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



NAVY RECRUITERS HONOR WWII VETERAN **PAGE 3**



NEW WOUND DRESSING MAY SPEED HEALING **PAGE 4**



SALUTE TO VETERANS **PAGE 15**

U.S. Army North Soldiers train for natural disaster response in Oregon

By Sgt. 1st Class Shelman Spencer
 U.S. Army North Public Affairs

More than 60 individuals from various state, federal and government organizations worked together at the Oregon National Guard unit in Clackamas, Ore., from Oct. 30 to Nov. 4 on how to respond to natural disasters.

State emergency coordinators, along with members from Federal Emergency Management Agency-Region X and representatives from Department of Defense, or DOD, collocated to respond in times of disaster.

In the exercise scenario, a magnitude 8.0 earthquake shook the northwest coastline generating a tsunami, which resulted in more than 3,500 dead and another 20,000 sustaining injuries.

The Oregon governor activated more than 6,000 of the state's

National Guard members, with each working to plan what is needed to aid the local populace.

"Any type of catastrophic disaster response will require DOD assistants, there's no way out of it," said Dolph A. Diemont, FEMA Region X federal coordinating officer, "The DOD brings in capabilities that none of the other federal offices can bring. It is important for these teams to come together, learn how each agency functions and how they conduct business.

"Without the opportunity to train together, there's a steep learning curve," Diemont continued. "The acronyms are different, the federal response incident action planning process is different than what the military uses and all of our forms and reporting procedures are different. We come together in an exercise and prac-

tice the process that aligns all of us so that we can work together as a team. That's one part of it, the other is building relationships before the disaster hits."

These exercises work toward taking lessons learned from past trainings and applying them to new training, which changes the course of the future by being able to help Americans in need.

"We are better prepared to respond and assist in American people recovery as a result of this exercise," Diemont said. "The more we do and the more we invest our time into things like this, the public benefits tremendously."

The exercise is overseen by a group of observers and controllers responsible for making sure the incoming defense coordinating officer and the element is

See **DISASTER, P9**



Photo by Sgt. 1st Class Shelman W. Spencer

Soldiers assigned to Army North along with civilians working for the Federal Emergency Management Agency, or FEMA, and other Oregon state agencies conduct scenario based crises management training at the Oregon National Guard center in Clackamas, outside of Portland, Ore., Oct. 30-Nov. 4.

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Army makes changes to retention programs

By Staff Sgt. Natasha Stannard
 Joint Base Langley-Eustis
 Public Affairs, Va.

Career counselors are urging Army Soldiers to read the changes to the Army enlisted force retention program, re-class and initial entry requirements which took effect in 2016.

The changes not only ensure Soldiers are aligned into the fields best suited for them, but offer the most qualified Soldiers avenues for career advancement.

“The key is to reenlist quality Soldiers to meet our purpose of fulfilling end strength to better posture the Army, maintain readiness and care for Soldiers,” said Sgt. Maj. Cielito Pascual-Jackson, Army Training and Doctrine Command career counselor.

“In order to meet that mission we need key people to understand the responsibilities in embracing and communicating this program.”

Enlisted Force Retention

Army Directive 2016-19 will result in reenlistment and career progression changes through three programs: the Bar to Continued Service Program, the Noncommissioned Officer Career Status Program and Retention Control Point System.

Bar To Continued Service Program

Formerly known as the Bar to Reenlistment Program, all enlisted ranks

in the active and Reserve components can be notified of punitive separation due to performance issues ranging from fitness ratings to professional development standards through the Bar to Continued Service Program.

Soldiers can now be barred to continue service at any rank even if they were indefinite or career Soldiers, said Sgt. 1st Class Pedro Leon, U.S. Army Training and Doctrine Command Retention Operations Active component career counselor,

Soldiers under the current NCO Career Status Program will not be grandfathered into the previous program. The bar will be reviewed at periods of three and six months before separation procedures begin.

Some of the key areas Soldiers should focus on to prevent bar from continued service are (list not all-inclusive):

- Physical assessment standards.
- Staff sergeants with 36 months time in grade must graduate from the Advanced Leadership Course.
- Sergeants first class with 36 months time in grade must graduate from the Senior Leaders Course.
- NCOs with two or more years time in grade and more than 18 months until their established retention control point may be denied continued service under the Qualitative



Courtesy photo

Career counselors are urging Army Soldiers to read the changes to the Army enlisted force retention program, re-class and initial entry requirements which took effect in 2016.

Service Program.

Career Program, Time-In-Service Retention Changes

Under the new directive, the Indefinite Reenlistment Program has changed to the NCO Career Status Program.

The program is similar in nature, but in an effort to align with the military's new blended retirement system, the application date has been moved to a Soldier's 12th year of service, rather than their 10th.

The directive also reduces retention control point levels, starting at the rank of staff sergeant, by reducing the number of years NCOs can continue to serve.

Every Soldier will have more than a year to plan their retirement as the implementation of the new control points will be staggered based on basic active service dates and rank:

Command sergeant major/sergeant major in nominative positions can stay past 30 years.

Re-Class, Initial Entry Changes:

When Soldiers re-class or recruits enter

the Army, they will have to take an occupational physical assessment test that determines if they are able to handle the physical demands of various career fields.

According to Leon, the test will determine a Soldier's or recruit's fitness level, which will directly correlate with jobs available to them. Those who score in the highest level will have every specialty available, while those who score lower will have the jobs at or below their level available.

Soldiers or recruits preparing to take the test should practice the following exercises to ensure they meet their desired specialty requirements.

Standing long jump:

- Minimum: 120 centimeters.
- Standard: 140 centimeters.
- Maximum: 160 centimeters and above.

4.4 pound medicine ball seated power throw:

- Minimum: 350 centimeters.
- Standard: 400 centimeters.
- Maximum: 450 centimeters and above.

Interval aerobic run, similar to suicides at 20 meter timed intervals:

- Minimum: 36 shuttles.
- Standard: 40 shuttles.
- Maximum: 43 shuttles.

Deadlift:

- Minimum: 120 pounds.
- Standard: 140 pounds.
- Maximum: 160 pounds.

Another change to the re-class system, is allowing female Soldiers into combat arms professions. Thus far approximately 140 female Soldiers have enlisted into combat arms.

For Leon, this means quality female NCOs must take the opportunity to step up as mentors to these new soldiers by re-classing into a combat position.

“I tell any female Soldier that comes into my office for career counseling to re-class into a combat position,” Leon said. “It's a huge development and promotion opportunity. When you're in a board and they see that you have combat experience, even if it was just for four years and you went back to your original military occupational specialty, that's huge.”

Pascual-Jackson stressed the key steps in helping Soldiers are supporting, instilling, promoting, communicating and monitoring retention programs, implementing policies, evaluating personnel, providing resources and utilizing career counselors.

“Our line of effort and the mission of retention for the Army is readiness and end strength,” she said. “In order for us to meet our mission, we need leaders to understand their role, which is to embrace and communicate the retention program by instilling the importance to subordinate leaders.”

