved member of his community.

Curnutt's wife, Sarah, grew up down the street from Littleton in the small town of Devine, where he is known and respected, especially within his church community.

Sarah has fond memories of Littleton who, "was always at church every Sunday in a suit and tie," she said.

When Curnutt was contacted by the church and asked if he could do something special for Littleton, he was flattered.

"It felt amazing that they thought of me," he said. "There are other Navy members in the church they could have asked."

Senior Chief Petty Officer Daniel Christmas was also on hand to help Curnutt present Littleton with an American Flag and a paddle com-

memorating his birthday and years of service.

Littleton said he was very appreciative to have these Sailors join in his big celebration and shared with them that he always wondered what it would have been like if he had stayed in the Navy. "I had a new wife at home I wanted to get back to," he said.

"It was an honor to present him with a flag in front of so many veterans, friends and family," Curnutt said. "There were veterans there from every war fought since World War II and representing every branch of service. To pay respect to a man who did so much and paved the way for Sailors like me was the most humbling thing I have done in my Navy career so far."



Photos by Petty Officer 3rd Class Giselle M. Christmas

Senior Chief Petty Officer Daniel Christmas (left) and Petty Officer 2nd Class Keyth Curnutt (right) of the Navy Recruiting District San Antonio present 100-year-old Navy veteran Tom Littleton with an American flag and a special Navy paddle at a special celebration in Devine.



Littleton admires the American flag and paddle presented to him on his 100th birthday from of Navy Recruiting District San Antonio recruiters in Devine, Texas, Aug. 27. Littleton served as a machinist's mate during World War II.

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Every Airman plays a role in suicide prevention

By J.D. Levite

Air Force Surgeon General
 Public Affairs

The Air Force is determined to prevent suicide, but you don't need to be a specialist or doctor to do that.

Sometimes all it takes is starting a conversation. Everyone has a role to play. That's a key part of the Department of Defense's #BeThere Campaign, which encourages making a difference through every day connections.

"We're sending the message that it's ok to have problems and it's ok to talk about them. Having problems and talking about them with people you work with openly is a sign of strength, not weakness," said Maj. Joel Foster, Chief of Air Force Deployment Health, who supports the Suicide Prevention Program with annual training. "The fact that everyone can intervene is part of the messaging we're trying to promote. Every Airman is a censor."

He said Airmen should look out for certain red flags, like changes in mood or behavior, substance abuse, indications of problems at home or domestic violence.

Problems like these can lead to thoughts of suicide, but you're only going to notice if you're paying attention.

For this reason, supervisors, commanders, first sergeants and peers need to get to know their Airmen more personally because they're the ones Airmen with problems



Photo illustration by Steve Thompson

should feel comfortable turning to for help.

"Supervisors and commanders really need to get involved with their Airmen and get to know them personally so they can identify when things are not going well," Foster said. "They can see subtle changes in their behavior and in their personality and in their work productivity so they can intervene early and help that Airman get the tools and the right resources that they need."

Commanders have a huge role to play in preventing suicides because they have such a large amount of influence, Foster said.

"They have the influence to create an environment that is conducive to help-seeking behavior, to promoting a healthy lifestyle and encouraging a sense of balance in life," he said. "If we have all of those factors operating, then Airmen will feel a sense of con-

nectedness. They'll have a strong support system to buffer against the stressors of life."

There are already a number of resources for Airmen in need, such as Wingman Online (<https://www.wingmanonline.org/Home>) or Military One Source (<http://www.militaryonesource.mil/>), and the Air Force is introducing new initiatives all the time.

For example, Airmen always have access to mental health clinics on base when they need help. Plus, they can always find military and family life consultants at Airman and Family Readiness Centers.

Something new the Air Force is doing is embedding Military and Family Life Consultants directly into the squadrons. MFLCs don't replace mental health or medical services, but they do provide access to a short-term counselling service. Airmen with em-

bedded MFLCs will have increased access to this service at the point where they need it.

"We're decreasing the barriers, decreasing the stigma, increasing availability and increasing the use of services," Foster said. "They know the culture of the squadron they're a part of and that makes it easier for Airmen to trust them and feel like they can go to them."

He said by catching things early or referring Airmen to the appropriate care at the right time, MFLCs could help Airmen in all four areas of Air Force resiliency by keeping them physically, emotionally, psychologically and spiritually fit.

"The bottom line here is if you have your life well ordered and you are engaged in all four domains of Airmen fitness, suicide is not something you would resort to."

The Air Force is also

collaborating with chaplains, who have 100 percent confidentiality when Airmen need someone to talk to about the troubles they're facing. Foster said they're working with the Chief of Chaplains to give chaplains the tools to enhance their ability to assess suicidal risk.

He said, "We're hoping to give them the tools to be more effective in evaluating the level of risk of Airmen. Then they can use that information to inform Airmen about the next steps to take and what they need to do to get the right services."

Foster said recent studies have shown when one person commits suicide it can impact up to 100 other people that they knew and worked with, and eventually those numbers can impact productivity and readiness. If one suicide can impact that many people, then it's important for an organization like the Air Force that values its people to develop concrete ways to prevent it.

"Every Airman matters and every single Airman has a role to play and makes a difference," Foster said.

Airmen should think about all the different ways they can #BeThere for friends, family, fellow service members, and veterans. Other resources you can use for yourself or someone you know are the Wingman Toolkit (<http://www.wingmantoolkit.org/>) and the National Suicide Hotline at 800-273-8255.



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News Briefs

REAL ID Act In Effect At JBSA

Joint Base San Antonio will no longer allow unescorted access of individuals with the driver's licenses from American Samoa, Minnesota, Missouri and Washington as proof of identity. Visitors, vendors and contractors requiring access with IDs from the above listed states must be escorted by the organization or individual sponsor or must possess and present an alternate form of identification as required by Department of Homeland Security guidance.

Domestic Violence Awareness Run/Walk

A run/walk for Domestic Violence Awareness Month kicks off Oct. 22 at the Joint Base San Antonio-Fort Sam Houston Aquatic Center, 3548 Williams Way with registration at 7:30 a.m. and the run/walk beginning at 8:30 a.m. Participants are encouraged to show their awareness by wearing purple tops. For more information, call 808-6469, 292-5967 or 652-6308.

BAMC Refill Pharmacy Re-Opens, Ready To Serve

The Brooke Army Medical Center Refill Pharmacy at Joint Base San Antonio-Fort Sam Houston reopened Aug. 12 after closing temporarily for repairs. This closure affected patients who use the refill pharmacy to pick up their prescriptions and temporarily added to the volume of customers at both the Main Pharmacy and the pharmacy in the Capt. Jennifer M. Moreno Primary Care Clinic. The repairs to the existing structure will sustain refill pharmacy operations until the new Post Exchange is built, where a 6,000-square-foot pharmacy will open. To request a prescription refill, visit <https://www.tricareonline.com>.

