FORT SAM HOUSTON
News Leader
NOVEMBER 4, 2016
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A PUBLICATION OF THE 502nd AIR BASE WING – JOINT BASE SAN ANTONIO-FORT SAM HOUSTON

JBSA HOTLINES

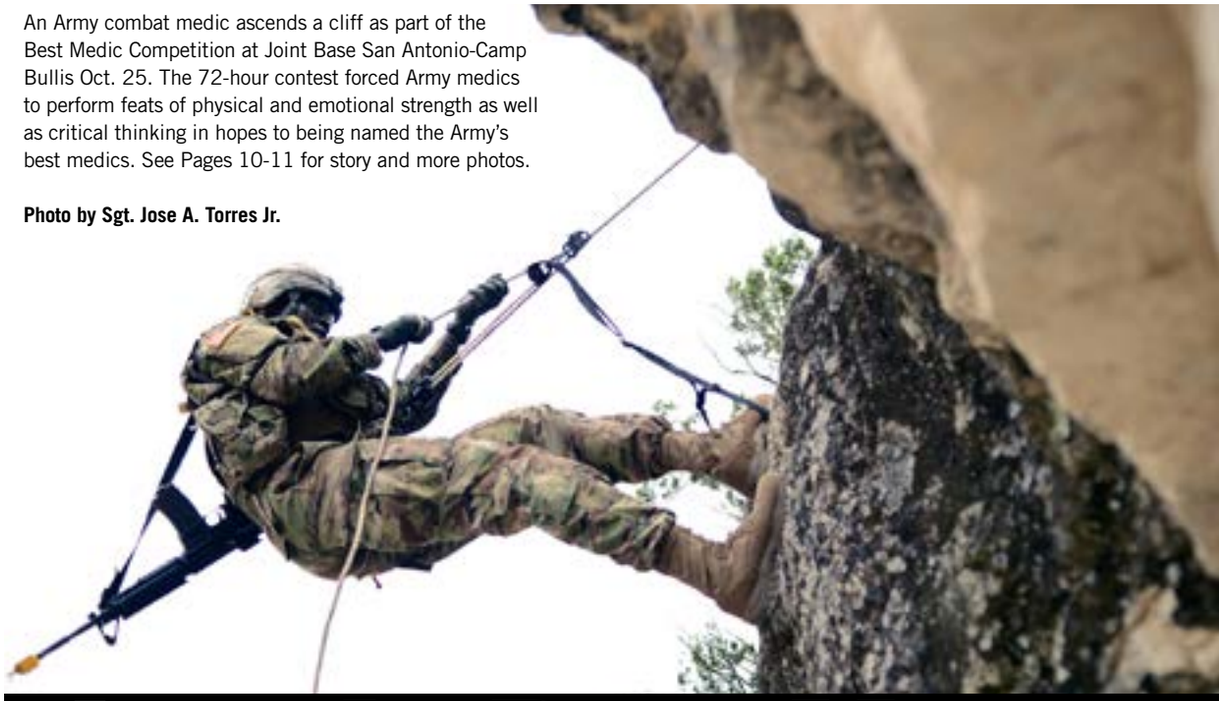
DOD Safe Helpline
877-995-5247
JBSA Sexual Assault Hotline
808-SARC (7272)
JBSA Domestic Abuse Hotline
367-1213
JBSA Duty Chaplain
221-9363

LOCAL MEDICS HELP INJURED SAILOR PAGE 8

TRIPLE CHANGE OF RESPONSIBILITY PAGE 15

CELEBRATE AMERICA'S MILITARY

CAM EVENTS THROUGHOUT SAN ANTONIO PAGE 16



An Army combat medic ascends a cliff as part of the Best Medic Competition at Joint Base San Antonio-Camp Bullis Oct. 25. The 72-hour contest forced Army medics to perform feats of physical and emotional strength as well as critical thinking in hopes to being named the Army's best medics. See Pages 10-11 for story and more photos.

Photo by Sgt. Jose A. Torres Jr.

Army's Best Medics

An Army combat medic bears down as he crosses the rope bridge portion of the obstacle course during the last day of the Best Medic Competition at JBSA-Camp Bullis Oct. 27.

Photo by Jose E. Rodriguez

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AETC year in review: State of the command

By Senior Airman Chip Pons
Air Education and Training Command Public Affairs

Photo graphic by Senior Airman Chip Pons

Just over a year into his command, Air Education and Training Command's Lt. Gen. Darryl Roberson reflected upon the highlights and challenges of this past year, what it means to be a First Command Airman, and where he aspires to lead the men and women of AETC during his time as their commander.

"I can't believe it has already been a year," Roberson stated. "What a phenomenal privilege and honor it is to be the commander … especially during this year."

"I've had the chance to get out and see the breadth of our command and been to all the bases," he continued. "The biggest thing for me has been interacting with the people. The Airmen – active, Guard, Reserve and the civilians – who make a difference and make sure our mission is done. There has been so much accomplished, really important, foundational issues that AETC has been able to take on for our whole Air Force."

Roberson knows full well that the challenges the Air Force faces are directly impacted by the work of Airmen in AETC. He was therefore proud to announce the accomplishment of a Chief of Staff of the Air Force and Secretary of the Air Force tasking: successfully accessioning more than 31,000 new active-duty airmen into our force.

"The biggest challenge we have taken on was to bring in more Airmen than what was scheduled and only have nine months to accomplish that task," Roberson said. "The SECAF and CSAF came to AETC and tasked us to try to get from 310,000 airman in our force to 317,000.

"All of our recruiters, our basic military training and technical training instructors and our systems that are in place had to go into overdrive to make this happen," he enthusiastically continued. "I am ecstatic to be able to say that we not only broke that challenge … we shattered it."

Roberson also reflected on the public declaration of the initial operational capability of the F-35 Lightning II and the efforts that First Command Airmen put forth to ensure that successfully happened.

"One of the great things in AETC over the last year was IOC for the F-35," Roberson stated. "The training of all of those pilots and maintainers was instrumental and critical to making sure our Air Force could declare the F-35 as operational."

When the Secretary of Defense requested more remotely piloted aircraft, or RPA, pilots, Roberson and AETC accepted that challenge head on.

"This gave us the opportunity to fix both foundational and fundamental issues in how we accomplish RPA training," Roberson said. "Over the course of a year, we were able to take a step back and put in place what we needed to do to double the number of RPA pilots we produce.

"As we accepted this challenge, we have increased our annual RPA pilot production from 192 to 384," he continued. "This month, we are commencing our first four enlisted RPA pilots, which is fundamental to our Air Force operations and history."

Another huge success this past year was the continued execution of the Profession of Arms Center of Excellence, or PACE, and core developmental programs, specifically Airmen's Week following graduation from Basic Military Training.

"We have changed the culture of our Air Force starting with our newest Airmen," Roberson said in reference to the creation of Airmen's Week. "The infusion of professional development into all of our programs is really making a difference and has been a tremendous success."

Just a few months after Roberson assumed responsibility of the First Command, he released his 2016 Air Education and Training Command Strategic Plan in which he outlines his four major focus areas: Motivational Mission Accomplishment, Compassionate Care of our Airmen and Families, Innovation and Leadership.

"Those four focus areas essentially drive most of the emphasis and effort we put toward making sure we are accomplishing our mission and taking care of our people," Roberson stated.

"Seeing our Airmen dive into the individual challenges that AETC is facing has been remarkable," he continued. "They are making very focused, deliberate efforts to motivate while we do our mission and to really reach out to take care of our families, because time and time again, we remind ourselves that we recruit Airmen, but we retain families. We are not only trying to attract the best and brightest to become Airmen, but we are doing everything we can to keep our Airmen in the Air Force."

Roberson noted that while his priorities were designed specifically for the First Command, they are nested with the priorities of the Air Force and the Department of Defense.

"We deliberately look at making sure we are aligned with priorities that start with the national military strategy and work their way down to us," Roberson said. "What makes our priorities unique of course is the focus on training Airmen in the best way we possibly can, and that is always a challenge.

"How do we keep implementing technology? How do we become more innovative to give the best possible training to all of our Airmen? We look at these types of questions every single day to adapt and bring on new ways of training

See AETC, P9

"We've downsized"
JBSA Social Media
Follow the official home of JBSA at:
• Facebook: Joint Base San Antonio
• Twitter: @JBSA_Official

News Briefs

BAMC Veterans Day Celebration

Brooke Army Medical Center holds a Veterans Day celebration from 11 a.m. to 2 p.m. Friday outside the Garden Entrance of the hospital. All veterans are invited and all are welcome to attend. The event will include patriotic entertainment from local area schools, the San Antonio Spurs Silver Dancers, a tree dedication, health information booths and more.

Financial Services Office Closed Friday

The 502nd Comptroller Squadron Financial Services Office will be closed for the 502nd Air Base Wing Wingman Day from 8 a.m. to 4 p.m. Friday. This affects all customer service sections at Joint Base San Antonio-Fort Sam Houston, JBSA-Randolph and JBSA-Lackland. Normal customer service hours will resume at 8 a.m. Monday at all locations.