★ "We've downsized" ★
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News Briefs

Regional Health Command-Central Redesignation Ceremony

The Regional Health Command-Central hosts a unit redesignation ceremony at 8:30 a.m. Dec. 6 at the Armed Forces Reserve Center, building 5044, at Joint Base San Antonio-Camp Bullis. The command will be eliminating its provisional status. Uniform of the day is duty uniform for military and business casual for civilians.

Holiday Closure

The Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center is closed Thursday and Nov. 25 for the Thanksgiving holiday.

Military Spouse Career Events

Military spouses can attend a networking reception from 7-9 p.m. Dec. 1 at the USAA Bank lobby, 10750 West Interstate 10 and a hiring fair at the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797, from 10 a.m. to 1 p.m. Dec. 2. Register at <http://www.HiringOurHeroes.org>.

Hearts Apart Holiday Party

The Joint base San Antonio-Fort Sam Houston Military & Family Support Center sponsors a Hearts Apart holiday party from 4:30-5:30 p.m. Dec. 2. Call 221-2418 for information.

Most Flu Vaccinations Still 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.

See NEWS BRIEFS, P6

Navy Recruiting District San Antonio honors World War II Navy pilot for 100th birthday

By Burrell Parmer
Navy Recruiting District
San Antonio Public Affairs

World War II naval aviator retired Lt. Glen Shean was honored by Cmdr. Jeffrey Reynolds, Navy Recruiting District San Antonio executive officer, during an Alamo Honor Flight Breakfast held at a restaurant in Boerne, Texas, Nov. 7.

Shean, a Boerne resident and native of Cordell, Okla., served in the U.S. Navy as a TBF Avenger pilot from May 7, 1942 thru Oct. 1, 1946 aboard the USS Card (CVE-11), a Bogue-class escort aircraft carrier.

The breakfast also served as a venue to celebrate Shean's 100th birthday, which occurred Oct. 30.

Joining Reynolds in the celebration was the Boerne High school choir, which sang patriotic songs and "Happy Birthday" to Shean.

"This was bigger than what I expected," said Russell Minor, past vice-president of Alamo Honor Flight. "It was unbelievable to have the Navy attend and the choir for Boerne High School here."

Minor has known Shean for five years and met him when he signed Shean up for honor flights.

According to Minor, a native of Boerne, nine breakfast groups throughout San Antonio, to include Boerne, have been meeting monthly since November 2010 and Shean is the first 100th birthday celebrated.

"It means the world to me that these guys are remembered and that they will never be forgotten," Minor said. "Anytime we can celebrate and honor our troops, it's a good day."

Reynolds began his remarks by thanking the veterans for

their service.

"There are actions, deeds, and service of you all that put my 18 years in the Navy to shame," Reynolds said. "You all have laid the foundation for what I have done in my career. Thank you!"

He also told the audience that Shean's composite squadron, VC-12, was disbanded after the war and segments of the squadron were re-established giving birth to the airborne early-warning squadrons of today.

"We are a very small Navy family in San Antonio and anytime we can recognize a member of the family, we take that opportunity."

After being presented with a Certificate of Appreciation, a decorative paddle, and other Navy memorabilia, Shean stated, "Today was a good day and thank you."

The Grumman TBF Avenger was an American torpedo bomber



Photo by Burrell D. Parmer

In celebration of his 100th birthday, Cmdr. Jeffrey Reynolds (left), Navy Recruiting District San Antonio executive officer, presented a USS SAN ANTONIO (LPD-17) command ball cap to World War II naval aviator Lt. Glen Shean during an Alamo Honor Flight Breakfast held at a Boerne restaurant Nov. 7. Shean, a Boerne resident and native of Cordell, Okla., served in the Navy as a TBF Avenger pilot from May 7, 1942 thru Oct. 1, 1946 aboard the USS Card (CVE-11), a Bogue-class escort aircraft carrier.

developed initially for the United States Navy and Marine Corps and eventually used by several air and naval aviation services around the world.

Local Army captain honors National Adoption Month

By Sgt. Juana M. Nesbitt
470th Military Intelligence
Brigade Public Affairs

Like most families, mornings start early at the McKinney household, but this November morning would be a little more special than most.

The growing family of seven welcomed a new member, when the 470th Military Intelligence Brigade, or MIB, signal officer Capt. Scott McKinney and his wife,

Tammy, became the legal parents of 11-year-old James McKinney at the Family Court in Jourdan, Texas, Nov. 4.

"November is National Adoption Month," McKinney said. "The specific day for the state of Texas and our county is Nov. 4. There are so many kids with a future that is very bleak. We just feel like we have gifts and talents to



Photos by Sgt. Juana M. Nesbitt

Capt. Scott McKinney with the 470th Military Intelligence Brigade at Joint Base San Antonio-Fort Sam Houston, was joined by his wife and family to complete the adoption process of 11-year-old James McKinney at the Family Court in Jourdan, Texas, Nov. 4.

See ADOPTION, P9

NAMRU-San Antonio research provides platform for next generation antimicrobial wound dressing

By Flisa Stevenson

Naval Medical Research Unit
San Antonio Public Affairs

The Naval Medical Research Unit San Antonio, or NAMRU-SA, recently published data in the *Journal of Nanomaterials* demonstrating an electrospun chitosan/polyethylene oxide, or CS/PEO, scaffold is a promising candidate for wound dressing applications due to excellent antibacterial characteristics and biocompatibility.

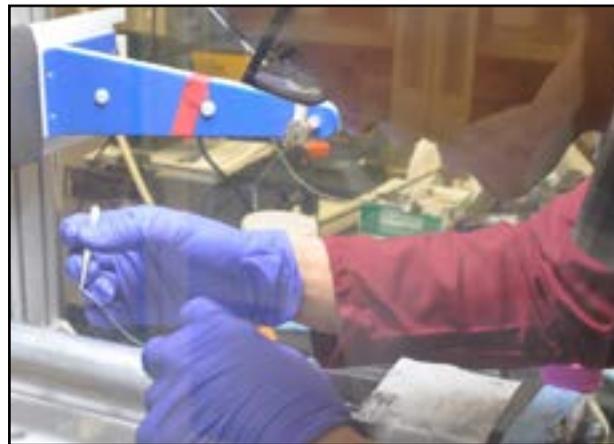
“Battlefield wounds present a unique challenge due to extended evacuation times and non-endemic infections that often complicate the healing process,” said Tony Yuan, NAMRU-SA researcher and lead author. “Ideal management of cutaneous wounds is predicated on the minimization of infection at the

site of injury.”

“Development of the active antibacterial scaffold presented in this study is critical in providing a platform for a new generation antimicrobial wound dressings,” added Capt. Jonathan Stahl, principal investigator and head of NAMRU-SA’s Maxillofacial Injury and Disease Department.