Rambler 120 Team Challenge

The 2016 Rambler 120 event will be held Oct. 1 at the Joint Base San Antonio Recreation Park at Canyon Lake. This adventure race promotes teamwork, competition and fun by challenging four-person Xtreme teams (must have at least one Department of Defense ID cardholder), eight-person relay teams (must

See NEWS BRIEFS, P6

MICC resource management team achieves 100 percent financial management compliance

By Ryan Mattox
MICC Public Affairs Office

The U.S. Army Mission and Installation Contracting Command resource management team at Fort Sam Houston has achieved 100 percent compliance with the Department of Defense Financial Management Certification program.

The certification program supports the professional development of the financial management workforce and provides a framework for a standard body of knowledge across the workforce.

Individuals earning certification at Level 3 were Dr. Betty Harris, Karen Millward-Alston and Carmen Matos. Earning Level 2 certification were Angie Nichols, Edwin Ortiz, Mary Miller, Shawn Jones, Suzy Cunningham, Carol Dyling, Laura Queen, Jeanette Lynch, Vickie Kern and Sha-Tamara Hopkins.

Implemented two years ago, the program, is mandatory for everyone in a financial series position. Certification levels are dependent on the individual's grade and their positions.

DOD officials set June 30 as a deadline for everyone to be certified. As of that date, 8,000 people were certified. The Army Materiel Command achieved 95 percent compliance and the MICC was 100 percent compliant.

"I believe the most beneficial aspect of the certification process is the importance of Army

Audit Readiness and the significance of our role in resource management to help the Army meet its DOD requirements to have auditable financial statements by 2017," said Millward-Alston, MICC resource management deputy chief of staff. "The Financial Improvement and Audit Readiness Plan to improve financial management, prioritize improvement activities, strengthen internal controls, and ultimately to achieve audit ability was a prominent theme in the certification training, and we implement those checks and processes on a daily basis.

"The certifications have helped us to pass almost all of the audits we have received so far," she added. "I believe we have sound internal controls and business processes and I'm confident we are doing the right things to sustain audit readiness."

Every two years, certification needs to be renewed, with 60 hours of continuous education and training credits at Level 2 and 80 hours of CETs at Level 3.

"Earning CETs through financial management and leadership-related education helps us to keep our skills sharp, learn new techniques, and stand ready for any fiscal challenges our command may face now or in the future," said Harris, a member of the MICC's Directorate of Contracting Operations.

The program requires a certain number of course hours in financial



Photo by Ryan Mattox

(From left) Carmen Matos and Mary Miller discuss budget targets Aug. 24 at the Mission and Installation Contracting Command resource management office at Fort Sam Houston. Matos is the program and budget division chief and Miller is a financial management analyst at the MICC. Along with Matos and Miller, the rest of the resource management staff have completed their Department of Defense Financial Management Certification requirement.

management competency-based and leadership development training, completion of standardized training in areas such as audit readiness and fiscal law, and a specified number of years of work experience.

At Level 2, individuals must have four years of financial management experience, of which two must be within the DOD. Additionally, a formal three-month developmental assignment is recommended but not mandatory.

At Level 3, individuals must have eight years of experience, of which two years also must be within the DOD. Additionally, a formal three-month developmental assignment is required.

As a member of the financial manage-

ment workforce with a background in auditing, Harris said her passion for completing the certification was to assist in the effort to achieve auditable financial statements.

"With the certification, coupled with my certified public accountant license, I employ a greater level of credibility when providing guidance and recommendations on issues related to fiduciary responsibilities, audit triggers, and internal control monitoring for the MICC acquisition workforce," Harris said.

In fiscal 2015, the resource management team managed \$123.2 million, of that amount; \$109 million was across six sub-activity groups in Army operations and maintenance funds, \$5.5 million in reimbursable,

\$5.7 million in Army Reserve operations and maintenance funds, and \$160,000 in overseas contingency operations.

DOD Instruction 1300.26 states members of the financial management workforce are required to participate in the certification program; therefore, achieving certification is a condition of employment in those members of the financial management workforce must be able to obtain the appropriate certification level for their positions within two years after assignment.

The Army's financial management workforce includes military and civilian personnel who perform work in financial management positions. These areas include military and civilian positions that perform, supervise, or manage work of a fiscal, financial management, accounting, auditing, cost or budgetary nature or require the performance of financial management-related work.

The resource management team leads the management of MICC financial and labor resources for the command. Millward-Alston guides the resource management team and their processes. She directs the team as they execute programming, planning, budgeting, accounting, and funds control functions across the command, and provides policy, advice and assistance with all

See RESOURCES, P15

470TH MIB SOLDIERS CLIMB TOWER OF THE AMERICAS



Photos by Monica Yoas

More than 30 Soldiers from Headquarters and Headquarters Company, 470th Military Intelligence Brigade, at Fort Sam Houston took on the Tower Climb Challenge Aug. 19 in downtown San Antonio. The Tower of the Americas' 952 steps, which equals 62 flights, all Soldiers made it successfully up and down the tower.



Pfc. Jose Cedenogarcia from Headquarters and Headquarters Company, 470th Military Intelligence Brigade, at Fort Sam Houston, manages to flash a smile while taking on the challenge during the Tower Climb challenge Aug. 19.

470TH MILITARY INTELLIGENCE BRIGADE HOLDS MEDAL OF HONOR ESPRIT DE CORPS RUN/WALK



Photos by Spc. Gerald Herr

Army Staff Sgt. Ty Carter speaks to fellow Army Soldiers at the Medal of Honor Memorial on the San Antonio River Walk Aug. 25 following a 470th Military Intelligence Brigade esprit de corps run/walk.



Soldiers from the 470th Military Intelligence Brigade look on as Carter shares the story of his actions while stationed in Afghanistan at Combat Outpost Keating. He is the fifth living Soldier to receive the Medal of Honor, based on service in Iraq or Afghanistan.

News Briefs

Continued from P3

have at least two DOD ID cardholders. There will also be a "Just-4-Fun" category for individuals. The registration fees are \$120 for Xtreme teams, \$180 for Relay teams and \$25 for individuals. The fee covers a barbecue lunch, commemorative T-shirt and awards for teams. Participants can register and pay at <https://www.athleteguild.com/adventure-racing/canyon-lake-tx/2016-rambler-120-teamchallenge>. This is a limited amount of money to pay the registration fees for all active-duty military teams, so this registration money is on a first-come, first-serve basis. The deadline to register is Sept. 23. For more information, contact JBSA Community Programs at 652-5763 or 502FSS.FSK. JBSACommunityevent@us.af.mil.