JBSA USO Grand Opening

To celebrate the grand opening of the USO location at Joint Base San Antonio-Fort Sam Houston, a picnic is planned from 10 a.m. to 2 p.m. Nov. 11 at the Sam Houston Community Center, building 1395 on Chaffee Road. Live entertainment will be provided by the 323rd Army Band "Fort Sam's Own," the USO Show Troupe and a disc jockey. There will also be a kid's zone, bouncy castles, face painting, an obstacle course, as well as tours of the USO and explanations of USO programs.

Education Fair

The Military & Family Readiness Center at Joint Base San Antonio-Fort Sam Houston, 3060 Stanley Road, building 2797, hosts an education fair from 9 a.m. to 3 p.m. Nov. 14. Meet with college representatives, U.S. Army Medical Department and ROTC recruiters. Another information session will be held from 9 a.m. to 3 p.m. Nov. 16 at the Brooke Army Medical Center Medical Mall.

DLA Disposition Services Training

Training on how to turn in or withdraw excess property is held from 9-1:30 a.m. the first Monday of each month at the Defense Logistics Agency Disposition Services San Antonio Field Activity Site, building 4195, 2999 Parker Hill Rd., Joint Base San Antonio-Fort

See NEWS BRIEFS, P6

U.S. Army Environmental Command, local school partner to help students learn to love math, science

By Cathy Kropp
U.S. Army Environmental Command Public Affairs

The U.S. Army Environmental Command, or USAEC, at Joint Base San Antonio-Fort Sam Houston held an adoption celebration Sept. 29 in honor of their Adopt-a-School partnership with Fort Sam Houston Elementary School.

The command and school have enjoyed this partnership for five years and with each new commander, the adoption is recertified to renew the commitment between the two entities.

Col. Timothy Greenhaw, USAEC commander, and Dr. Gail Siller, Fort Sam Houston Independent School District superintendent, signed the partnership agreement.

Dr. Joseph Cerna, school principal, met with the USAEC commander during the summer to solidify the support agreement and coordinate a calendar of events for the year.

The first event involving the school's teachers happened in August. A scavenger hunt around the post led teachers to a variety of locations, including the USAEC building, where they were photographed with a Cougar poster to prove they found their adopt-a-school partner.

During the ceremony, Cerna reminded attendees of the many events conducted in the past as a result of this partnership. Students, who provided the entertainment for the ceremony, presented "thank-you" cards to Greenhaw with pictures they'd colored representing some of the events, as well as their song of gratitude.

Siller added her appreciation, recounting how much the children remember of their interactions with USAEC employees. She reminisced of an event with USAEC's entomologist where spiders and hissing cockroaches entertained the children as they learned about what makes a bug a bug and how they adapt to their surroundings.

"Whether it's our bug guy, map guy or a science guy or gal, the U.S. Army Environmental Command stands ready to support the teachers and students of Fort Sam Houston Elementary School to help them be successful," Greenhaw said.

He also thanked the school for including USAEC in some of the school family events and noted USAEC employees get as much out of the adoption as the children and teachers do.

Photo by Cathy Kropp

Col. Timothy Greenhaw (left), commander of the U.S. Army Environmental Command at Joint Base San Antonio-Fort Sam Houston, and Dr. Gail Siller, Fort Sam Houston Independent School District superintendent, sign the partnership agreement which renews the Adopt-a-School charter established in 2011.

JBSA medical facilities turn attention to diabetes in November

By Robert Goetz
JBSA-Randolph Public Affairs

Diabetes is one of the most prevalent diseases in the United States, affecting some 29 million Americans, according to the American Diabetes Association.

Another 86 million people in the U.S. are at risk for diabetes, which is associated with long-term problems such as kidney disease, neuropathy or foot complications, eye problems, skin complications, delayed gastric emptying and mental and emotional problems.

However, diabetes – defined by the Centers for Disease Control and Prevention as a condition in which the body does not properly process food for use as energy – is both controllable and preventable.

Joint Base San Antonio medical facilities, which take a proactive approach to diabetes throughout the year, are especially focused on the disease during American Diabetes Month in November.

The Wilford Hall Ambulatory Surgical Center's Diabetes Center of Excellence at JBSA-Lackland is partnering with the 59th Medical Operations Group disease management nurses to offer a diabetes health fair from 9 a.m. to 3 p.m. Nov. 16 in the Wilford Hall Ambulatory Surgical Center Atrium. A highlight of the event is a presentation by retired New Orleans Saints defensive end Melvin Williams, who will speak on health and wellness.

At the JBSA-Randolph Medical Clinic, posters and educational materials are on display throughout the month in the family health clinic waiting room.

Type 2 diabetes, which is characterized by higher-than-normal blood sugar levels, is the most common type of diabetes, accounting for more than 90 percent of cases, said Lt. Col. Anita Chapel, 359th Medical Operations Squadron family nurse practitioner.

Type 1 diabetes, which affects just 5 percent of diabetics, requires insulin injections because the pancreas does not make insulin or makes too little to move the glucose in the body's cells.

Symptoms of type 2 diabetes include increased thirst, frequent urination, extreme hunger, blurred vision, fatigue, tingling or numbness in the hands or feet, dry skin and slow healing of cuts and wounds.

Risk factors for type 2 diabetes include older age, a family history of diabetes and ethnicity, but the disease is also associated with obesity and poor exercise habits.

"We cannot change our genetics or ethnicity, but we can adopt a healthy lifestyle," Chapel said. "Being overweight increases your risk for developing type 2 diabetes, so maintaining a normal weight will reduce your risk.

"In addition, a diet high in calories from any source contributes to weight gain," she said. "A diet low in sugary foods, salty foods and high-fat foods is recommended, as is eating the recommended portions in each food group."

Aerobic exercise plays a key role in preventing type 2 diabetes because it helps the body use insulin better, improves blood

See DIABETES, P12

JBSA caregivers provide care to children with special needs

By David DeKunder
JBSA-Randolph Public Affairs

Knowledge, training, patience and understanding are guiding Joint Base San Antonio caregivers who are teaching and helping children with disabilities and special needs.

Caregivers at child development programs on JBSA locations provide care to children 6 weeks to 5 years of age, including those with special needs and disabilities, whose parents are active-duty members, Department of Defense civilians or military retirees.

At JBSA, a process is put into place to make sure the developmental needs of children with special need and disabilities are met, said Mary Sharp, 502nd Force Support Squadron JBSA-Randolph Child Development Program training and curriculum specialist.

A child with special needs and disabilities has a group of JBSA medical professionals, therapists, child development specialists and representatives from the Exceptional Family Member Program who come up with a plan for caregivers to follow in helping the child develop. The team includes the parents of the child with special needs and/or disabilities and caregivers, both of whom provide input on the child's developing needs, Sharp said.

"The point is for the team to ensure we are able to meet the child's needs and they are successful in our program," Sharp said.

The caregivers use the same teaching methods for children with special needs and disabilities as they do with all the children they care for, Sharp said. The only difference is the process could be slower for a child with disabilities and special needs.

"What we do is the same, just at a different pace," Sharp said. "We are creating an environment for special-needs children where they can come and explore and develop at their own pace."

Caring for a child with special needs and disabilities presents itself with a different set of challenges and situations each day, Elaine Cherry, 502nd FSS JBSA-Randolph CDP technician lead, said.

"You have to be patient and calm," Cherry said. "Every day is different."

Cherry said she treats a child with special needs or disabilities just like all of the children she looks after in the classroom.

"They are like any other child," she said. "They have a disability, but then they do not know that. If you treat them like a normal child, they are going to act like a normal child."

Caregivers get additional training on caring for children with special needs and disabilities from Kids Included Together, a program that provides skills and training to people and organizations who serve children. Sharp said Kids Included Together counselors provide training on social and emotional development and behavior management of children with special needs and disabilities to caregivers.

For information on services contact JBSA-Fort Sam Houston at 221-5002; JBSA-Lackland at 671-3675/3168, 925-5747/3851 or 671-1052/1040; or JBSA-Randolph at 652-4946 or 652-1140/1142.

Did you know? One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at http://ice.disa.mil.

Army, family values are building blocks to hard work and sacks

By Sgt. 1st Class Wynn Hoke and Lt. Col. William Brown
U.S. Army North Public Affairs

Alex Brown, a 6-foot-2-inch, 220-pound defensive end for the Claudia "Lady Bird" Johnson High School Jaguars in San Antonio, may be the defensive newcomer of the year. He is the Jaguars' top sack leader with seven sacks and the second leading tackler at 30 total tackles.

Alex is an aggressive, quick and powerful junior who makes plays against the run and as a pass rusher and is on the verge of breaking the school's single-season sack record.

But sacking quarterbacks and tackling running backs in the backfield are not the toughest hills Alex has had to climb over the years. As the son of a former Division I football player and active duty Army officer stationed with U.S. Army North's Judge Advocate General office at Joint Base San Antonio-Fort Sam Houston, Alex has seen his father leave the family for multiple deployments, including tours of duty in combat zones in Iraq and Afghanistan.