Results showed the fabricated CS/PEO composite scaffolds had fiber diameters in the nanometer range, which increased with decreasing CS concentration. Higher CS concentrations contributed to an increase in both tensile strength and elasticity. The degradation of the scaffold demonstrated a biphasic profile that was unaffected by changes in concentration of polymer.

Additionally, a higher



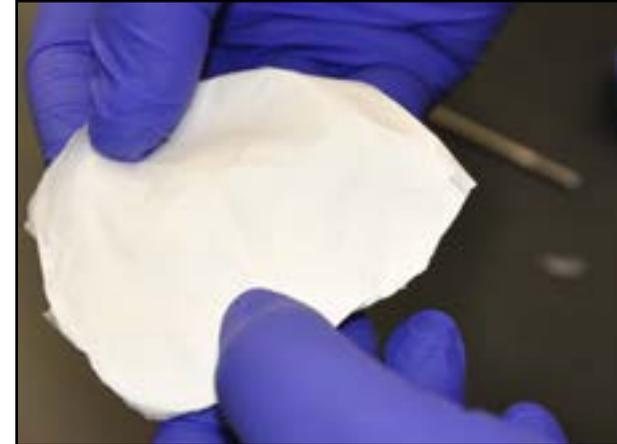
Courtesy photo

Researchers from the Naval Medical Research Unit San Antonio, or NAMRU-SA, published data in the *Journal of Nanomaterials* demonstrating that an electrospun chitosan/polyethylene oxide, or CS/PEO, scaffold, as pictured above, is a promising candidate for wound dressing applications due to antibacterial characteristics and biocompatibility.

concentration of CS was successful in inhibiting both growth and attachment of staphylococcus aureus bacteria.

“This property could play an important role in wound dressing applica-

tions, where infection is often introduced through attachment and infiltration of bacteria during dressing changes,” Yuan said. Finally, the scaffolds had no effect on mammalian fibroblasts, which



Courtesy photo

Navy researchers who are focused on helping injured warfighters are now able to weave chemicals and proteins into a nanofibrous scaffold, or wound dressing, (shown above) that may speed up healing and reduce scarring. Research by the NAMRU-SA provides a platform for the development of what can best be described as an antimicrobial super bandage.

synthesize the structural framework for tissues and play a critical role in wound healing.

NAMRU-SA researchers have demonstrated CS/PEO scaffolds are well

suited to serve as a foundation for the development of a next generation bioactive wound dressing with the 2:1 mass ratio of CS/PEO having the most antibacterial properties.

6 x 4.75 AD

New course enhances warrior paramedics' prehospital, tactical skills

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

“Get cover! Return fire! Post security.” Most paramedics never need to be familiar with this terminology. For military medics, however, the lingo is part of a life that transcends the typical role of their civilian counterparts.

And the 59th Medical Wing is leading the way to ensure these warrior medics are prepared.

Students from multiple bases across the country came to Joint Base San Antonio-Lackland and underwent the first revamped Paramedic Recertification Course Sept. 12-20.

The National Registry of Emergency Medical Technicians released new guidelines that go into effect April 2017. The

Wing has already started incorporating these new guidelines into their training programs.

Students underwent five days of didactic classroom instruction with a few hours of hands-on training in the 59th MDW Simulation Center each day and two days of field exercises. Training ranged from isolated skills and scenarios, airway management, cardiology rhythm interpretation, and even an obstetrician/gynecology emergency case.

“We already started teaching the new curriculum,” said Tech. Sgt. Richard Carvajal, 59th MDW Emergency Medical Technician program coordinator. “My focus with the refresher is to focus on the battlefield-type injuries they’ll encounter when

they go downrange.”

The revamped course incorporates more prehospital trauma life support skills and tactical casualty combat care. Carvajal described how the new course may benefit medics with different levels of experience.

“Very few bases have a robust emergency medical service system,” he said. “So you may get people from other bases who do not have much prehospital experience, but they can still apply a lot of the skills and training for when they deploy downrange.

The old refresher focused too much on remembering skills sheets and things that might not be as pertinent as military medics,” he continued. “Whether in a prehospital setting or deployed, you are going to work as



Photo by Air Force Staff Sgt. Michael Ellis

Staff Sgt. Cassandra Bayerl, student and paramedic with the 59th Medical Wing, prepares an epinephrine shot for a simulated patient during the Paramedic Recertification Course on Joint Base San Antonio-Lackland Sept. 19. Students underwent five days of didactic and two days of field training exercises.

team. In addition to the new guidelines we geared the training towards a team concept versus each individual being evaluated for specific skills.”

Tech. Sgt. Angel Urgilez, student and paramedic

from Hurlburt Field, Fla., who was stationed at the Wilford Hall Ambulatory Surgical Center from 2002 to 2007, explained how much the course has changed and progressed.

“Previously, the course crammed all this information primarily teaching through PowerPoint and then you take test,” Urgilez said. “Then once you got back to your work section, you would ask yourself ‘What did I learn?’”

Urgilez is assigned to the Air Force Special Operations Command, where most of the training consists of trauma cases.

“We do get medical calls too, but it’s not to the capacity where you get really comfortable in those situations,” he said. “Coming here we had the opportunity to share stories and learning from each other.

Urgilez was teamed up with two medics from the busiest emergency medical service unit in the

See **PARAMEDICS**, P18

3 x 4.75 AD

3 x 4.75 AD

News Briefs

Continued from P3

Flu Vaccine Not Available Yet For Children Ages Six-35 Months

Brooke Army Medical Center currently does not have flu vaccine available for children under 36 months old. FLUZONE injectable vaccines for children age 6 to 35 months will be available in late November or early December. The Centers for Disease Control and Prevention recommends the nasal spray flu vaccine not be used this flu season. For more information and a schedule of vaccines, call the hotline at 916-7FLU.

Army Substance Abuse Program New Locations

The clinical side of the Army Substance Abuse Program has two new locations. The first is at the Capt. Jennifer Moreno Clinic, building 1179, for service members attending classes at the Medical Education and Training Campus and in advance individual training. Call 808-2534 or 2584 for information. The other location is at the Multi-Disciplinary Behavioral Health Clinic, building 3528R, for permanent party service members. Call 539-9589 or 9567 for information.

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, MUM 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 San Antonio area. Members will soon see briefings on this information at newcomer orientation meetings, commander's calls and unit bulletin boards. For more information, call 652-5727.

Front and Center: readiness NCO helps military families cope with deployment process

By Robert Goetz
JBSA-Randolph Public Affairs

A master sergeant who once set his sights on being a first sergeant is now exerting a shirt-like influence on Airmen and their families in a different position.

Air Force Master Sgt. Joe Ugarte, Joint Base San Antonio-Randolph Military & Family Readiness Center NCO in charge since 2012, is making a difference in the lives of Airmen and their families by ensuring they are prepared to meet the challenges of the deployment cycle.