Be The Voice Of New Air Force Video

The Profession of Arms Center of Excellence, in conjunction with the advertising agency, GSD&M, will hold voice auditions Sept. 27 at 1851 First Street East, Suite 2, Building 907, in the PACE Conference Room on the first floor on Joint Base San Antonio-Randolph. Auditions are open to Air Force military and civilians. Those interested must be outgoing, articulate, good public speakers and be comfortable with being directed. You will be auditioning to be the voice(s) in upcoming Heritage Today video series. If selected, you must be available Oct. 13 or 14 for a professional recording session to take place in Austin, Texas, and have the permission of your supervisor. To schedule an audition, email AETC.PACE.ProjectMgtWorkflow@us.af.mil and include name, phone number, email and supervisor's contact information. Auditions are limited to first-come, first-served basis. For more information, call 652-6616.

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

See NEWS BRIEFS, P12

187th Medical Battalion holds NCO induction ceremony

By Jose Rodriguez
AMEDDC&S Public Affairs

Army Staff Sgt. Shelly Ammerman, Sgt. Ernest Thomas, Sgt. Sharonica White and Cpl. Anthony Carkins from the 187th Medical Battalion were inducted as noncommissioned officers during a ceremony at the Fort Sam Houston Theater Sept. 1.

Battalion commander Lt. Col. Jodi Dugai hosted the ceremony with battalion Command Sgt. Maj. Rakimm Broadnax-Rogers.

Throughout history, the

transition from junior enlisted to noncommissioned officers has been reserved for the most capable and competent Soldiers. Army tradition prescribes units honor this milestone with an induction ceremony.

The concept of inducting newly promoted noncommissioned officers into the corps has a long-standing tradition representing the heritage and professionalism of Soldiers and the confidence placed upon them for continued leadership and service to the Army and the nation.



Photo by Jose Rodriguez

(From left) Staff Sgt. Shelly Ammerman, Sgt. Ernest Thomas, Sgt. Sharonica White and Cpl. Anthony Carkins from the 187th Medical Battalion pose after their induction as noncommissioned officers during a ceremony at the Fort Sam Houston Theater Sept. 1.

Florida Southern College student finishes USAISR summer college internship

By Steven Galvan
USAISR Public Affairs

As Florida Southern College student Allison Tempel heads back to the classroom to start her junior year as a pre-dentistry track (biology major) student, she heads back knowing she's on the right track to becoming a military dentist.

Tempel was among 19 college undergraduate students to attend a 10-week summer internship program at the U.S. Army Institute of Surgical Research at Fort Sam Houston.

"I aspire to become a dentist and this program has sparked my interest in dentistry even more. I believe it will help me be a competitive candidate in the application process," said Tempel, a self-proclaimed Army brat. "I feel pretty strongly about either being a dentist in the military or working as a civilian dentist for the military."

Tempel was mentored by Lt. Col. (Dr.) John

Decker, dental regenerative medicine chief, who had three items for her to focus on during the summer: understand the research process, gain insight into military research and develop a practical lab skill set.

"She was an excellent intern," Decker said. "The steps involved in research and developing a project were the most important part of the whole experience. She was engaged, learned the process and asked challenging questions about the research. As a mentor, it's exactly the type of attributes and behavior you are hoping to see when you have such a short period of time with a student."

Tempel and her fellow interns were able to present their summer research projects with a capstone poster presentation to highlight their work.

"Her poster presentation was wonderful," Decker said. "It helped me grasp the time, effort and hard work she put into her project and the

knowledge and understanding of research she now possesses."

David Burmeister, Ph.D., lead intern mentor and USAISR combat casualty care research scientist, stated the summer program is sponsored by the Oak Ridge Institute for Science and Education to expose college students to a laboratory environment and provide them with invaluable research experience.

"This program also helps students to clarify their educational goals and enables them to reach those goals," Burmeister added.

During the summer, the interns did more than research; they also attended weekly seminars, led journal club sessions and attended burn center intensive care unit rounds with the burn center staff.

"I think that the military exposure here is exceptional," Decker said. "Allison witnessed the greatness of our Army as well as the sacrifice that befalls some warriors

during conflict. When it comes time for her to make the decision to serve in the military, she will be able to reflect on this experience to help her make that decision."

Tempel added that she was grateful that she was given "an amazing experience" since getting selected for the program is very competitive. This year more than 600 students applied for the internship, up from 60 the year before. That number is expected to continue to grow as stu-

dents like Tempel share their experience with their classmates.

"The first thing that I will tell them is how important the research being done at the USAISR is and how rewarding it would be to see the people you are doing the research for every day ... the men and women of our armed forces," Tempel said. "The second thing I would tell them is that there are few places that will allow them the experience the USAISR allowed me."



Photo by Steven Galvan

Allison Tempel (left) discusses her research with Kai Leung, Ph.D., during the summer intern poster presentation at the U.S. Army Institute of Surgical Research at Fort Sam Houston Aug. 10.

Commentary: September is Suicide Prevention Month

By Chaplain (Lt. Col.) Allen Staley
U.S. Army North Command Chaplain

Suicide Prevention Month is a good time to remind every military and civilian team member of the importance of strengthening our personal readiness and that of our family, workmates and friends through suicide awareness and prevention.

Most of us do not have to be reminded about combat readiness, retirement readiness, health readiness, or disaster readiness ... a great deal of emphasis is placed on these topics.

With more than 39,000 people in the United States taking their own lives each year – and an estimated million more attempting to do so – including significant numbers of military or family members, it is no wonder that the armed services keep suicide awareness and prevention as a centerpiece of their efforts to build personal and unit readiness and so should we.

While this may be an uncomfortable topic to discuss, the magnitude and persistence of the problem, added to the fact that most of us at some time have been touched personally with this issue force us to face the facts that the need is real and we each must get personally involved if we are going to make a difference.

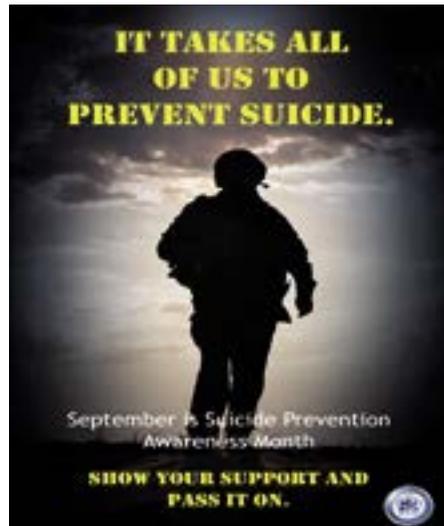
Why get personally involved in suicide prevention and awareness? It's because of compassion and duty in the face of a common problem that can affect us, our families, our friends and our teammates, at any age, life stage, gender, rank or status. Suicide is preventable and you and I can make the difference!

The next question you may ask is "What can I do?"

There are a number of good programs on the subject, but they generally agree on a few basic steps, which include prevention by living and helping others live a resilient lifestyle physically, emotionally and spiritually, which helps achieve and maintain a healthy life balance and reduces risk of suicide.