"Growing up in a military family is tough and adventurous, but you have to find ways to cope when parents are deployed," Alex said. "My sister, Ashley, brother Will and I are fortunate to be in a military family because it means being a part of a special cause that makes our country great."

Alex further said the sacrifices of his parents and his teammates support have motivated Alex to succeed on and off the field.

"Growing up in a military family has caused Alex to develop a strong sense of purpose, resiliency, and loyalty to the core principles of our nation," said Lt. Col. William Brown, Alex's father. "He has witnessed first-hand the sacrifices that must be made so we may live in freedom."

Alex's appreciation and dedication of service to our country, family, and the moral obligations instilled by his father is honored when Alex takes his father's identification tags with him onto the football field each game night.

"Wearing my father's dog tags means that I carry with me the strength, support, and inspiration of my entire family," Alex said. "The Army has meant so much to my life and family, so having a powerful symbol of the military with me on the field demonstrates my respect for the military."

Photo By Lt. Col. William Brown

Alex Brown (left), a 6-foot-2-inch, 220-pound defensive end for the Claudia "Lady Bird" Johnson High School Jaguars in San Antonio, chases down O'Connor High School Panthers quarterback Roel Sanchez Sept. 17 on his way to a quarterback sack. Alex attributes the sacrifices of his parents and having the support of his teammates support as motivation for him to succeed on and off the field.

"Alex appreciates the sacrifices of the men and women in uniform who fight for freedom," his father said. "The dog tags are a recognition of our family's commitment to our nation in all aspect of our life."

His father credits Alex's achievements through his faith, a strong support system from his teammates, coaches and his self-determination. He said Alex has developed a strong and significant trust in the values of the Army, family unity, and principles that make our nation great.

"Football is a significant part of our family culture," Alex said. "It has been a way to bring us closer especially when dad is deployed."

News Briefs

Continued from P3

Sam Houston. Training is open to all units and departments that generate excess property for disposition/turn-in to DLA. For more information, call 221-4627 or e-mail DRMSSanantonioDSR@DLA.MIL to register.

Some Businesses Off Limits

There are a handful of businesses in the local area that are off-limits to armed forces members without exception. According to a 502nd Air Base Wing memorandum dated June 1, all 502nd ABW and Joint Base San Antonio military members are forbidden to enter any establishments named Cracker Box Palace, Planet K, Players Club of San Antonio, MJM Autohaus or VIP Spa. This also includes all locations in Bexar, Atascosa, Bandera, Comal, Guadalupe, Kendall, Medina and Wilson counties. These businesses are areas where suspicious activity has been reported that is perceived as damaging to the military mission. The JBSA Armed Forces Disciplinary Control Board meets quarterly to ensure safety and security is a top military priority. The establishment of off-limits areas is a function of command used to help maintain good order and discipline, health, morale, safety, and welfare of personnel assigned and/or located at JBSA and/or in the Greater San Antonio area. Members will soon see briefings on this information at newcomer orientation meetings, commanders calls and unit bulletin boards. For more information, call 652-5727.

Yield Right Of Way To Pedestrians In Crosswalks

Across Joint Base San Antonio locations, during newcomer's local conditions briefs, newly arrived military and civilian members are instructed that the right of way for pedestrians must be yielded by motorists before entering crosswalks. In accordance with the Texas Transportation Code Section 552.003, "Pedestrian Right-Of-Way At Crosswalk" (http://www.statutes.legis.state.tx.us/Docs/TN/htm/TN.552.htm), pedestrians don't have the right of way until they are in the intersection or a crosswalk of a roadway. By following the safety tips listed below, you can protect yourself from becoming a victim of a motor vehicle/pedestrian accident:

• It is critical to look left, then right and then left again before entering a

See NEWS BRIEFS, P18

Women can face unique challenges when getting fitted for a prosthesis

Like many women, when she's in her civilian clothes, Army Spc. Cherdale Allen likes to dress up in her high-heeled shoes.

"My heels are like 4 inches and up," Allen said with a laugh. "I like to feel beautiful."

That has been a little tougher for Allen, an active-duty soldier working in medical supply, than most other women. She lost part of her left leg below the knee to cancer and is being fitted with a prosthesis at the Center for the Intrepid at Brooke Army Medical Center, or BAMC. This prosthesis will help her to dress fashionably once again.

"I just wanted to be able to wear the heels I used to wear," Allen said. "That was on top of my list."

It's not just whether a prosthesis will be able to handle a high heel, said Andrea Ikeda, Extremity Trauma and Amputation Center of Excellence research prosthetist at BAMC and the person who is helping Allen get a prosthesis that will work.

Ikeda fitted Allen with three different artificial limbs: one for walking, one for running and one for use when she wants to dress in heels. The next step is to add a flesh-tone cover for the high-heel foot that will also look more natural.

"For most women, body image and a more natural-looking prosthesis are more important than they are to men," Ikeda said. "Many women want their prosthetic arm or leg to match their other side in shape, size, skin tone, etc., so it looks more natural and doesn't stand out."

In Allen's case, the fitting also had to consider not just how it fit her body, but how it fit her movement style. She has a tendency to strike her heel (as opposed to walking and running on her toes) and hyperextend when she walks. Allen has had the new prosthesis for four months now and she said it's working well.

"I've got the foot I wanted. So far, so good," Allen said.

For upper-extremity amputations, Ikeda said the weight and size of the hand or hook can be more of a factor for smaller women than it is for men. Manufacturers of prosthetic hands recently have released some smaller sizes, which better match a typical woman's hand.

"A few months ago I was able to use an extra-small-sized hand, which had just come out on the market, for a woman with what I consider about an average female hand," Ikeda said. "The size matched very well, and the patient was pleased."

Ikeda said the process of fitting a woman with an artificial limb is not really different than the process for a man. Each prosthetic socket, the part of the prosthesis that fits onto the residual limb, is individually custom-made for each limb. But there's more to the process.

"When fitting a woman, we sometimes have to think about other things, such as weight gain during pregnancy, which can affect socket fit."

Right now, as combat operations have wound down following the wars in Iraq and Afghanistan, there hasn't been an increase in the number of combat amputations for women, or for men, for that matter. But as women fill more combat roles in the future, there is the potential for demand to become more of an issue. Ikeda believes that prosthetists, working with industry, will be able to meet their patients' needs.

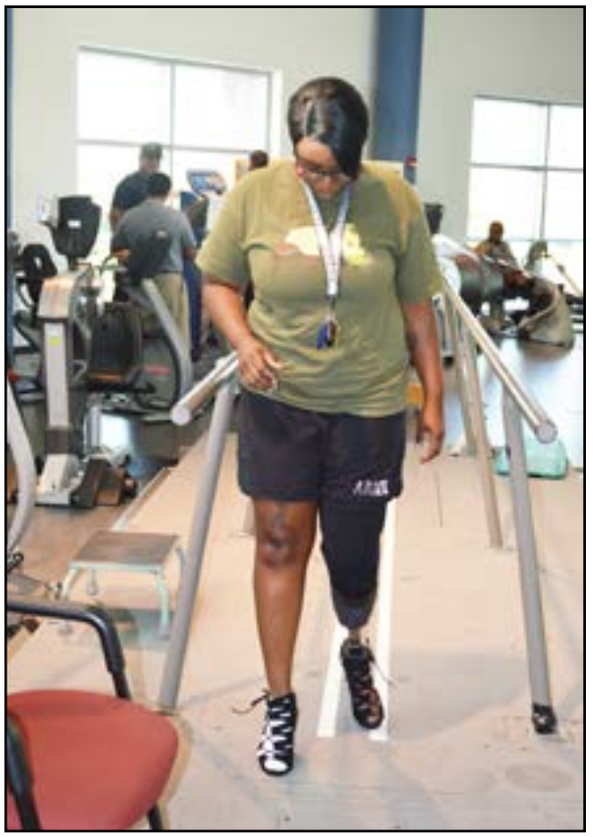
"As we continue to ask manufacturers of prosthetic feet about more options in adjustable and high-heeled feet, hopefully more choices will come to the market," she said.

That's music to the ears of Allen, who just wants to live normally and look her best.

"I still want to feel like a woman, feel good about myself and dress up," Allen said. "I want to continue to live like I used to."

(Source: Military Health System Public Affairs)

Allen shows off two of her prosthetic legs: one for walking and the other for high heels.



Photos by Robert A. Whetstone

Spc. Cherdale Allen, a patient going through rehabilitation at the Center for the Intrepid, Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston, lost part of her left leg below the knee to cancer. She is overcoming the challenges and adjusting to getting back into her "heels" using a prosthesis still in the test socket phase. This prosthesis is one of three Allen uses for walking, running and stepping out in style.

JBSA encourages spouses to get connected through Heart Link

By Ashley Palacios
JBSA-Randolph Public Affairs

Adjusting to military life can be a daunting and overwhelming process, especially for military spouses.