"I think it's very important to take care of family members through the duration of a deployment," he said. "If we can focus on making sure families are OK, the Airmen can focus 100 percent on the mission they're doing downrange and come back home safely."

As the readiness NCO, Ugarte develops and provides personal and family readiness services related to the deployment cycle – from pre-deployment to reintegration and post-deployment education and consultation – to Total Force Airmen and their families, said Kathleen Moree, JBSA-Randolph M&FRC chief.

"Ugarte's own deployment experiences make him a great fit for this position," Moree said. "He has built several relationships with base partners to provide fantastic monthly events for our Hearts Apart program. Over the years, he has found events that work for this community and our partners such as the chaplain service, Yellow Ribbon Spouses, and JBSA-Randolph officers and enlisted clubs look forward to partnering with him each year to make the events better and better."

Briefings play a major role in Ugarte's duties as readiness NCO.

"There are six deployment-specific briefings each month," Ugarte said. "We have a pre-deployment personal and family briefing twice a month and a reintegration briefing each week. I tell them about the services and classes we provide at the Military & Family Readiness Center."

One-on-one sessions with Airmen and their spouses in his office provide them with information about employment and educational opportunities as well as referrals to the Family Advocacy Program's classes and other resources, Ugarte added.

Since Ugarte is the only military member at the JBSA-Randolph M&FRC, Airmen can easily relate to him, Moree said.

"Often at the end of a briefing, he will be approached for advice or be asked for help with an issue," Moree said. "This is a time when he can educate on specific M&FRC programs and make an Airman feel comfortable visiting the center to ask for help or attend a class."

An annual event allows Ugarte – assisted by a team of more than 100 volunteer Airmen and civilians from JBSA organizations – to educate students at Randolph Elementary School about the deployment process and show them what their parents go through when they deploy to a faraway land.

"Each May, Ugarte has worked with the Randolph Elementary School principal to host Operation FLAGS, which stands for Families Learning About Global Support," Moree said. "Students go through a mock deployment to learn what mom or dad may be doing."

In addition to being educational, the event is enjoyable, Ugarte said.

"First and foremost, we want the kids to enjoy them-



Photo by Sean Schroeder

Air Force Master Sgt. Joe Ugarte, Military and Family Readiness Center Joint Base San Antonio-Randolph NCO in charge of readiness, provides a client details about the Give Parents A Break program May 29. For the past four years, Ugarte has provided support to active duty and family members during the entire duration of deployments.

self, but at the same time educate them and let them see the different organizations their mom or dad may encounter while they are deployed downrange, whether it's Afghanistan, Pakistan or Iraq," he said.

Operation FLAGS features Airmen and civilians from those organizations, including firefighters, explosive ordnance disposal specialists and military working dog handlers and their canines.

Squad leaders even bark commands at the students during the mock deployment, Ugarte said.

"We want them to feel that sense of urgency, just like we feel on a deployment," he said.

A San Antonio native who enlisted in the Air Force following graduation from high school, Ugarte has served the Air Force as an information technology specialist for base intrusion detection systems. His first duty station was Kadena Air Base in Okinawa, Japan, where he served as a video maintenance technician, and

he has also been assigned to such locations as Araxos Air Base in Greece and Nellis Air Force Base, Nev.

Ugarte, 20-year Air Force veteran, was assigned to the Air Force Cryptologic Systems Group at Port San Antonio and fresh off a deployment when the special-duty position as readiness NCO became available.

"I was looking at first sergeant duty, but this position opened up," he said. "It was a job where I was still able to help Airmen and their families, so it's been very rewarding to be able to just do that every single day."

Helping Airmen and their family members brings Ugarte the most satisfaction in his job.

"We have a wealth of resources and helping agencies and we're able to refer lots of families to different entities in those moments of crisis," he said. "Deployments are a big thing for family members, and the hardest piece is getting that family through that whole deployment process. That's a key thing we do here at the center."

Former USAISR commander receives 2016 Medical Excellence Award

By Steven Galvan
 U.S. Army Institute of Surgical
 Research Public Affairs

A former commander at the U.S. Army Institute of Surgical Research, or USAISR, at Joint Base San Antonio-Fort Sam Houston was presented with the 9th Annual Maj. Jonathan Letterman Medical Excellence Award Oct. 6 during an awards ceremony in Dickerson, Md.

Retired Army Col. (Dr.) John B. Holcomb, director of the Center for Translational Injury Research at the University of Texas Medical School in Houston, accepted the award presented by the National Museum of Civil War Medicine, or NMCWM.

According to the NMCWM website, “the award honors an individual, program or organization that has made an



Photo by Steven Galvan

Staff members from the U.S. Army Institute of Surgical Research, or USAISR, at Joint Base San Antonio-Fort Sam Houston and the U.S. Army Medical Research and Materiel Command, or USAMRMC, attend the 9th Annual Maj. Jonathan Letterman Medical Excellence Award ceremony in Dickerson, Md., Oct. 6 where Dr. John B. Holcomb was presented the Individual Award. From left are Col. (Dr.) Shawn Nessen, USAISR commander; Col. (Dr.) Todd Rasmussen, USAMRMC deputy director of Combat Casualty Care Research; Dr. John Holcomb, director for the Center for Translational Injury Research at the University of Texas Medical School in Houston; and Lt. Col. (Dr.) Jennifer Gurney, trauma surgeon and Trauma System Development chief at the USAISR Joint Trauma System.

exemplary contribution to civilian or military medicine – continuing the

legacy of Dr. Letterman and is given to those who are leading innovative

efforts in battlefield care, prosthetic technology, improving patient outcomes

of the severely wounded, or leveraging cutting edge medical technology in new ways.”

“This award is a reflection of a team that I had the opportunity to work with at the USAISR and the Joint Trauma System,” Holcomb said. “It also highlights that we have made significant contributions to combat casualty care, but there’s still a lot more work that needs to be done.”

Holcomb served 23 years in the Army as a trauma surgeon and is well known in the combat casualty care research community. While on active duty in the Army, he served in Somalia as a trauma surgeon with the Joint Special Operations

Command, delivering combat care to soldiers which was the inspiration for the movie “Black Hawk Down.”

“Somalia changed my life,” Holcomb said. “We lost some great Soldiers and I wanted to do what I could to prevent that in the future. That’s why I chose a career in combat casualty care.”

While Holcomb attributes his time in Somalia to his dedication to combat casualty care, he was also inspired by his Army leaders beginning during his residency at William Beaumont Army Medical Center in El Paso, Texas. That inspiration carried on to his time as a

See USAIR, P18

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National Military Family Month: honoring heroes on the homefront

By Ashley Palacios

Joint Base San Antonio-Randolph
Public Affairs

President Barack Obama signed a presidential proclamation declaring November to be “National Military Family Month” Oct. 28.

“We must always be there for our service members and their families – just as they are there for us,” Obama said in the proclamation. “Through the thickest of fights and the darkest of nights, our extraordinary military families – our heroes on the homefront – stand alongside our patriots in uniform, and in their example we see the very best of our country’s spirit.