Each military branch has some kind of resiliency program, which increases awareness using the wealth of training and resources throughout the military community to recognize risk factors and warning signs of suicide.

Awareness also includes paying attention to yourself, your family, your friends and your team members on a regular basis to know how they are do-



Courtesy graphic

ing. If you have any concern at all about someone's personal safety, take personal action, inquire and intervene, so help can be provided.

Remember, none of us is alone when we are in crisis. If we will trust in our family, our friends, our co-workers, our faith and our military resources we can overcome anything.

Suicide prevention and awareness is up to you and me. Let's get involved not just during Suicide Prevention Month, but throughout the year, for the sake of all of us in the military community. Get involved ... save a life!

Here are some local resources where people can go to for help:

- Your unit chaplain,
- Fort Sam Houston on-call duty chaplain, 221-9363 after duty hours,
- Fort Sam Houston Behavioral Health Clinic, 539-9589/9567 during duty hours,
- Brooke Army Medical Center Emergency Room (24 hours),
- Military and Veterans Crisis Line, 800-273-TALK (8255) (press option "1" or text 838255 or go to <http://www.militarycrisisline.net>),
- Military OneSource, 800-342-9647 or <http://www.militaryonesource.mil>,
- Wounded Soldier and Family Hotline, 800-984-8523,
- An emergency room, or
- Call 911 or your chain of command.

A wealth of information and resources are also available on the Army Suicide Prevention Program (G-1) website at <http://www.preventsuicide.army.mil> and the Joint Base San Antonio website at <http://www.jbsa.mil>.

JBSA HONORS 9/11 WITH REMEMBRANCE RUN

Members from Joint Base San Antonio participated in the JBSA 9/11 Remembrance Run Sept. 9 at the JBSA-Lackland Medina-Annex to honor those who lost their lives Sept. 11, 2001.

Photo by Senior Airman Krystal Wright



USAISR Company welcomes new commander

By Steven Galvan
USAISR Public Affairs

“The best thing about my position is that I believe that I can affect positive change in the lives of our Soldiers,” said Capt. Cleveland Bryant, U.S. Army Institute of Surgical Research Company commander at Fort Sam Houston.

Bryant took command of the USAISR Company July 15 and said that he believes his new position will bring about its challenges as well as great opportunity for personal and professional development.

“I am very excited and eager to witness the innovative research the Soldiers at this Institute are involved in,” he said. “Given my prior service as a 68K [medical laboratory specialist], it’s exciting to have the opportunity to mentor, as well as learn from, these Soldiers within such a phenomenal organization.”

With 15 years of service in the Army, Bryant said that he initially joined the Army to participate in the loan repayment program to pay off the student loans he accrued in college. However, he found it gratifying that the Army provided a firm foundation of personal

growth, challenge and honorable living.

“I also sought for a better way of life,” he said. “The Army has been a great blessing in my life since joining.”

Bryant attributes his success thus far in the Army to the support and love of his family.

“My family has been flexible, patient and understanding regarding the demands of military life for the past 12 years,” said Bryant. “Their unconditional love and support, as well as my faith in my Lord and savior, Jesus Christ, have been the critical factor in my life and career. I’m grateful for my family.”

Some of the things Bryant would like the USAISR Soldiers and staff to know about him is he’s approachable and amiable.

“I also love to listen to classical, jazz and choral music,” he added.

Bryant has some personal and professional goals that he’d like to accomplish while commanding the USAISR Company.

He personally wants to compete in a Tough Mudder and/or Spartan Race. He would also like to spend more quality time with his wife and two children, panoramic tour to South America, write a book and volunteer



Photo by Steven Galvan
Capt. Cleveland Bryant, U.S. Army Institute of Surgical Research Company commander, said he wants to produce a more cohesive and productive working environment.

humanitarian assistance overseas.

Professionally, he wants to improve Soldiers’ physical training, bridge communication gaps between civilians and military, as well as communication between officers and enlisted personnel.

“But most importantly, I want to produce a more cohesive and productive working environment,” he said.

For now he is looking forward to visiting every task area throughout the Institute and getting acquainted the Soldiers and staff at the Institute.

“I am very honored and privileged to assume command of this company,” Bryant said.

From scorn to worn: the curious history of seat belts

By Jerry Clineman

Air Education and Training
Command Occupational Safety Office

According to the Traffic Safety Center at the University of California Berkeley, seat belts are “the single most effective motor vehicle occupant safety device yet developed for older children and adults.”

Seat belts have existed in some form since the early days of automobiles, but they’ve changed dramatically over time from a single lap belt to the diagonal three-point system we use today.

Along with the development of the seat belt came important legislation to ensure drivers and passengers buckled up.

In olden days, horse and cart drivers tried to figure how to keep passengers (and themselves, of course) from being thrown off and trampled

by their horses. Most often they used ropes or leather straps to connect person and cart. Does anybody remember the Beverly Hillbillies using a piece of rope for a seat belt?

It was in 1885 that a New York City man named Edward J. Claghorn devised the first U.S.-patented vehicular seat belt. Looking much like a present-day climber’s harness, it was designed to secure the passenger to a fixed object.

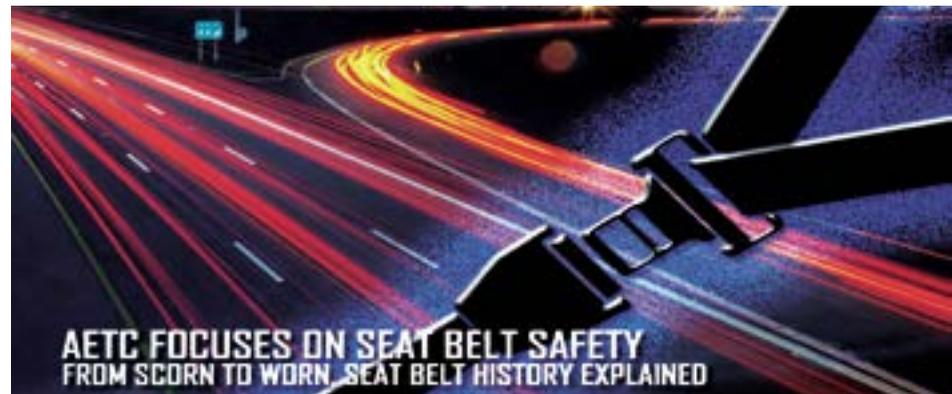
As cars began appearing in America during the early 1900s, some drivers and passengers also used crude forms of seat belts, not as safety measures, but to keep themselves from falling out as they traversed bumpy terrain.

Due to the largely unpopular view of seat belt use, it was not until 1953 that the Colorado State Medical Society sup-

ported installing lap belts in all vehicles. In 1954, the Sports Car Club of America – the precursor to NASCAR – required all competing racers to wear lap belts.

A year later, the Society of Automotive Engineers appointed their first Motor Vehicle Seat Belt Committee. It was in 1955 that California became the first state to require all new cars to come equipped with lap belts.