Heart Link seeks to ease this transition by introducing and explaining many aspects of military life to spouses.

According to the Air Force Aid Society, which funds the Heart Link program, the objective of Heart Link is to strengthen military families and enhance mission readiness.

Understanding that spouses play an important role in re-enlistment decisions, which ultimately impact retention rates, a major program goal is to help spouses, especially those who have been with the Air Force five years or less, acclimate to the Air Force environment.

The Heart Link program includes orientation activities consisting of presentations from base agencies, interactive games and exercises that should, by the end of the day, leave spouses feeling they are an important and respected part of the Air Force team. A program highlight is a visit from the wing commander who presents a coin to each spouse for completing the program.

According to Brandy Wright, Military & Family Readiness Center community readiness consultant at Joint Base San Antonio-Randolph, Heart Link is important because it normalizes the Air Force lifestyle for new spouses.

"Heart Link is a very special opportunity for spouses to learn so much about the Air Force," Wright said. "I have been a military spouse for 14 years, and I still learned quite a few things when I went through Heart Link.

"It's a chance for spouses to meet and interact with other spouses, learn about finance, protocol, Air Force acronyms and other do's and don'ts of the Air Force," Wright continued. "We even teach them basic military protocol and the right attire for various Air Force events they may attend."

Criselda Smith, Military & Family Readiness Center community readiness consultant, noted the impact of the military spouse.

"If you look at the Heart Link logo you'll see a heart at the center," said Smith. "In same way, the military spouse is the heart of the Air Force. They have a huge impact on their spouse's career."

Currently, only 19 percent of service members stay till retirement. A major factor in the decision to separate from the Air Force is typically the family.

"Often times, the military lifestyle of frequent moving and leaving family and friends can make spouses feel lonely or depressed, but the Air Force wants them to know how much they are valued," Smith said. "They're part of a bigger family now and this is their welcome home."

Air Force spouses interested in attending the Wednesday event at JBSA-Randolph can call 652-5321. Air Force spouses interested in attending the Jan. 18, 2017, event at JBSA-Lackland can call 671-3722. Air Force spouses assigned to JBSA-Fort Sam Houston can attend at either of the aforementioned locations.

From San Diego to San Antonio: medics provide consistent care in the air, on the ground

Members of the 59th Medical Wing provided care Oct. 15 to a Navy Sailor who was flown onboard a C-130J Super Hercules from the Navy Medical Center in San Diego to San Antonio for treatment at the San Antonio Military Medical Center at Joint Base San Antonio-Fort Sam Houston.

Senior Airman Arlinda Haliti, a medic with the 559th Medical Group En-Route Patient Staging System team, looks on as the 59th Medical Wing Acute Lung Rescue Team preps a patient for transport at the Kelly Airfield Annex at Joint Base San Antonio-Lackland Oct. 15. The patient, a Navy Sailor, was flown onboard a C-130J Super Hercules from the Navy Medical Center in San Diego to San Antonio for treatment at the San Antonio Military Medical Center at JBSA-Fort Sam Houston. The Acute Lung Rescue Team medics tended to the patient for the duration of the flight.

Photos by Staff Sgt. Jerilyn Quintanilla

Members of the 59th Medical Wing Acute Lung Rescue Team transport a patient inside the San Antonio Military Medical Center at JBSA-Fort Sam Houston Oct. 15. The 59th MDW Acute Lung Rescue Team is comprised of medics with extensive training of aeromedical evacuation techniques. The team's mission is to ensure patients are safely transported to a higher echelon of medical care.

Senior Airman Dominick Espinoza, a 559th Medical Group En-Route Patient Staging System team medic, assists the 59th Medical Wing Acute Lung Rescue Team as they tend to a patient at Kelly Airfield on JBSA-Lackland Oct. 15. The patient was flown aboard a C-130J Super Hercules from the Navy Medical Center in San Diego to San Antonio for treatment at the San Antonio Military Medical Center at JBSA-Fort Sam Houston.

502nd Civil Engineer Squadron member coaches all-girls team in marksmanship

By Jeremy Gerlach
JBSA-Lackland Public Affairs

Even though Gunnery Sgt. James Graham Jr. retired from the Marines back in 2008, you can still hear him barking orders, this time to a group of all-female sharpshooters on his off-duty time in Bulverde, Texas.

Graham, a civil engineer with the 502nd Civil Engineering Squadron at Joint Base San Antonio-Camp Bullis, coaches Team McMillan, a four-person shooting squad fresh off a strong performance in September at the National Rifle Association F-Class National Championships in Lodi, Wis.

Graham was a longtime civilian marksmanship mentor and junior coach at Camp Perry in Ohio before moving to Texas. As a young Marine, he won distinguished Marine Corps rifleman status – shooting 98 percent or better on his marksmanship examinations – and won a national shooting championship with his Marine Corps team. Coaching Team McMillan gives him a chance to stay sharp out on the range.

Team McMillan isn't your typical bunch of shooters and the former Marine isn't your typical coach, Graham explained.

"All four members are teenage girls," Graham said. "They don't crack under pressure and they're coachable."

Coaching Team McMillan was a natural fit for Graham. He would take his daughters, Makenna and Lynzie, to shooting ranges and hunting trips early in their lives. Graham assembled the team after finding out his niece, Janna Voges, and family friend, Bailey Bass, the other half of Team McMillan, also had a keen eye for shooting.

The team spends hours practicing at a 300-yard shooting range in Graham's front yard in Bulverde, just north of San Antonio.

"I'm a retired, old shooter, so being out there on the line – hearing the wind, seeing the water ripple near your target – keeps me on top of my game," Graham said.

"I spent all my life as a grunt pulling triggers for the Marine Corps, then being an instructor for the Marines, so laying down a scope and teaching these girls to 'call wind' was just my niche," Graham added.

Despite the generational gap, the group responds well to his gruff, Marine-style motivation.

"It's a balance between tough love and encouragement," he noted. "But what's funny is that with Janna and Bailey – at first they weren't used to the coaching. But Lynzie and Makenna, they've been around that their whole life, and they're not afraid to stand up and put me in my place."

That usually occurs when Graham makes the two younger Grahams start singing cadence.

"They get embarrassed about that," Graham laughed. "But they all have a military mindset now."

Above all things, Graham preaches consistency and attention to detail in a sport where fractions of a centimeter can make all the difference.

"With shooting, you're constantly going through the motions, making sure you call the shot, set up properly, and perform the same way each time you head out to the range," Graham said. "When you

See COACH, P17

AETC from P2

to ensure we are in tune with our new Airmen."

Just like every Airman adds to the Air Force's melting pot, every major command has a distinct mission and set of standards unique to them. AETC is no exception.

"We have such an impact on everyone who comes into the Air Force," Roberson said. "We get to take people straight off of the street and immerse them in what it means to be an Airman. We develop and forge them into becoming the best Airman they can be by providing opportunities for the rest of their lives that they literally can't get any other place around the world.

"The First Command is a critical command," he continued. "It is a foundational and fundamental command and it is where airpower starts. Whether you are a student in training or one of our instructors, everyone involved is critically important to the success of AETC."

Roberson strongly advises new AETC Airmen to plant their roots deep, blossom where they land, and watch what happens.

"Become really engaged in what you are doing," Roberson urged. "Learn your job, become a part of the team, and understand the role that you play in accomplishing the mission. Every person within AETC is critical for mission accomplishment … there are no extras here."

While Roberson reflected on the exceptional year the men and women of AETC have accomplished, he also looked forward to the coming year and beyond.

"There is a lot that I am hoping to accomplish before I leave this command," Roberson said. "Some of the more critical goals are continuing all the lessons learned in BMT: Integrity First, Service Before Self, Excellence In All You Do. In addition, we need a review of all of our training and operations in order to institutionalize them so it becomes a routine part of how we do business.

"Infusing PACE and professional development for all of our Airmen throughout AETC is another area that I'm going to continue to push until I leave," he continued.

With the programs set in place to help accomplish these goals, Roberson acknowledges that nothing can be accomplished without Airmen.

"It always comes back to our Airmen," he said. "What I'm hoping to achieve before I leave is we continue to work hard to increase the value of an AETC assignment. That the importance of what we do gets recognized by the entire Air Force community and that we do everything we can to take care of our Airmen and their families, in a way that motivates people to be a part of our team."

With Roberson's first year in command in the books, the lasting impressions from the men and women of the First Command speak volumes to the innovative and inspiring community of which Roberson feels privileged to be a part.

"I would like to thank all of the members of AETC for the unbelievable work over the last year," Roberson humbly said. "It is a privilege for me to be a part of this command because every day we are doing very important work. It is through the hard work and effort of all of our Airmen that were able to achieve this vital mission.

"What we do is so critical and fundamental," he concluded. "Airpower really does start right here in AETC and every Airman that is a part of making that happen is doing a tremendous service to our country and our Air Force."