“During Military Family Month, let us thank them for their tremendous devotion to duty and for their unyielding sacrifice. Let us honor their resolve and patriotism and uphold our solemn respon-

sibility to ensure the priorities of our nation reflect the priorities of our military families.”

Maree Scanlan, whose husband is currently deployed, has been a military spouse since 2009. After seven years of being part of the Air Force family, she describes military life as a series of ups and downs.

Being part of the Air Force family has allowed her to meet new people, experience new cultures and travel, Scanlan said. Her worldview has been expanded in a way that wouldn’t have been possible had she lived in the same place her entire life.

But as all military families know, life in the Air Force has its challenges too.

It’s difficult to pack up and move to a new place, a new school and a new city with new people, Scanlan said. Dealing with the unknown,



Courtesy graphic

the deployments and having to rearrange family routines are some of the hardest parts of military family life.

“My kids are resilient but it’s still hard on them,” she said. “Change is scary and difficult. They have to leave their friends, family and way

of life to start all over, but I also see how it’s building character, making them more resilient, teaching them to accept change, be problem solvers and overcome challenges.”

Scanlan’s advice to other military families who may be

struggling, is to stay positive and be proactive.

“It will all be OK,” Scanlan said. “It’s tough, but you and your spouse have to rely on each other. As a spouse, be willing to be part of the military life, the base and the community. Don’t be scared of change and remember to stay flexible as a family.”

Scanlan is proud to be part of the Air Force family. Moments like seeing her young daughter with her hand over her heart as retreat played remind her why their service is important.

“My husband and I joke that the Air Force is the first wife, but really, we’re just like any normal family,” Scanlan said. “No family is perfect. Every family has their ups and downs, their good days and bad days, their challenges and their successes; ours is no different.”

3 x 4.75 AD

3 x 2.35 AD

3 x 2.35 AD

ARNORTH from P1

trained upon his or her arrival to the region they are responsible for.

“First and foremost, the training provides the new DCO – within 90 days of his or her arrival – with an opportunity to train with all team members, Army North and U.S. Northern Command staff augmentees, emergency preparedness liaison officers and regional partners he would potentially respond with,” said Mike Weimer, DCO synchronization team chief, who serves as exercise direc-

tor and trainer. “The exercise design replicates a FEMA interim operating facility conducting response operations, and provides an opportunity for the whole team to see and practice and train on all of the processes and systems the DCO/E would use.”

The exercise is also an opportunity for any new DCE member, or Army North key staff members, to become trained. It’s an opportunity to try out new concepts and processes, lessons learned and best practices emerging from them.

Coming together in

a training environment helps these teams learn, build and understand what they need to do for the American people when disaster hits.

“The DCO’s are highly experienced and trained, and work in a very complex environment of local, state, federal and DOD procedures and processes,” Weimer said. “The DCE is also a nine person highly trained team that is rapidly augmented to respond on little notice and validate DOD capabilities into lifesaving and sustaining operations.”



Photo by Sgt. 1st Class Shelman W. Spencer

Soldiers assigned to Army North along with civilians working for the Federal Emergency Management Agency, or FEMA, and other Oregon state agencies take part in a mock press conference at the Oregon National Guard center in Clackamas, outside of Portland, Ore., Nov. 1. More than 60 people from U.S. Army North, FEMA, National Guard and state agencies converged at the center to conduct certification training.

ADOPTION from P3

give them some hope.”

This month is a time to bring awareness to the growing need for the 100,000 foster children awaiting permanent and loving families according to the National Adoption Day website at <http://www.nationaladoption-day.org>.

Although adoption can often be a difficult process, for McKinney, it was more like divine intervention.

“We’ve always seen God’s hand in everything, because if something could have gone wrong, it could easily have stopped the process many times,” McKinney said. “But ev-

ery time things normally go wrong in the adoption process, they went right for us, despite the odds.”

The process wasn’t too different when the McKinney’s met their new son, James.

“He found us,” he said. “Everything just fell into place, with the judge and everyone else we needed seemed to be right person at the right time. We are always told it’s not going to be that easy and it was.”

While the adoption process might have been easy for the McKinneys, managing a house full of kids can be tough. Despite this, Tammy said she was glad to be able to provide a loving home

for her children.

“It warms my heart when I hear the little ones say ‘Mom, push me in the swing’ or come up and call me ‘Mom’ and want a hug,” she said. “They just enjoy having a normal family life and I enjoy giving it to them.”

She also provided encouragement to anyone thinking of adopting.

“Don’t think you have to be perfect enough or patient enough, being just a mom or just a dad is amazing enough for those kids,” she said.

“You can be a flawed mom and it is OK. What they need the most is love. None of us are perfect, but if you love, it is enough.”

CELEBRATE AMERICA’S MILITARY

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:

San Antonio Rampage Military Family Night

Date/time: Friday, 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/november-hockey> and using the offer code MILITARY. Children 24 months and younger get in free.

The Stars Behind The Stripes

Date/time: Saturday, 6 p.m.

Location: La Fontana Springs, 27618 Natural Bridge Caverns Road

A night of wining and dining, this dinner honors 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.

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THANKSGIVING: THE HEART OF THE HOME

For most people during the holidays, the kitchen is the heart of the home. From testing family recipes to decorating cakes and cookies, everyone enjoys being part of the preparations.

Keeping fire safety on top of the mind in the kitchen during this joyous, but hectic, time is important, especially when there's a lot of activity and people at home.

Thanksgiving is the leading day of the year for home fires involving cooking equipment according to the National Fire Protection Association, or NFPA.

In 2013, Thanksgiving Day was the leading date for home cooking fires with 1,550, 230 percent above the average number of fires per day. Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.

Unattended cooking was, by far, the leading contributing factor in cooking fires and fire deaths.

Cooking equipment is the leading cause of home structure fires and associated civilian injuries and was the third leading cause of home fire deaths.

An average of 445 daily fires are the cause of cooking and home fire injuries. Annually, fire departments respond to more than 162,000 home fires involving cooking equipment according to NFPA's Home Fires Involving Cooking Equipment Report and National Fire Incident Reporting System, or NFIRS.

Ranges or cook-tops account for almost three of every five reported home fires that involve cooking equipment, with ovens accounting for 13 percent of all fires.

Unattended cooking is the ma-

ajor contributing factor in home-related fires. Associated deaths and injuries fall under the umbrella of unattended cooking.

Fifty four percent of civilians injured in home fires involving cooking equipment were hurt while attempting to fight the fire themselves.

Adults aged 75 or over faced a higher risk of cooking fire deaths than other age groups while children under five were more likely to be hurt by touching hot cooking equipment or scalded by hot liquids than by actual fire.

As people start preparing their holiday schedule and organizing the family feast, following a few safety tips will allow families to enjoy time together and stay safe as well.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.

- Stay in the home when

cooking your turkey and check on it frequently.