While the seat belts were an option, it was estimated that only about 1 percent of American drivers used them. Dealers certainly didn’t push them and while safety experts claimed it would only cost 50 cents to install mounts so drivers could add the belts themselves, manufacturers just weren’t interested. It wasn’t until 1959 in which Congress passed a law requiring all cars comply with certain



Courtesy graphics

standards of safety.

By 1965, all states had laws requiring seat belts be installed. Lap belts were still the belts of choice; despite medical evidence that in accident conditions lap belts had the potential to cause separation of the lumbar vertebrae.

When President Johnson suggested it was time for federal regulations to control car safety performance, Congress

unanimously passed The Highway Safety Act and The National Traffic and Motor Vehicle Safety Act of 1966, creating the National Highway Traffic Safety Administration.

The federal government had been given authority to regulate car and highway standards, including a demand that the Department of Transportation move quickly to force car manufacturers to install seat belts in new cars. A

year later backseat belts were added and, for the 1974 model year, three-point, continuous-loop seat belts were required.

Even with the increased federal regulation, seat belt usage was calculated at less than 15 percent of the driving public. A campaign was started in the 1960’s to push for mandatory seat belt use. It was not until 1995 that every

See SEATBELTS, P17

It's time to register to vote absentee for this year's elections

Absentee Voting Week is Sept. 26-Oct. 4 and the Federal Voting Assistance Program, or FVAP, will use this week as a final push to get active duty, civilians and voting-age family members to cast their absentee ballots.

Those who didn’t

apply for an absentee ballot earlier this year can fill out a Federal Write-in Absentee Ballot, or FWAB, which allows voters to simultaneously register and vote in their state.

The Voting Assistance Office will set up in-

formation booths at all Joint Base San Antonio Exchanges from 11 a.m. to 2 p.m. Sept. 26-30 to help answer questions or fill out ballots for this year’s election. There will also be a booth in the Wilford Hall Ambulatory Surgical Center.

To fill out an FWAB, a person needs your name, county, zip code, state of residence and know who they are voting for. Eligible voters need to just fill out the forms and the Voting Assistance Office will mail them to the correct state.

Those who wish to fill out their ballots at home, they can mail them from the post office free of charge. The post office even has the mailing addresses of each county’s voting office.

For any information on absentee voting, state-by-

state election instructions or to download a FWAB, voters can visit <http://www.fvap.gov>, which provides the tools and details to cast informed and timely votes.

(Source: Federal Voting Assistance Program)

SHINING THE LIGHT ON EMERGENCY PREPAREDNESS

Planning ahead vital to preparing for emergencies

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

September is National Preparedness Month and Joint Base San Antonio emergency officials are emphasizing to active-duty members, military families and civilians the importance of being prepared and ready for an emergency or disaster.

Bad weather – including flooding, thunderstorms and tornadoes – fires, accidents involving hazardous materials and an active shooter are some of the natural disasters and emergencies that can possibly occur at or near JBSA.

To prepare for an emergency or disaster, families should put a plan in place that includes the contact numbers of who to call, such as family members or friends, what to do during an emergency or disaster, where to meet if they have to leave their home and an emergency supply kit, said Gregory Wilson, JBSA Office of Emergency Management technician.

Wilson said putting together an emergency plan should include all members of the family.

“If you have kids, include them, let them be part of the plan and let it be their plan,” Wilson said. “Because when it comes time and it’s a scary situation, they’re going to want to implement their plan. They are not as scared, they are prepared and they know what to do because they helped write the plan.”

An emergency kit can contain supplies such as AM/FM radio, or if the power is off, a hand cranked radio, flashlight, water, blankets, spare batteries and a car charger for a cell phone. Before being used in an emergency, people should check to make sure the supplies they have are working.

Wilson said a family plan should be put together to handle and respond to all types of emergencies and disasters.

“Every plan has to be flexible,” he said.

For severe weather, such as a tornado, an emergency plan should include the use of a shelter-in-place in the home located in the innermost room in the house on the first floor and has no outside walls or windows. Typically, this room is a bathroom.

During a hazardous material situation, Wilson said the emergency plan should include a shelter-in-place in the home where family members can go to and instructions to close and lock all exterior doors and windows, vents, fireplace dampers and turn off air conditioner units, furnaces and ventilation systems. Also, before an accident involving hazardous materials occurs, determine the best evacuation routes to use and the fastest ways to get to those routes.

When flooding occurs, Wilson said families should adhere to warnings if their home is in danger of flooding and move to higher ground. A person should never walk in water more than six inches deep and motorists should never drive on a roadway in which they can’t see the center line, as two feet of water can sweep a vehicle off the road.



Photo by Sean Worrell

Members of the 502nd Civil Engineer Squadron Emergency Management Flight enter their office shelter in-place location Sept. 7 during a simulated emergency.

In all emergencies and natural disasters, individuals and families should listen to local TV and radio for warnings and instructions. A National Weather Service app gives users weather warnings and can be downloaded to smart phones.

Wilson said important documents should be protected and placed in containers and be accessible in an emergency, so that family members can quickly grab them. He said families who need to evacuate their homes should bring several forms of identification including driver’s license, birth certificate, Social Security and other forms of identification.

To prepare for a fire in the home, family members need to adhere to the National Fire Protection Association’s EDITH, or Exit Drills In The House, slogan, said Mark Ledford, JBSA Fire Emergency Services fire chief.

By following EDITH, Ledford said family members will know what exit ways to use to get out of the house when a fire occurs. Also, a family member who spots a fire should sound the alarm to alert other family members to get out.

After getting out of the house, Ledford said family members should meet at a spot – such as a tree, driveway or neighbor’s home – to make sure everyone is out of the house and is safe.

Ledford warns never to go back in a burning home as people could become trapped or overcome by smoke inhalation. Once people are out of the house, call 9-1-1.

Each year families should change their batteries on and test their smoke detectors, said Ledford.

Ledford said people shouldn’t focus on getting items out of the house during a fire.

“The most important thing is to get out of the home,” he said.

Preparing for an active-shooter is another emergency JBSA members should prepare for. According to an information pamphlet provided by Senior Master Sgt. Russel Raymundo, 902nd Security Forces Squadron operations superintendent. Individuals who are in immediate danger in an active-shooter situation have options that include:

- Escaping from the scene, leaving personal items behind, and putting their hands up so security forces members don’t mistake them for the shooter.

- Hiding and barricading themselves in a place clear of fire and silencing their cell phones. Lock doors and windows and turn off lights to make the area appear unoccupied. Call security forces when it is safe to do so.

- If individuals find themselves in danger, take action to take down the shooter.

Raymundo said if JBSA members see suspicious activity, they should call security forces.

“All personnel are encouraged to report suspicious activity,” he said. “See something, say something.”