Medics tackle grueling 72 hours o

Photo by Sgt. Jose Torres

Staff Sgt. Noah Mitchell (right) helps Sgt. Derick Bosley (left) negotiate an obstacle Oct. 27 during the 2016 Army Best Medic Competition at Joint Base San Antonio-Fort Sam Houston. The two were named winners of the competition during an awards ceremony Friday. Bosley and Mitchell, both Army Rangers with 3rd Battalion, 75th Ranger Regiment, represented U.S. Army Special Operations Command in the annual event.

By Sean Kimmons
Army News Service

As the helicopter lands in an open field, combat medics jump out amid the sound of gunfire.

In two-person teams, they sprint toward 180-pound dummies to treat their simulated wounds. As discerning evaluators watch, the medics then drag the dummies on a litter through thick Texas brush to a cliff, where they quickly, but carefully, rappel their patients 25 feet down into a dry creek bed.

They then rush to another field to load their patients onto a helicopter, thus ending a mock combat medical evacuation that took place over a half mile of rugged terrain.

After ascending back up the cliff, the medics hurry to their next timed event, a four-mile trek in full combat gear through the brush. This was just the first portion of battle drills Oct. 25 as part of the grueling 72-hour Best Medic Competition at Joint Base San Antonio-Camp Bullis.

Held annually in one form or another since the 1980s, the competition tests Army medics from across the country with various tasks that require feats of physical and emotional strength and call upon their critical thinking skills as they competed for the Command Sgt. Maj. Jack L. Clark trophy.

This year, more than 30 teams competed to determine the Army's best combat medics. Many of the tasks they undertook during the competition are unknown to the competitors until they come across them in the field.

The winning team was Staff Sgt. Noah Mitchell and Sgt. Derick Bosley from the 3rd Battalion, 75th Ranger Regiment, U.S. Army Special Operations Command.

"We're trying to incorporate adaptive thinking processes into their decisions," said Master Sgt. Mike Eldred, the architect of the competition. "It adds the ability for them to be tested on how they think and react in a complex world."

Representing the 1st Cavalry Division, Sgt. Nicholas Santos said his team was hoping for a home-field advantage since they're coming from Fort Hood, Texas, about a two-hour drive away.

"We're already acclimated,"

A combat medic provides cover while his partner checks on a simulated patient during the Best Medic Competition at JBSA-Camp Bullis Oct. 25.

Photo by Ann Bermudez

A pair of combat medics treats a simulated patient during the Best Medic Competition at JBSA-Camp Bullis Oct. 25. The 72-hour contest forces medics to perform feats of physical and emotional strength as well as critical thinking in hopes to being named the Army's best medics.

Photo by Sgt. Jose A. Torres Jr.

# of trials to determine Army's best

Photo by Adriane Askins Wise

A group of combat medics train in aeromedical evacuation at Joint Base San Antonio-Fort Sam Houston Oct. 25 before taking off for JBSA-Camp Bullis.

Photo by Ann Bermudez

Army medics from across the country competed in Best Medic Competition at JBSA-Camp Bullis Oct. 25-28. The Soldiers had various tasks that required feats of physical and emotional strength and called upon their critical thinking skills.

Santos said. "We know the weather and terrain out here. We also don't have any sleep deprivation. Some of these guys are coming from Italy and Germany."

With high temperatures expected to be in the mid-80s for the competition, some medics who traveled from colder climates are having to adjust quickly.

"I feel bad about the Alaska guys. This is going to be hot for them," Santos said.

Santos has been preparing for the competition with his teammate, Sgt. Edwin Luchendo, for the past three months.

"We expect to be tired, but we also expect to push through it," Luchendo said. "I'm a very competitive guy. Every chance I get to compete, I'll get on it."

While there's no lack of endurance among the medics, they could still face health concerns if they fail to pace themselves as they tackle miles-long road marches, mock firefights, heavy lifting, trauma tables and marksmanship trials.

"This will be dangerous," Eldred told the medics in a briefing before the strenuous contest, during much of which the teams would compete alone in vast training areas.

"Please make sure you pay attention to what you're doing," he advised them. "Don't expect us to run around behind you with baby powder. It's going to be up to you to take care of yourself."

After the briefing, Eldred revealed the key characteristic an organizer like him should have when running a contest of this magnitude.

"You have to be a little sadistic in creating competitions," he said, laughing. "Because if you don't make it challenging, then why even have it?"

"It's not that I want them to be in pain," he continued, "but the last thing I want is for someone to walk away from this contest and say that it was nothing. I want them to be challenged."

Photo by Jose E. Rodriguez

Sgt. David I. Hull (left) and Sgt. 1st Class Daniel Cummings, U.S. Army Medical Department Center and School, Army Health Readiness Center of Excellence, from JBSA-Fort Sam Houston, were one of the 32 two-person teams taking part in the Best Medic Competition at JBSA-Camp Bullis Oct. 25-28.

Photo by Jose E. Rodriguez

Master Sgt. Mike Eldred (right) briefs competitors at the end of day three's events Oct. 26 before releasing them to clean up and get a hot meal during Best Medic Competition at JBSA-Camp Bullis Oct. 25-28. The Soldiers only "enjoyed" eating Meals, Ready-to-Eat. Day four began at 1 a.m. with a foot march, then followed with the obstacle course, marksmanship, combat stress shoot and a mystery event.

Photo by Sgt. Jose A. Torres Jr.

A combat medic team slowly rappels a simulated patient down a 25-foot cliff during the Best Medic Competition at Joint Base San Antonio-Camp Bullis Oct. 25.

REAL ID Act extension update

The REAL ID Act was enacted to implement the 9/11 Commission's recommendation that the Federal Government "set standards for the issuance…of sources of identification, such as driver's licenses." The Act prohibits Federal agencies from accepting, for official purposes, driver's licenses and identification cards from states not meeting the Act's minimum standards.

The most up-to-date information on the REAL ID Act can be found at https://www.dhs.gov/current-status-states-territories. Users can register on the Department of Homeland Security website to receive notifications of changes and updates to the REAL ID Act.

States that are compliant with the current REAL ID Act
Alabama, Arizona, Colorado, Connecticut, Delaware, Washington D.C., Florida, Georgia, Hawaii, Indiana, Iowa, Kansas, Maryland, Mississippi, Nebraska, Nevada, Ohio, South Dakota, Tennessee, Utah, Vermont, West Virginia, Wisconsin and Wyoming.

Extension states and territories
The following states have been approved for extension through Oct. 10, 2017: American Samoa, Arkansas, Idaho, Illinois, Louisiana, Massachusetts, Michigan, N. Marianas, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Puerto Rico, Rhode Island and Texas.

Limited extension states and territories
The following states have extensions good through June 6, 2017: Alaska, California, Oregon and Virginia.

States and territories currently under review
Real ID Act enforcement begins on Jan. 30, 2017 for the following states and territories: Guam, Montana and the Virgin Islands.

Noncompliant states and territories
Real ID Act enforcement begins on Jan. 30, 2017 for the following states and territories: Kentucky, Maine, Oklahoma, Pennsylvania, Minnesota, Missouri, Washington and S. Carolina. Minnesota and Washington are issuing Enhanced Driver's Licenses that are good for installation access control.

(Source: 502nd Security Forces and Logistics Support Group)

DIABETES from P3

circulation and reduces risk for heart disease by lowering blood glucose and blood pressure and improving cholesterol levels, Chapel said.

Maj. Wanda Clemons, 59th MDOG Diabetes Center of Excellence nurse manager, emphasized the importance of a healthy lifestyle in managing type 2 diabetes.

"Medication alone cannot overcome the results of a poor diet and lack of exercise," she said. "Many in the diabetic field are fond of saying, 'Well-controlled diabetes or controlled blood sugars is the cause of nothing.' The risk of complication is related to overall glucose control."

Healthy eating and exercising, along with following the prescribed medication treatment plan outlined by the provider, are the best ways for people to manage their type 2 diabetes symptoms, Clemons said.

"It's also important to check your blood sugars consistently and being aware of high and low blood sugars," she said.

59th MDW clinics adjust hours, expand patient access to care

By Staff Sgt. Jerilyn Quintanilla
59th Medical Wing Public Affairs

In its continuing effort to meet patient needs, 59th Medical Wing leaders announced changes to various clinic hours throughout the wing.

The decision comes after some clinics received requests for appointments outside regular clinic hours; most 59th MDW clinics are currently open from 7:30 a.m. to 4:30 p.m. Extended hours began Sept. 15 at the Randolph Clinic and some clinics on Lackland will be open as late as 7 p.m.

"Our feedback showed that patients, specifically in the family health, pediatrics, and adolescent medicine clinics at the Wilford Hall Ambulatory Surgical Center were interested in later appointments," said Col. Kara Gormont, 59th Medical Operations Group administrator.

These clinics now have some appointments after 5 p.m., Gormont said.

Other wing military treatment facilities – including the 359th Medical Group at Joint Base San Antonio-Randolph, and the 559th MDG and 59th Dental Group at JBSA-Lackland – also reached out to see if their patients desired more convenient clinic hours.