- Keep children away from the stove. The stove will be hot and children should stay at least three feet away.

- Make sure children stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.

- Keep the floor clear so you don't trip over children, their toys, pocketbooks or bags.

- Keep knives out of reach of children.

- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.

- Keep matches and utility lighters out of reach of children-up high in a locked cabinet.

- Make sure your smoke

alarms are working. Test them by pushing the test button.

Have activities keep children out of the kitchen during the busy times. Games, puzzles or books can keep them busy. Children can get involved in Thanksgiving preparations with recipes that can be done outside the kitchen.

For more information about Thanksgiving cooking, visit the NFPA website at <http://www.nfpa.org/education> or the National Fire Incident Reporting System website at <http://www.usfa.fema.gov/data/nfirs> or contact the Fire Prevention Offices by calling Joint Base San Antonio-Fort Sam Houston at 221-2727, JBSA-Lackland at 671-2921 or JBSA-Randolph at 652-6915.

(Source: National Fire Prevention Association, <http://www.nfpa.org>)

Beating the battle of the bulge: Tips to avoid

By Kathleen A. Viau
Kenner Army Health Clinic
Fort Lee, Va.

Just when people finally get their eating pattern under control, the holidays always seem to roll around bringing a cornucopia of food temptations.

From the office to shopping, not to mention parties and family events galore, it seems as if the Thanksgiving-to-New Year's celebration season is a one long, tempting food fest designed to make everyone gain weight.

How can people beat this battle of the bulge? Dieticians recommend that people gain knowledge, not weight, this holiday season.

Here's what it takes to keep the pounds off.

Keep weight in check.

Weigh yourself in the morning, at least once or even twice a week Monday and Thursday during the holidays. This is enough to notice any slight increase from the week and to keep people in check for the weekend and vice-versa.

Jump start the body's metabolism for the day.

Get up and at it 15-30 minutes earlier and do some fun movement. Early morning workouts strengthen everyone's resolve for the day and revs up metabolism. Remember, energy creates energy physically and mentally.

Consider purchasing a walking video, downloading a quick workout app, or "shaking it" with Hip Hop Abs or a Zumba video. A lot of videos

can be found on YouTube.

Be thrifty with calorie spending.

Peruse the buffet table and only take the foods enjoyed once a year. Don't start with sushi, especially if eaten all the time, and expect to be able to resist the chicken wings, which most people love, but avoid.

Eat what is loved in moderation to stave off those cravings that get you in trouble later. Don't waste calories on foods anyone can eat anytime.

Avoid food-orexia.

Don't starve all day just to pig out at night. Eat lean protein and non-starchy vegetables throughout the day. It will keep blood sugar from dipping and spiking, and keep one full until the big event.

The combo even gives calories to spare on an individual's favorite splurge.

Say "no" and mean it.

Empower willpower. Don't let others lessen your resolve. Each time someone says no it can strengthen them. But remember, the stress is in the resistance. So, if people have to say no too many times, it may be better to decline an invite. Having to resist too much can backfire.

Holiday parties are social times, but they shouldn't leave an individual feeling guilty and depressed. Enjoy the festivities and a few favorite treats and to those "eating-encouragers," have a few planned responses such as:

1. "No thank you, I'm full."
2. "No thank you, I am on a special program and it's really

working for me. I'm excited at the results I am getting."

3. "No thank you, I've already enjoyed some of my favorite goodies."

4. Comment on the spread/decorations and party-planners efforts.

Many times, compliments are what they want, not necessarily caring about what's on the plate. For those persistent partiers pause, look them in the eye, and smile. Say something like, "Why do you want me to eat more than I want to?" That will usually stop their food-pushing. Remember, nothing tastes as good as healthy and fit feels.

Intensify workouts.

Time is always in short supply during the holidays, but don't ditch a workout - just bump up the intensity to

HOME IS THE KITCHEN

THANKSGIVING SAFETY

Fire fighters say the greatest number of home cooking fires occur on Thanksgiving Day. Top causes are:

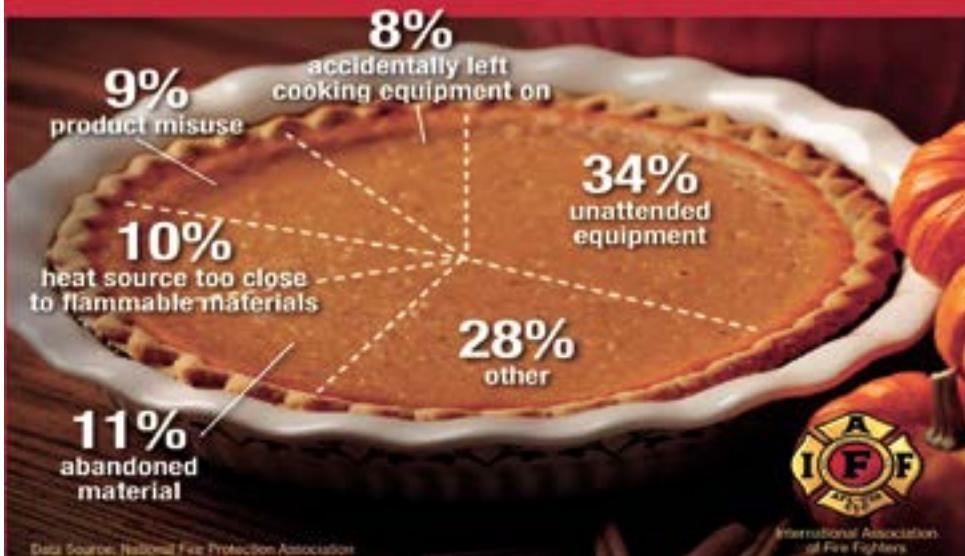


Photo courtesy International Association of Firefighters

and holiday weight gain

shorten the time.

If one usually walks on the treadmill for 30 minutes, do 15 minutes of higher-intensity intervals. If going to the gym is cutting into shopping time, use shopping as a workout - take the stairs, park farther away, walk faster and after a purchase, take it to the car.

When standing in line, do calf raises, contract and relax abs, use a purse as a dumbbell, stand up straight, tighten shoulder blades - get creative to avoid just standing in place scrolling thru a phone.

Practice the three-bite rule.

Just have to have it? Take enough for three small bites - that amazing first taste, a satisfying middle and then a lingering finale bite - and savor each bite. All the bites after that will taste the same and just add calories. When all else fails, go on the "No thanks, honey, I'll just have a bite of yours diet."

Avoid hangover food.

Don't take leftovers home or you can send them home with others. If it's not in your house, it won't tempt you and others in your household. If family members insist, tell them to portion out what they want and put it in the freezer. Non-perishables? Keep them up high in the cupboard behind the cornstarch. In moments of weakness, people generally go for what they see first. Out of sight, out of reach, out of mind, off the hips.

Keep healthy snacks readily available.