National Preparedness Month is a reminder that all Americans must take action throughout the year to prepare for the types of emergencies that could happen and affect them at home, work and places they visit.

For information on emergency preparation and how to craft an emergency plan for the family, visit <http://www.ready.gov>.

Science, technology: Revolutionizing tomorrow's military medicine today

By Tech. Sgt. Christopher Carwile
59th Medical Wing Public Affairs

Innovative medical advancements do not happen overnight; they take work by many people. At the 59th Medical Wing, the devotion of the Science & Technology Office continues to advance military medical care and capabilities.

“Through cutting-edge, scientific support and expertise, the science and technology office finds new ways to protect and improve the health and welfare of military members and beneficiaries,” said Lt. Col. Kevin Steel, 59th MDW deputy chief scientist.

As part of the 59th MDW Chief Scientist's Office, ST includes four major programs: clinical investigations and research support; diagnostics and therapeutics research; nursing research; and trauma and clinical care research. The office also has a direct liaison relationship with dental research.

Clinical Investigation and Research Support and Clinical Research Division (CRD):

The 59th MDW CRD is the largest biomedical research facility in the Air Force. It provides centralized administrative, scientific and regulatory oversight and guidance in the development and performance of institutional and national operational and clinical research.

The CRD also supports 59th MDW certification training requirements for residents, fellows, nurses, and allied health care staff and providers. Additionally, the CRD manages the most active clinical investigation program in the Air Force.

Diagnostics and Therapeutics Program:

The diagnostics and therapeutics program addresses mission capability gaps in order to enhance products that relate to the improved health care of warfighters, their families and other beneficiaries.

Nursing Research Program:

The 59th MDW Nursing Research Program is one of three nursing research cells in the Air Force. The program conducts and promotes studies that optimize nursing practices and patient outcomes and health. Research results are used to improve nursing education and training throughout the Military Health System.

Trauma and Clinical Care Research Program:

The trauma and clinical care research program focuses on identifying differences in military pre-hospital and hospital capabilities. Its goal is to improve trauma critical care, hemorrhage control, and resuscitation for all areas outside of, and en route to, a primary care facility.

According to Steel, ST is responsible for developing many of today's life-saving devices and techniques, including:

- The Trauma Specific Vascular Injury Shunt was developed by the 59th MDW through ST research as a way to reroute blood away from an injured area, assisting in saving both life and limb. In conditions that are far from ideal, this device can be placed above and below injuries, bridging wounds to restore blood flow.



Photos by Tech. Sgt. Christopher Carwile

Airman Megan Garcia, 59th Training Squadron medical lab student, uses a technique to test for microbiological contamination Aug. 16 in the Wilford Hall Ambulatory Surgical Center main lab at Joint Base San Antonio-Lackland.

- The Resuscitative Endovascular Balloon Occlusion of the Aorta is a specialized balloon that can halt arterial bleeding, greatly reducing blood loss. At Travis Air Force Base, California, earlier this year, medics credited the device for saving the life of a gunshot victim who was losing blood too fast and would not have survived long enough to reach surgery.

- The 59th MDW also developed the mobile Extracorporeal Membrane Oxygenation system and manages it from the Wilford Hall Ambulatory Surgical Center, here. ECMO is used to bypass the heart and lungs for patients with critical heart and respiratory failure.

“Typically, we can reduce a patient's chance of dying from 80 to 90 percent down to 30 to 40 percent. When you're talking about people this sick, the difference is actually a major victory,” said Lt. Col. Phillip Mason, ECMO team lead.

“We apply the knowledge gained through research to enhance performance, protect our Airmen, and advance medical care and capabilities across the global health system,” said Dr. Debra Niemeyer, 59th MDW chief scientist and scientific advisor.

“The 59th MDW is known for cutting-edge research and innovation, driving paradigm changes in patient care,” she added.

For more information about ST and its programs, visit <http://www.59mdw.af.mil/Units/Chief-Scientist-ST.aspx>.



Hope Blanding, 59th Diagnostics and Therapeutics Squadron medical lab technician, uses a Sysmex UF-1000i to run a microscopic analysis on samples Aug. 16 in the Wilford Hall Ambulatory Surgical Center main lab at JBSA-Lackland.

News Briefs

Continued from P6

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/>.

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 221-1902/221-1903.

Jadwin Entry Control Point Temporary Closure

The Jadwin Entry Control Point is closed through Nov. 6. All traffic will be re-routed to the commercial and regular lanes at the Walters Entry Control Point. This closure is to allow installation of active vehicle barriers and supporting utilities at this gate. The North New Braunfels gate is open for regular, non-commercial traffic to Department of Defense ID

See NEWS BRIEFS, P17

USAISR staff attend combat casualty care symposium

By Steven Galvan
USAISR Public Affairs

Scientists, researchers, clinicians and staff from the U.S. Army Institute of Surgical Research at Fort Sam Houston were among more than 2,400 attendees at the 2016 Military Health System Research Symposium, or MHSRS, in Kissimmee, Fla., Aug. 15-18.

The four-day conference was designed for communicating and disseminating new scientific knowledge resulting from military-specific research and development specifically for the medical needs of the warfighter in combat.

The MHSRS is the Department of Defense's premier scientific meeting sponsored by the Assistant Secretary of Defense for Health Affairs that brings together military, academia and industry leaders and researchers to share and discuss research topics related to healthcare initiatives under the topics of combat casualty care, military operational medicine, clinical and rehabilitative medicine and military infectious diseases to maximize research synergy for the DOD.

According to Lt. Col. (Dr.) Kevin Chung, USAISR Director of Research, staff members presented 86 posters and 23 oral presentations which equals to an 81 percent acceptance rate from the 134 abstracts submitted.

"Additionally, USAISR personnel served as moderators



Photo by Steven Galvan

Kristin Reddoch, Ph.D., answers questions after her presentation during the Young Investigator competition at the 2016 Military Health System Research Symposium in Kissimmee, Fla., Aug. 17. Reddoch was among 10 finalists in the competition and placed second.

for nine breakout sessions, delivered one plenary address and fielded one presentation to the Young Investigator competition," Chung said.

Ten finalists presented during the Young Investigator competition, including Kristin Reddoch from the

USAISR Coagulation and Blood Research Task Area. Her presentation, titled "Platelet Additive Solution (PAS) and Storage at 4C Protect Platelets from Induction of Apoptosis Compared to Storage at Room Temperature or in Plasma: Feasibility

of 15-Day Platelet Storage," earned Reddoch second place in the Young Investigator competition.

"Winning this award has been a very humbling and rewarding experience," Reddoch said. "It is also great validation of the hard work that both I and the coagulation and blood research task area perform every day. I'm very fortunate to be able to work alongside such a talented group of scientists and to have the opportunity to conduct research that aids in the advancement of combat casualty care."

Other awards presented to USAISR personnel were team awards in the poster sessions.