Photo by Air Force Staff Sgt. Jerilyn Quintanilla

Maj. (Dr.) Cubby Gardner (right) examines a patient at the family health clinic at the Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio-Lackland, Sept. 8. Several 59th Medical Wing primary care and specialty care clinics, including the family health clinic, are expanding clinic hours in an effort to increase patient access to care. Gardner is a Ph.D. scientist and family nurse practitioner at the 59th MDW.

"We found that regular clinic hours just weren't convenient for some of our patients because of things like work schedules and children's school hours. It was important for us to find a way to meet their needs in a way that was feasible for the clinics; and I think we've done a good job of that," said Lt. Col. Patrick Pohle, 359th Medical Operations Squadron commander.

Several primary care and specialty care clinics in the 359th MDG now offer appointments after 4:30 p.m., Tuesdays and Thursdays.

The wing will continue to collect patient feedback and adjust appointments as necessary.

"We are committed to our patients and always encourage them to communicate with their providers and give us feedback. It is the best way we can ensure we remain patient centered and continue to focus our efforts on meeting their needs," Gormont said.

The current list of extended hours, subject to change, is below:

RANDOLPH CLINIC
Family Health Clinic: 7:30 a.m. to 4:30 p.m., Monday, Wednesday, Friday; 7:30 a.m. to 5:30 p.m., Tuesday and Thursday
Pediatric Clinic: 7:30 a.m. to 4:30 p.m., Monday, Wednesday, Friday; 7:30 a.m. to 5:30 p.m., Tuesday and Thursday
Optometry Clinic: 7:30 a.m. to 4:30 p.m., Monday through Wednesday and Friday; 7:30 a.m. to 5 p.m. Thursdays.

DENTAL SERVICES
Dunn Dental Clinic (General Dentistry): 7 a.m. to 6 p.m., Wednesday (active-duty only).

WILFORD HALL AMBULATORY SURGICAL CENTER
Family Health Clinic: 7:30 a.m. to 6 p.m., Monday through Thursday
Pediatric Clinic: 7:30 a.m. to 6 p.m., Monday through Thursday
Adolescent Medicine Clinic: 7:30 a.m. to 6 p.m., Monday through Thursday.

REID CLINIC
Flight and Operational Medicine Clinic: 7 a.m. to 7 p.m., Monday through Friday, except Wednesday
Trainee Health Clinic (trainee population only): 7 a.m. to 7 p.m., Monday through Friday; 7 a.m. to 4 p.m., Saturday; and 7 a.m. to 12 p.m., family days.

For more information about clinic hours, call the clinic or visit the military treatment facility pages online at http://www.59mdw.af.mil.

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One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

It takes 5 minutes or less to submit a comment at http://ice.disa.mil.

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JBSA hosts National American Indian Heritage Month events in November

By David DeKunder
Joint Base San Antonio-Randolph
Public Affairs

In observance of National American Indian Heritage Month, activities throughout November will be held at Joint Base San Antonio locations, including storytelling, cooking classes, essay, poster and art contests and tribal dancing.

The JBSA-Randolph National American Indian Heritage Month Committee will sponsor an essay, art and poster contests and host several events at the JBSA-Randolph Youth Center

On Nov. 18, U.S. Army North at JBSA-Fort Sam Houston will host the National American Indian Heritage Observance from 11 a.m. to 1 p.m. at the JBSA-Fort Sam Houston Quadrangle. Activities includes storytelling, food sampling and performances from tribal dancers.

Ed Blauvelt, JBSA-Randolph National American Indian Heritage Month Committee chairman, said the purpose of the activities is to teach children about the culture and customs of Native American youth.

"To teach the youth about Native American youth – the games they played, they art they made, the food they ate, the music they listened to and how they lived," Blauvelt said. "We are educating children to realize that there is something else in this country. There are other cultures in this country, there's different ways to look at things and different ways to live within the United States."

Any high school or home school senior whose parent or legal guardian is employed at JBSA-Randolph is eligible to enter an essay scholarship contest put on by the JBSA-Randolph National American Indian Heritage Month Committee. The essay entries, which must be between 1,000 to 2,000 words, will be based on this year's theme, "Serving Our Nations."

In the essays, one of the objectives students have to convey is how they have been serving their communities over the last four years and becoming leaders. Entries are due by 4 p.m. Monday. Call 652-8529 for email address.

The student of the winning entry will be awarded a $1,000 scholarship, which will be presented to the winner and their family during a presentation at 4 p.m. Nov. 10 at the Taj Mahal, building 100.

As of 2014, there were 5.4 million American Indians and Alaska Natives living in the U.S., consisting two percent of the country's population. Currently, 26,995 American Indians are serving in the military, making up 1.2 percent of the armed forces' population.

According to the Department of Defense, there were 140,556 American Indian veterans as of 2014.

Other events at JBSA-Randolph, which will be held at the JBSA-Randolph Youth Center unless noted, include:

• Friday – American Indian Heritage Month poster contest, 8 a.m.

• Monday – High school art contest. Entries include art submissions from students at Randolph High School and Randolph Middle School. Judges will pick the top three entries, which will be awarded certificates.

• Tuesday – American Indian cooking class, 4 p.m. Blauvelt said youngsters will help instructors prepare and cook an American Indian meal, which this year could be a delicacy of a tribe from the Pacific Northwest.

• Wednesday – Story telling at the JBSA-Randolph Base Library, 9 a.m. Children of JBSA parents, including home schoolers, are invited to hear stories from American Indian culture.

• Thursday and Nov. 17 – American Indian art class, 4 p.m. The class is for children in the before and after-school programs at the youth center.

• Nov. 21 – Corn husk doll making class, 4 p.m.

Photo by Sgt. 1st Class Christopher DeHart
Robert Ferguson makes his way around the drum circle Nov. 16, 2013, at the Joint Base San Antonio-Fort Sam Houston Native American Indian Heritage Month Pow Wow in the Fort Sam Houston Teen and Youth Center.

FSHISD rolls out new anonymous alerts tool

The Fort Sam Houston Independent School District has introduced a new communications tool called Anonymous Alerts.

The Anonymous Alerts bullying and safety app reporting system helps combat bullying and other negative activity in schools by empowering students to speak up.

The Anonymous Alerts bullying and safety reporting system helps combat bullying and other negative activity in schools by empowering students to speak up.

Social and peer pressure are some of the hardest obstacles for students to overcome so we want to help.

The system allows for one-way or two-way anonymous encrypted communications between submitters – such as students, parents or community members – and district administration and/or school staff. Users of the system have the option to remain anonymous or to reveal their identity when submitting a report.

To use this revolutionary new app online, students, parents or other school personnel can visit the Fort Sam Houston ISD website (http://www.fshisd.net) and click on the "Anonymous Alerts" link to submit a report expressing their concern. The link can be found under "ABOUT US" on all the website.

Anonymous Alerts mobile applications can be downloaded directly from the Apple, Google Play or the Chrome stores. The username and password activation code can be found below. The app is easy to use and students select which school and contact the message should go to. In addition, informational posters explaining how to use the app will be displayed throughout schools and offices in the district.

The Anonymous Alerts App login is "fortsamhouston" and the password is "fortsamhouston." In case of an emergency, call 9-1-1.

(Source: Fort Sam Houston Independent School District)

Triple-company change of responsibility for U.S. Army South first sergeants

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

The U.S. Army South Headquarters and Headquarters Battalion held a triple-company, change of responsibility ceremony for its first sergeants near its headquarters at Joint Base San Antonio-Fort Sam Houston Oct. 20.

These ceremonies typically represent the discipline and teamwork of the Army. For Army South, they help develop and maintain unit pride, build esprit de corps and preserve tradition. The incoming company enlisted leadership are 1st Sgt. Eric Irish, Headquarters Support Company; 1st Sgt. Jeff Edey, Operations Company; and 1st Sgt. Beau Kempe, Intelligence and Support Company.

Before the new first sergeants formally assumed their position, a military "frocking" took place in the headquarters promoting two of the three noncommissioned officers from the rank of sergeant first class.

Incoming U.S. Army South Headquarters and Headquarters Battalion first sergeants are (from left) Jeff Edey, Operations Company; Eric Irish, Headquarters Support Company; and Beau Kempe, Intelligence and Sustainment Company at the Oct. 20 triple-company change of responsibility ceremony near the Army South headquarters at Joint Base San Antonio-Fort Sam Houston.

Photos by Sgt. 1st Class Matthew Graham

Command Sgt. Maj. Jon Williams, U.S. Army South Headquarters and Headquarters Battalion senior enlisted leader, speaks to troops during the Oct. 20 triple-company change of responsibility ceremony near the Army South headquarters at JBSA-Fort Sam Houston.

Frocking is a U.S. military term for a commissioned or non-commissioned officer selected for promotion wearing the insignia of the higher grade before the official date of promotion, or the "date of rank." An officer or NCO who has been selected for promotion may be authorized to "frock" to the next grade.