Good options include fresh fruit in a bowl, dried fruits and nuts in snack packs, veggies and fruits cut up in the fridge, packs of tuna/salmon, yogurt and cheese sticks. Many times, snacking is about accessibility and visibility. Keep healthy snacks on hand, in sight, easy to grab 'n go.

Firefighters push for safer holiday season

By Jeremy Gerlach
JBSA-Lackland Public Affairs

As holidays like Thanksgiving, Christmas, Hanukkah and Ramadan approach, 502nd Civil Engineering Squadron firefighters are reminding residents on and off-base to be careful when burning the candle at both ends.

The 502nd CES, which has a total of 215 firefighters, provides safety and emergency response across all three Joint Base San Antonio installations, as well the JBSA-Randolph Auxiliary Airport in Seguin and JBSA-Camp Bullis Military Training Reservation. About 65 of these personnel are stationed at JBSA-Lackland.

Michael Guzman, 502nd CES deputy fire chief, and Anthony Willett, 502nd CES prevention inspector, urged area residents to make these firefighters' jobs easier by focusing on some problem areas.

Since the majority of house fires during the holidays are caused by unattended cooking, the kitchen is the best place to start safe fire-related choices, Willett said.

Cooking with high heat can be dangerous, but the size of the flames doesn't necessarily correlate with the fire risk, said Guzman, who has seen several kitchen fires in homes where families cooked with low heat for foods taking longer to finish. This prompts cooks to potentially leave the room to attend to other, distracting household tasks.

"Any time you lose general awareness of what's going on in the kitchen, that causes problems," Guzman said. "Always attend your cooking, even if you think everything is fine."

Indoor chefs aren't the only culprit during the holidays, Willett noted.

"Most people here in Texas grill in the summer, but we still get some grill-related problems during the winter," Willett said. "Make sure you're not spilling coals, and you're mindful of the fuel you're using."

As area residents begin decorating for the holidays, one of the things to be aware of is electric lights can prove hazardous if left on extensively.

"Don't leave your lights on 24-7," he said. "Also, make sure they're plugged in properly - you'd be surprised how many people have

the plug hanging halfway out of the outlet."

Even nativity scenes can pose a danger if assembled improperly, Guzman added.

"Be mindful if you're using hay to recreate a nativity scene," he said. "Don't have any electrical wiring running through the hay or grass."

Non-electrical decorations can also pose a challenge for firefighters.

"Holidays are when people bring out the candles - we'll have residents with a ton of candles here," Willett said. "Obviously, we'd like to remind people to extinguish those before they leave the house or go to sleep."

As Thanksgiving passes and residents turn their focus towards the December holiday stretch, firefighters are keeping an eye on items like Christmas trees, too.

"If you've got a live tree, remember to water it," Willett said. "When it dries out, a tree becomes more of a fire hazard, especially with all those lights."

Willett also urged individuals to be mindful when disposing of trees and other waste after the holidays.

When throwing out leftovers, especially turkey and chicken carcasses or ham, individuals should drain the grease and place it in a separate, disposable container. This grease can gather at the bottom of a trash bag and create a potential fire hazard.

In Bexar County, it is illegal to start a fire in a trash bin or other city or county-owned storage device. Still, Bexar County typically a large concentration of grease-related dumpster and trash fires during Thanksgiving and Christmas, according to the San Antonio Fire Department and the Bexar County Fire Marshall's office.

When in doubt, residents can visit county and city websites at <https://Bexar.org> or <https://sanantonio.gov/solidwastemanagement/brushcollection> for more information about resources available to county and city residents during the holidays.

Still, if local emergencies arise this winter, Guzman said his team of firefighters will be fully staffed and working around-the-clock to keep residents secure.

"We're fully staffed, and we're hoping everyone stays safe out there," Guzman added. "If anything does happen, we'll absolutely be ready."

Chaplains, health agencies offer suggestions to ease holiday blues

By Robert Goetz
JBSA-Randolph Public Affairs

The holiday season is a joyful time of the year, filled with family gatherings, office parties, festive decorations, gift giving and bountiful meals.

However, many people are overwhelmed by the demands of the holiday season, while still others feel the pain of loneliness during a time of year defined by social interaction.

Fortunately, members of the military community can rely on a variety of resources to help them cope with the stresses of the holidays, including the chaplain services and mental health professionals.

Chaplains offer guidance through their faith perspective.

“Sometimes the military members and family members we see want practical suggestions, but we are not licensed professional counselors,” said Chap. (Capt.) Richard Boyd, 502nd Air Base Wing. “What we offer is spiritual guidance.”

Boyd emphasizes the true meaning of Christmas which for him is Christ.

“Commercialism is not what Christmas is about,” he said.

Young military members away from home for the first time, deployed military members away from their families and recently divorced military members are especially vulnerable during the Christmas season.

Concentrating on the needs of others is one way military members – as well as others – can bring fulfillment to the holiday season.

“It’s important to focus on the people who are around you – turning

outward to those who may have a bigger need,” Boyd said.

People can volunteer for holiday causes on-base or getting involved with their local churches at Christmas time, Boyd added. “There are a lot of opportunities out there.”

Gina Ramirez, 359th Medical Operations Squadron Mental Health Flight outreach/resiliency coordinator, suggested a simplified approach to the holidays for people who are struggling with their emotions due to the stresses of the season.

“The holidays can be full of activities, preparation and celebration, which can bring on stress for anyone,” she said. “So it’s not uncommon to feel overwhelmed during this time of year.

“The best approach to take is to simplify your life for the next couple of months,” Ramirez said. “This may mean cutting back on activities that may look very appealing. For example, going to all of the holiday parties may not be in the best interest of keeping life simple.”

In addition to keeping it simple, she recommended finding activities that are fun, getting plenty of rest and exercise, prioritizing and organizing, and asking for help.

Ramirez also listed ways for young Airmen away from home for the first time to cope with stress during the holidays.

Those suggestions included carrying on family traditions such as baking cookies, caroling and sending Christmas cards; doing something different, such as taking a trip; and taking advantage of technology to communicate with their loved ones through online programs like Skype or FaceTime.

4 x 9.75 AD

Create joy, not debt, this holiday season

By Jose T. Garza III
JBSA-Lackland Public Affairs

The average person spent more than \$800 on holiday gifts in 2015, according to the National Retail Federation.

While it is generous to gift-wrap and deliver joy to loved ones, massive holiday shopping can generate massive debt.

Kevin Keith, Joint Base San Antonio-Lackland Military & Family Readiness Center, or M&FRC, community readiness consultant, provides four tips for people looking to deliver a "Merry Christmas" without stocking up debt.

Set up a budget

Preparing a budget is the first victory for consumers.

"Understanding of being in control of your holiday budget is the first and most important thing," he said. "I tell folks that if you want to have a successful holiday season, then it should begin in January of

that year. If you estimate that you spent \$1,100 on gifts the previous year, then divide that total by 11 months. It equals to \$100 a month."