First place in poster session No. 2 was "An Ex-Vivo ECMO Model Generates Pro-thrombotic Platelet-Derived Microparticles" with team members Dr. Andrew Meyers, Robin Kamucheka, Armando Rodriguez, Crystal Lefleur, Bijaya Parida, Ph.D., Michael Scherer, Dr. Andriy Batchinsky, Dr. Leopoldo Cancio and Lt. Col. (Dr.) Andrew Cap. The USAISR team collaborated with members from the University of Texas Health Science Center, San Antonio and The Geneva Foundation.

Third place in the same poster session went to "A Descriptive Analysis of Critically Ill Non-Trauma Patients Evacuated by Critical Care Air Transport Teams Out of the

Combat Theater (2007-2015): A Preliminary Report" by Stephanie Russell, Crystal Perez, Joni Paciocco, Jill Lear, Lauren Reeves and Alejandra Mora collaborating with Maj. Joseph Maddry from the San Antonio Military Medical Center.

Three poster sessions were held with four awards presented for each session to include an honorable mention. In all, 1,051 posters were presented at the symposium.

Col. (Dr.) Shawn Nessen, USAISR commander, commended the awardees and staff members who attended the conference "for their daily outstanding work superior representation at the symposium."

"This is a dedicated staff that is always looking at innovative ways to improve combat casualty care," Nessen said.

The MHSRS is DOD's premier scientific annual meeting which combines three previous conferences, including the former Advanced Technology Applications for Combat Casualty Care Conference; the Air Force Medical Service Medical Research Symposium; and the Navy Medicine Research Conference.

By combining these conferences into one event, the meeting serves as a critical strategy session for leaders to set future milestones for the DOD's deployment-related medical research programs, centered on the needs of the warfighter.

Combined Federal Campaign 'Create Positive Change'

The 2016 Combined Federal Campaign at Joint Base San Antonio kicked off Thursday and runs until Nov. 15. The theme for this year is "Create Positive Change."

The CFC is known to be the most inclusive workplace giving campaign in the world with the number of participating charities estimated at over 20,000 nonprofit charitable organizations worldwide. The charities supported through the CFC range from emerging community groups to large, well-known charities.

Throughout the campaign, JBSA will be broken up into four separate functional groups to reach its overall goal of \$127,000. The functional groups' individual goals are:

- 502nd Force Support Group: \$21,000
- 502nd Installation Support Group: \$34,000
- 502nd Security Forces Logistics Support Group: \$29,000



- 502nd Air Base Wing Staff Agencies: \$43,000.

Unit CFC reps will soon be making 100 percent contact with active duty and civilian personnel about the campaign.

CFC is a completely donor-choice campaign. Donors direct their support to charities that work on the issues they care about.

Donors have the option to give a one-time donation or to have their donations deducted from their paychecks throughout the year. Payroll donations allows charities to consistently allocate resources, qualify for grant funding, and implement their programs to the highest extent.

Every donation counts, and even small amounts

can make a difference. According to the Combined Federal Campaign website at <http://www.cfcsanantonio.org>, donating as little as \$1 a week can buy three 30-minute appointments for health assessment and counseling for individuals facing physical, development or mental health challenges.

All CFC charities are reviewed by federal employees on an annual basis. Participating charities also provide employer identification numbers so donors can get additional information on an organization directly from the Internal Revenue Service.

For more information on the Combined Federal Campaign, the charities who are supported by CFC and donor pledge forms, visit <http://www.cfcsanantonio.org>. People can also contact their CFC unit representative for a list of charities and donation forms.

(Source: 502nd Air Base Wing Public Affairs)

187TH MEDICAL BATTALION WELCOMES NEW COMMANDER



Photo by Jose Rodriguez

Lt. Col. John F. Detro (left), incoming commander of the 187th Medical Battalion at Fort Sam Houston, accepts the unit guidon from Col. Scott Drennon (center), U.S. Medical Department Center and School Academy Brigade commander, while Lt. Col. Jodi Dugai (right) looks on Friday. Detro comes from the Office of the Army Surgeon General, where he served as Surgical Services Service Line chief.

RESOURCES from P3

MICC resource management needs. She is also responsible for budget preparation and resource management analysis and interpretation.

The resource management team is part of a command staff headquartered at Fort Sam

Houston, Texas. The staff guides an organization made up of about 1,500 military and civilian members assigned to three contracting support brigades and a field directorate office throughout the United States who are 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 Olivia Mendoza

(From left) Brig. Gen. Heather L. Pringle, 502nd Air Base Wing and Joint Base San Antonio commander; Chief Master Sgt. Brion Blais, 502nd ABW and JBSA command chief; Felipe Jimenez, 502nd ABW and JBSA technical director; 2nd Lt. Mark Thompson, installation Combined Federal Campaign project officer; and 2nd Lt. Avery Larkin, wing staff agency CFC project officer, plan donations for the 2016 CFC season at JBSA-Fort Sam Houston Sept. 8. CFC runs through Nov. 15 and is the only authorized solicitation of federal employees in the workplace on behalf of approved charitable organizations.

Clean up your diet in three easy steps

By Claudia Drum
Army Public Health Center

It is time to stop faking it. Stop faking your way through a diet consisting of highly processed, pre-packaged foods with long ingredient lists.

Ever wonder why you crave sugar or salt? Highly processed foods oftentimes add in extra sugar and/or salt to make their products more enticing – not to mention – addicting. Commit to cleaning up your diet (and your palate) with these three easy steps:

1. Simplify. Compare the ingredient lists on your pre-packaged foods and choose the product with the fewest number of ingredients. The product with the fewest number of ingredients usually contains less fat, saturated fat, sodium and/or sugar, and it more closely resembles its original form (making it more wholesome).

2. Go natural. Enjoy more fruits and vegetables throughout the day. Fresh fruits and vegetables are “nutrient dense,” which means they are packed with nutrients, but at a lower calorie cost. Eating five or more whole fruits and vegetables a day has been linked to a reduced risk of certain types of cancer, type 2 diabetes, heart disease, high blood pressure and even weight gain. Choose a variety of colorful fruits and vegetables (fresh or frozen/canned without added salt or fat) to maximize your nutrition



Courtesy photo

Eating five or more whole fruits and vegetables a day has been linked to a reduced risk of certain types of cancer, type 2 diabetes, heart disease, high blood pressure and even weight gain.

intake. Here are some easy ways to increase your fruit and vegetable intake during the day:

- Breakfast: Replace your usual glass of orange juice with a fresh orange and/or top your cereal or yogurt with fresh berries or a banana.
- Lunch: Pack a large, green salad topped with lean protein (hard-boiled egg, grilled chicken and/or beans), extra veggies and a small amount of light vinaigrette dressing.
- Snack time: Replace your usual bag of chips with a medium-sized piece of fruit and save 100 calories!
- Dinner: Double up on

your veggies and eat fresh fruit for dessert.