"This is a big deal – a transformational moment – as these senior NCOs are transitioning to first sergeants," said Lt. Col. Ryan Levesque, Army South Headquarters and Headquarters Battalion commander.

The wives of each of the new first sergeants were able to participate in the years-old tradition of pinning their husbands with their new ranks as other family members and staff looked on.

"This is a good day and I look forward to serving the company and instilling the trust and confidence my leaders have shown by allowing me to serve in this position," Edey said.

The Headquarters and Headquarters Battalion's senior enlisted leader, Command Sgt. Maj. Jon Williams, acknowledged the outgoing first sergeants for their personal dedication to serving the Soldiers within the command.

"'There is nothing so annoying as a good example,'" Williams said, quoting Mark Twain. "The men in front of you are men of character. Their company's successes has a lot to do with these first sergeants. We will be sad to lose them."

The outgoing first sergeants are 1st Sgt. Rodney Washington of Headquarters Support Company who will go on to retire after 25 years of service; 1st Sgt. Joshua D. Mejia, Intelligence and Support Company who will change duty stations to Fort Carson, Colo.; and 1st Sgt. James D. Delain of Operations Company who will transition to a staff position within Army South Headquarters at JBSA-Fort Sam Houston.

Wives of each new U.S. Army South Headquarters and Headquarters Battalion first sergeants pinned on their husband's new rank in an Army tradition Oct. 20 during a "frocking" ceremony that took place before the formal change of responsibility ceremony. Frocking is a U.S. military term for a commissioned or non-commissioned officer selected for promotion wearing the insignia of the higher grade before the official date of promotion, or date of rank. An officer or NCO who has been selected for promotion may be authorized to "frock" to the next grade.

CELEBRATE AMERICA'S MILITARY IN NOVEMBER

Since 1970, the San Antonio Chamber of Commerce has organized Celebrate America's Military, or CAM, an annual tribute to the military. The celebration during the month of November features events presented with community partners, making it the largest event of its kind nationwide. The following events are open to the public:

UIW Military Appreciation Football Game

Date/time: Saturday, 2:30 p.m.

Location: Benson Stadium at the University of the Incarnate Word, 4301 Broadway

The University of the Incarnate Word Cardinals football team plays the Southeastern Louisiana University Lions, with kickoff at 2:30 p.m. UIW Athletics and Extended Academic Programs host a pre-game military appreciation tailgate. Free admission to the game for all active-duty military, veterans and Department of Defense employees with ID and their families. Parking is $8 per vehicle. Half-time events include enlistment ceremony and UIW and Army band performance. To contact the UIW Cardinal ticket office, call 805-3000. Children 2 and up will need a full price ticket. For tickets, visit https://uiw.universitytickets.com.

Humor for Heroes

Date/time: Saturday, 7 p.m.

Location: Texas A&M-San Antonio

Auditorium, One University Way Humor for Heroes strives to demonstrate our appreciation to current and former military members by providing an entertaining night of comedy, fostering connections with military resources and contributing much needed financial support to military charities. This is a ticketed event and open to the public. Tickets are $15 each or two for $25.

UTSA Celebrates America's Military (Downtown Campus)

Date/time: Wednesday, 3-6 p.m.

Location: UTSA Downtown Campus, 501 W. Cesar Chavez Blvd.

Veterans resource fair and speaking engagements.

Hiring Red, White and You!

Date/time: Thursday, 9 a.m. to 1 p.m.

Location: Freeman Coliseum Expo Hall 2, 3201 E. Houston St.

Join the Texas Workforce Commission, Workforce Solutions Alamo for the 4th Annual Hiring Red White and You Job Fair. This event is designed to connect employers seeking qualified candidates with Texas veterans and their family members seeking employment.

UTSA Celebrates America's Military (Main Campus)

Date/time: Thursday; 11 a.m. to 3 p.m., veterans resource fair; 3 p.m., veteran's study room dedication; 4 p.m., Army and Air Force ROTC pass and review

Location: 1 UTSA Circle

Wish For Our Heroes Ride Texas San Antonio Event

Date/time: Thursday, 2:30 p.m.

Location: Toyota Field

Join the San Antonio Spurs and "Wish for Our Heroes" Riders for a welcome party to San Antonio and to be on site to see a few wishes granted to military heroes. Twenty-four riders and a convoy of support staff travel from Wichita Falls, Texas, to Corpus Christi, Texas, in the span of five days, covering just over 500 miles. The event begins Monday and conclude Nov. 11. RIDE TEXAS began in 2011 and has successfully taken a unified team across the state each year since. The event is led by wounded heroes and the purpose of the team is to assist our wounded heroes in completing this journey. Each day is filled with single day events such as meet and greets, parades, and dinners. These single day events are used to not only meet the community but to raise funds for our Military members and to grant wishes.

Texas A&M University-San Antonio Celebrate America's Military

Date/time: Nov. 11, 8:30 a.m.

Location: Patriots' Casa, Texas A&M-San Antonio, One University Way

Texas A&M University-San Antonio will honor service members with a flag raising along with a wreath-laying ceremony on Veterans Day at the Patriots' Casa. This event is free and open to the public.

Moment of Silence and National Roll Call Texas A&M University-San Antonio

Date/time: Nov. 11, 9 a.m.

Location: Patriots' Casa, Texas A&M-San Antonio, One University Way

Texas A&M University-San Antonio will honor service members with a moment of silence and National Roll Call on Veterans Day at the Patriots' Casa. This event is free and open to the public.

World War II Veterans Bi-Plane Flights Stinson Airport

Date/time: Nov. 11, 9 a.m. to 3 p.m.

Location: Stinson Airport, 8535 Mission Rd,, San Antonio

The Ageless Aviation Dreams Foundation is a non-profit organization established and dedicated to honoring seniors and United States military veterans. The primary focus is on individuals living in long-term care communities with a mission of "Give Back To Those Who Have Given." The foundation provides dream flights in a Boeing Stearman biplane, the same aircraft used to train many military aviators in the 1940s. San Antonio veterans have the opportunity to fly high in these vintage aircraft. Call 551-3404 for more information.

Fort Sam Houston National Cemetery Veteran's Day Ceremony

Date/time: Nov. 11, 9:30 a.m.

Location: Fort Sam Houston National Cemetery, 1520 Harry Wurzbach Road

Music prelude begins at 9:30 a.m. with ceremony at 10 a.m. Guest speaker is Allen B. Clark Jr., West Point graduate and Vietnam veteran.

Bexar County Buffalo Soldiers Commemorative Ceremony

Date/time: Nov. 11, 1:30 p.m.

Location: San Antonio National Cemetery, 517 Paso Hondo St.

Comprised of former slaves, freedmen and Black Civil War veterans, the historic Buffalo Soldiers persevered through difficult conditions to become some of the most elite and most decorated units in the U.S. Army. The annual Bexar County Buffalo Soldiers Commemorative Ceremony at the San Antonio National Cemetery honors these past heroes with a keynote speaker, the reading of a memorial list, military honors and taps and a benediction. Speaker is Rear Adm. Rebecca McCormick-Boyle, commander, Navy Medicine Education and Training Command.

San Antonio Spurs Veterans Appreciation Night

Date/time: Nov. 11, 7:30 p.m.

Location: AT&T Center, One AT&T Center Parkway

The San Antonio Spurs host the Detroit Pistons with tip-off at 7:30pm. All military and friends of CAM can access this special offer by going to http://spursgroups.com/2016veteransday and using the OFFER CODE: MILITARY. Tickets purchased through this offer will receive a special military-themed T-shirt at the game. Instructions on where to pick up T-shirt will be emailed to the address provided at the checkout 48 hours prior to the game. Children 24 months and younger get in free.

U.S. Military Veterans Parade and Wreath Laying at the Alamo

Date/time: Nov. 12, 10 a.m. wreath laying, parade at noon

Location: Alamo Plaza

The U.S. Military Veterans Parade Association presents the annual Veterans Parade in downtown San Antonio, during the San Antonio Chamber of Commerce's Celebrate America's Military Week. Representatives from each branch of the military services and special guests speak briefly then carry wreaths to the entrance of the Alamo in recognition of the nation's and Texas veterans. Line the downtown streets and wave your American flag and show your pride as veterans past and present are honored. For more parade information, visit http://www.usmvpa.com/index-PARADE_DATE.html. Honorary parade marshall is World War II Navy veteran Susano Ortiz and grand marshalls are District 26 Sen. Jose Menendez and District 19 Sen. Carlos Uresti.

Army West Point Tailgate Party

Date/time: Nov. 12, 10 a.m. to 1:30 p.m.

Location: Alamo Beer Company, 202 Lamar St.

Pricing: Tailgate, free; barbecue plate and iced tea, $10; souvenir beer glass (beer discounted with purchase), $10; parking, $10; shuttle bus to/from game (one mile from tailgate to stadium), $6. Kids' activities include free Fun Zone. For stadium game tickets, contact Army West Point at 845-938-2526. For more information and tailgate registration, visit https://secure.west-point.org/wpsst/armytailgate. For information regarding tailgate registration, email wpsst@live.com.