3. Be proactive, not perfect. Eating healthy isn't about being perfect 100 percent of the time – it has more to do with knowing yourself and planning ahead so you can better handle those situations that can offset even the best of intentions. For example, when dining out, expect to be served larger than normal portions.

To prevent overeating when dining out and help you control your calories:

- Eat only half of what's on your plate, share a dish or order smaller portions. Focus

on internal cues, such as how full you feel rather than what's still left on your plate.

- Skip dessert or share it. Ask the waiter to divide the dessert before bringing it to the table.
- Drink water instead of regular soda, sweetened tea or alcohol. Your body doesn't recognize the calories that come from sweetened and/or alcoholic beverages, making it easier to rack up “empty” calories.
- When ordering a salad, ask for high-fat condiments, such as dressing, cheese, etc., to be placed on the side so you can control the portions and save hundreds of calories.

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.

INSIDE THE GATE

TAP-Goals, Plans, Success

Monday to Sept. 23 and Sept. 26-30, 8 a.m. to 4 p.m., Soldier for Life, building 2263, room 101. A mandatory five-day workshop for all service members separating from the military. GPS is facilitated by the Department of Labor, Veterans Administration and M&FRC. Prerequisite: Pre-Separation Counseling. To reserve a seat, call 221-1213.

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.

Army FAP Unit Training

Monday, 9-11 a.m. and 1-3 p.m., Military & Family Readiness Center, building 2797. Mandated Unit Family Advocacy Training in accordance with Army Regulation 608-18 regarding domestic and child abuse identification, reporting, and prevention. Other topics covered include the Lautenberg amendment, restricted/unrestricted reporting and transitional compensation program. Seating is limited; reservations will be accepted up to two weeks in advance. 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.

FRG Treasurer Training

Tuesday, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Mandatory for current and incoming Family Readiness Group treasurers. Topics covered include regulations for managing covers, FRG informal funds and fundraising. Commanders, FRG leaders and FRG funds custodians are encouraged to attend. Registration is required, call 221-2418.

Accessing Higher Education

Tuesday-Wednesday and Sept. 26-28, 7:30 a.m. to 5 p.m.,

Education Center, building 2268. A three-day track for those pursuing higher education; service members will review education requirements that support their personal goals. Registration is required, call 221-1213.

Instructor Trainer Course

Tuesday-Wednesday, 8 a.m.-4 p.m., Survivor Outreach Services, building 131. A two-part professional development course designed to improve instructional skills such as platform skills, the adult learner, characteristics of effective instructors, managing the learning environment and the preparation process. Call 221-2418.

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.

Interview, Dress For Success

Wednesday, 9-11 a.m., Military & Family Readiness Center, building 2797. Review expected guidelines of what to wear and how to prepare for a job interview. Call 221-2418.

Sponsorship Application Training

Wednesday, 2-3 p.m., Military & Family Readiness Center, building 2797. Mandatory training for

military sponsors; review the roles and responsibilities of a sponsor and receive helpful resources. The Electronic Sponsorship Application & Training at <http://apps.militaryone-source.mil/ESAT> provides registration, training certificates, sponsorship duty checklist, newcomer needs assessment, welcome packet and other resources. Call 221-2705.

Coffee Talk EFMP Support Group

Wednesday, 11:30 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. This Exceptional Family Member Program support group meets monthly for a casual dialogue to share helpful resources. Call 221-2705.

Pre-Deployment Resiliency

Thursday and Sept. 29, 1-3 p.m., Military & Family Readiness Center, building 2797. This training draws heavily on the experiences of service members in order to prepare for the realities and challenges commonly encountered prior to and during a deployment. Call 221-2418.

Trails & Tales Guided Tour

Sept. 23, 8-10:30 a.m., Military & Family Readiness Center, building 2797. A guided tour of Fort Sam Houston; learn about old and new structures that share a rich history dating back more than 150 years. Patrons must be ready for departure by 8 a.m. Due to limited seating, registration is required. To sign up, call 221-2705.

SEATBELTS from P9

state, except New Hampshire, had mandatory seat belt-use laws.

Currently, about 88 percent of Americans wear seat belts, and manufacturers tout their automotive safety features to prospective customers.

If a car accident results in a lawsuit, one of the questions asked of the plaintiff is whether or not they were wearing a seat belt. If not, they may be found to have contributed in some degree to the sustained injuries. When liability adjusters make their offers of settlement, they may also reduce the offer if the driver was not wearing a seat belt. There are also ongoing experiments to improve the seat belts we use.

The seat belt saga continues as the exploration

of new materials, systems and technology continue to be reached.

Regardless of what actions we take, we know beyond any doubt that seat belts save lives. They double our chance of surviving a crash and vastly improve our chance of walking away without serious injury. Their history to date has been a checkered one balancing responsibilities among manufacturers, drivers and government officials. The bottom line whether you click it, latch it or snap it; it took all of these players working together to make your safety even more important than the latest styling changes.

(References: Road Safety Information, National Highway Traffic Safety Administration, NHTSA, UC Berkeley Traffic Safety Center)

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays

Main Post (Gift) Chapel
Building 2200, 2301 Wilson Way
8 and 11 a.m. - Traditional

Dodd Field Chapel
Building 1721, 5584 Dodd Blvd.
8:30 a.m. - Samoan
10:30 a.m. - Gospel

Army Medical Department Regimental Chapel

Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade Contemporary Service
11:01 - Contemporary "Crossroads"
Brooke Army Medical Center Chapel
Building 3600,
3551 Roger Brooke Rd.
10 a.m. - Traditional

CATHOLIC SERVICES

Daily Mass

Brooke Army Medical Center Chapel
Building 3600,
3551 Roger Brooke Rd.
11:05 a.m., Monday through Friday
Main Post (Gift) Chapel
Building 2200, 2301 Wilson Way
11:30 a.m., Monday through Friday

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

Saturday

Main Post (Gift) Chapel
4:45 p.m. - Reconciliation
5:30 p.m. - Evening Mass
Sunday
8 a.m. - Morning Mass, AMEDD
8:30 a.m. - Morning Mass, BAMC
9:30 a.m. - Morning Mass, MPC
11:30 a.m. - Morning Mass, BAMC
12:30 p.m. - Afternoon Mass, DFC

JEWISH SERVICES

8 p.m. - Jewish Worship,
Friday, MPC
8:30 p.m. - Oneg Shabbat,
Friday, MPC

ISLAMIC SERVICE

2:00 p.m. - Islamic Services
(Monday through Thursday) BAMC
1:15 p.m. - Jummah, Friday,
AMEDD

LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday,
AMEDD

BUDDHIST SERVICES

10 a.m. - Buddhist Services,
Saturday, AMEDD

News Briefs

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holders from 6-9 a.m. weekdays. For more information, call 221-5283.

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.

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

Voting Assistance

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

FVAP.gov for more voting resources.

Weingarten Rights: Having Union Representation

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

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