Segs4Vets Mobilizing America's Heroes 5K Run/Walk

Date/time: Nov. 13; registration, 7:30-8:30 a.m.; event, 9 a.m. to noon

Location: Freetail Tap Room, 2000 S. Presa St.

Segs4Vets (http://www.Segs-4Vets.org) provides mobility devices to military members severely injured while serving overseas in Operation Enduring Freedom and Operation Iraqi Freedom. Segs4Vets started in 2005 and has since awarded over 1,400 mobility devices to men and women who have served our country. This event will feature a 5K run/walk beginning at the Freetail Tap Room, with an awards ceremony and door prizes afterwards. For more information, email at Segs4Vets5k@gmail.com or call 913-2563.

Navy League And Sea Services Breakfast

Date/time: Nov. 15, 8 a.m.

Location: Fort Sam Houston Golf Club, 1050 Harry Wurzbach Rd.

Join the Alamo Chapter of the Navy League of the United States, or NLUS, for their third annual CAM event – a tribute to the men and women who serve in the nation's Sea Services – the Navy, Marine Corps and Coast Guard. Guest speaker is retired Force Master Chief Brannan F. Knox. A buffet breakfast will be served. RSVP and advanced ticket purchase required. The NLUS was founded in 1902 and is comprised of 43,000 civilians in more than 245 councils around the world working to support sea service members and their families. Attire for military is uniform of the day and casual for civilians. Call 373-3121.

San Antonio Rampage Military Family Night

Date/time: Nov. 18, 7:30 p.m.

Location: AT&T Center, One AT&T Center Parkway

The San Antonio Rampage hockey team hosts the Charlotte Checkers with the puck dropping at 7:30 p.m. All military and friends of CAM can access this special discounted ticket offer by going visiting http://spursgroups.com/novemberhockey and using the offer code MILITARY. Children 24 months and younger get in free.

The Stars Behind The Stripes

Date/time: Nov. 19, 6 p.m.

Location: La Fontana Springs, 27618 Natural Bridge Caverns Road

A night of wining and dining presented by AUSA, myKlick and friends. This special dinner is to honor the spouses and significant others who support the members of the armed forces. Visit myklick.city/myklick-10000strong-event-stars-behind-the-stripes/ for more information.

INSIDE THE GATE

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 OPOCs. Call 221-2705.

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 221-2705.

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.

Post-Deployment Resiliency

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

Newcomer's Orientation, Spouse Information Fair

Friday, 8 a.m. to noon, Military & Family Readiness Center, building 2797. This in-processing orientation is mandatory for all military and civilian personnel newly assigned to Joint Base San Antonio. All mandatory patrons must be seated by 7:50 a.m.; service members should coordinate with their unit personnel coordinator or commander support element prior to attending. In conjunction with orientation; vendors and supporting agencies will be on site at 10:30 a.m. for the Spouse Information Fair. Call 221-2705.

Children In The Middle

Sunday and Nov. 28, Noon to 4 p.m., Military & Family Readiness Center, building 2797. This two-part series must be attended in order and meets the Texas court-ordered requirement for divorcing parents. Topics focus on how families can meet the needs of children growing up between two homes. This is a free service.

Accessing Higher Education

Monday-Wednesday, 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.

Basic Budget 101

Tuesday, 2-3 p.m., Military & Family Readiness Center, building 2797. Create a personalized spending plan and learn how to save for the future. This course is required before attending any financial classes and budget counseling, unless referred by your command. A copy of a current leave and earnings statement is needed. To register, call 221-2705.

Citizenship, Immigration Assistance

Tuesday, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Meet with an U.S. Citizenship & Immigration Service officer for assistance with applications. Registration is not required. Call 221-2705.

Computer Basics

Tuesday, 8-11 a.m., Military & Family Readiness Center, building 2797. Review terminology and skills needed in order to become comfortable with accessing and using computer programs. Call 221-2418.

Pre-Separation Counseling

Tuesday and Nov. 22, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Airmen, Sailors, and Marines planning to separate from the federal service must attend a mandatory counseling. Begin the process 18 months prior to your separation date. Call 221-2705 to register.

COACH from P9

focus on setting up, walking through your process, you don't waste time worrying … or getting nervous."

While the sight of an all-girls team might be an unusual one at many competitions, Graham noted the girls are taking on larger roles in both NRA sports and in combat roles in the military.

"Some of our hardest military shooters are females," Graham explained.

If anything, Graham continued, his all-girls team has a distinct advantage: "We're never nervous," he chuckled. "The girls are talking, having fun – they're not worried about whether they're going to miss. They don't crack under the pressure like some of the guys do."

Graham has Team McMillan prepping for another competition in Phoenix, Ariz. in February 2017. Afterwards, they plan on attending the world championships in Ottawa, Canada in August 2017.

"This group, they apply all the details and they don't lose track of things," Graham said. "They're a great group to coach."

Courtesy photo

Retired Marine Corps Sgt. James Graham, 502nd Civil Engineering Squadron employee, poses with his marksmanship team during the National Rifle Association F-Class Championships in September at Lodi, Wis.

Mission Thanksgiving gives local Soldiers a break

Mission Thanksgiving at Fort Sam Houston started more than 20 years ago when area families and the installation chaplains joined to start a program providing an opportunity for Soldiers to take a break from training and enjoy Thanksgiving within a family environment.

On Nov. 24, local Army commanders invite people to welcome Soldiers into their home in recognition of Thanksgiving Day.

For many Soldiers, Thanksgiving will be their first major holiday away from home and their families.

Soldiers are committed to their training and understand the sacrifice of their service, but for some, it can be lonely being away.

The charity and dedicated support demonstrate the appreciation the community has for their service and sacrifice of their families.

Families will check in at Blesse Auditorium, located on the first floor of Willis Hall at the U.S. Army Medical Department Center & School, Health Readiness Center of Excellence, between 7-8 a.m. Nov. 24.

After opening remarks by Maj. Gen. Brian C. Lein, AMEDDC&S HRCoE commanding general, from 8-8:15 a.m., families and Soldiers will depart at 8:15 a.m.

The Soldiers must return no later than 9 p.m. at the 232nd, 187th and 264th Medical Battalion areas.

For registration and maps detailing the Army's 2016 Mission Thanksgiving at Fort Sam Houston, call 295-6999 or 221-1271, send an email to usarmy.jbsa.medcom-ameddcs.mbx.mission-thanksgiving@mail.mil or visit http://www.cs.amedd.army.mil/mission_thanksgiving.aspx. Registration deadline is Monday.

News Briefs

Continued from P6

crosswalk

• Cross only at designated crossings. Entering traffic at a mid-block area or from between parked cars is dangerous.

• Never dart out into a crosswalk.

• Always make eye contact with the vehicle operator before stepping into a crosswalk even if it is well lit. A distracted driver will not see you.

Influenza Vaccinations Now Available

TRICARE beneficiaries 36 months of age and older can receive their influenza vaccination at their primary care clinic or on a walk-in basis from 6 a.m. to 3:30 p.m. and Friday from 6 a.m. to noon Monday through Thursday on the first floor of the Brooke Army Medical Center Consolidated Tower. Flu vaccinations are also available at the Military & Family Readiness Center, Building 2797 on Joint Base San Antonio-Fort Sam Houston from 7 a.m. to 4 p.m. and Wednesday 7 a.m. to 6 p.m. Monday, Tuesday and Thursday. Vaccinations for patients 6 to 35 months of age are not currently available. For the 2016-2017 flu season, the Centers for Disease Control and Prevention recommends the use of the flu shot. The nasal spray flu vaccine should not be used, therefore it will not be offered.

Jadwin Entry Control Point Remains Closed

The Jadwin Entry Control Point will remain closed through Nov. 30. All traffic is rerouted to the Walters ECP. The New Braunfels ECP is open from 6-9 a.m. weekdays.

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.

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

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.
10:30 a.m. - Gospel

Army Medical Department Regimental Chapel
Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade Contemporary Service
11:00 - Contemporary "Crossroads"

Brooke Army Medical Center Chapel
Building 3600,
3551 Roger Brooke Rd.
10 a.m. - Traditional

CATHOLIC SERVICES

Daily Mass

Brooke Army Medical Center Chapel
Building 3600,
3551 Roger Brooke Rd.
11:05 a.m., Monday through Friday

Main Post (Gift) Chapel
Building 2200, 2301 Wilson Way
11:30 a.m., Monday through Friday

Saturday

Main Post (Gift) Chapel
4:45 p.m. – Reconciliation
5:30 p.m. - Evening Mass

Sunday
8 a.m. - Morning Mass, AMEDD
8:30 a.m. - Morning Mass, BAMC
9:30 a.m. - Morning Mass, MPC
11:30 a.m. - Morning Mass, BAMC
12:30 p.m. - Afternoon Mass, DFC

JEWISH SERVICES

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

ISLAMIC SERVICE

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

LATTER DAY SAINTS SERVICES

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

BUDDHIST SERVICES

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

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

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