"Instead of having to gather \$1,100 in December, you can save that money between January and December and it will be there, he added. "Moving forward, you can determine how you're going to spend that money."

Decide whom to purchase gifts for

One of the biggest challenges individuals with large families face in holiday budgeting is feeling the need to purchase gifts for every family member.

Keith recommends people create a secret Santa system where each person selects a family member to buy a gift for.

"You're buying a gift for one person instead of 15 gifts," Keith said. "Write a list of people you are going to purchase gifts for to avoid stress because you're not



Courtesy photo

thinking at the last minute who you have not bought gifts for."

Open a Christmas Club account

Christmas Club accounts are short-term saving accounts patrons deposit money into each week, and they receive that money at the end of the year for Christmas shopping. They are generally offered at local credit unions.

"When we think of setting an ordinary budget, we think of budgeting for rent, car and utility payments," Keith said. "But how often do you budget for gifts you are going to purchase? Look at what you spent on gifts last year and figure out if you put yourself in debt. Estimate how much you need to cut back on shopping this year if you did accrue debt. Christmas isn't about how much you spend on

a person but rather how much you love them."

Avoid credit cards

Consumers are enticed to open credit card accounts when businesses offer discounts on their purchases.

"They might get 10 percent off a purchase, but what the stores don't tell you is they are going to charge 20 percent interest on that card," Keith said. They should plan how much they are going to spend before shopping.

"Know what stores you are going to," he said. "Go online and determine which stores have the best deals. Plan what you are going to buy and stay within your budget."

For additional tips on how to stay debt free during the holidays, contact the M&FRC at Joint Base San Antonio-Fort Sam Houston at 221-2705, 221-2705, 221-2418; at JBSA-Lackland at 671-3722; or JBSA-Randolph at 652-5321.

6 x 4.75 AD

U.S. Army Institute of Surgical Research names new director of research

By Steven Galvan
USAISR Public Affairs

“This institute has a reputation of conducting world-class combat casualty care research and I certainly want to continue that,” said Anthony E. Pusateri, Ph.D., the new director of research at the U.S. Army Institute of Surgical Research, or USAISR, at Joint Base San Antonio-Fort Sam Houston.

Pusateri joined the USAISR for the second time in August after working for two pharmaceutical companies in New Jersey and the USAISR’s headquarters the U.S. Army Medical Research and Materiel Command, or USAMRMC, at Fort Detrick, Md.

“I came here in 1997 as a captain and I was a research physiologist primarily working on hemorrhage control research,” Pusateri said. “I was then asked to take over the laboratory support branch and helped develop it. Then we reorganized, and I moved

back to the hemorrhage control task area until I left in 2005.”

Pusateri worked in the pharmaceutical industry for four years before joining USAMRMC in 2009 where he was the director of the Department of Defense Hemorrhage Resuscitation research and development program and the deputy director of the Combat Casualty Care Research Program.

“I liked working in the pharmaceutical industry, it was different and it gave me a different perspective,” he said. “But after a year or so, I began missing the focus on doing research for the Soldier.”

Some of the changes Pusateri noticed since returning are the increase in personnel, an additional research building where the Navy and Air Force conduct research, as well as the expansion in the combat casualty care research capability.

“We had a tremendous capability then, but it’s much bigger now and



Photo by Steven Galvan

Anthony E. Pusateri, Ph.D., is the new U.S. Army Institute of Surgical Research director of research at Joint Base San Antonio-Fort Sam Houston.

much more modern,” Pusateri said. “What’s funny is that when I first came here, Brooke Army Medical Center was called the new BAMC, and this was the new USAISR building. Now it’s the old USAISR building and we’re doing renovations to it.”

Pusateri did not think he would be returning

to San Antonio when he left for New Jersey in 2005, but he is happy to be back in this role to improve combat casualty care research, he said.

“I want to do everything that I can to enable our researchers to meet the Institute’s mission,” he stated. “I want to give everyone the opportunity to develop professionally so that they will want to stay and other people will want to come here to work.

“I am open to people’s ideas. There’s a lot of brainpower here and I want to use it to do cut-

ting edge and impactful research in burns and trauma.”

Pusateri believes he has the personnel throughout the USAISR with the expertise and experience to influence research that is focused on the Institute’s mission.

“We’re focusing on capability gaps so we can accomplish this because we have physicians and scientists who have deployed and bring that experience and background to our task areas to focus on research that will save lives on the battlefield,” he said

Pusateri knows firsthand the importance of battlefield medical care, since he began his time in the Army as an infantry officer. He attended college through the Reserve Officer’s Training Corps at the University of Illinois specifically to become an infantry officer.

It wasn’t until his last year in college that he participated in agricultural research studies and realized he really loved research.

After fulfilling his active duty obligation with the 82nd Airborne Division, he remained in the Army Reserves and attended Iowa State University, where he earned

his master’s degree in reproductive physiology and endocrinology. He then he attended Purdue University and earned his Ph.D., also in reproductive physiology and endocrinology.

“In between my master’s and Ph.D., I worked for a pharmaceutical veterinarian company as an associate research scientist,” Pusateri said. “I didn’t know that the Army had research scientists, but when I was about a year out from getting my Ph.D., I found out the Army had researchers, so I applied to get back in and switched to the Medical Service Corps officer as a research physiologist in 1994.”

Since then, the native of Hanover Park, Ill., has been doing hemorrhage resuscitation research. Pusateri believes his experience as an Army officer, researcher and pharmaceutical researcher will enable him to support the USAISR mission of optimizing combat casualty care.

“We have all of the right experience and skills to collaborate with academia and industry to continue the tradition of cutting edge burn and trauma research,” he said.

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JBSA-FORT SAM HOUSTONS HOSTS SALUTE TO VETERANS



Photo by Sgt. Maj. Dean Welch

Sixteen WWII veterans from the San Antonio community were honored during the Salute To Veterans celebration at MacArthur Field Nov. 9. Lt. Gen. Jeffrey S. Buchanan, commander, U.S. Army North (Fifth Army), presented the veterans the Honorable Service Lapel Pin and an Army North commemorative coin.



Photo by Sgt. 1st Class Shelman W. Spencer

Lt. Gen. Jeffrey S. Buchanan (right), commander, U.S. Army North (Fifth Army) and Army North Command Sgt. Maj. Ronald E. Orosz (left), present Phil Bakke (center) with the Distinguished Quartermaster Plaque for his service and support to the service members and their families of Joint Base San Antonio-Fort Sam Houston during the Salute To Veterans celebration at MacArthur Field Nov. 9. Sixteen World War II-era veterans from the San Antonio community were also honored in a Veteran's Day ceremony.



Photo by Sgt. 1st Class Wynn Hoke

Lt. Gen. Jeffrey S. Buchanan (right), commander, U.S. Army North (Fifth Army), presents the Honorable Service Lapel Pin and an Army North commemorative coin to veterans during the Salute To Veterans celebration at MacArthur Field Nov. 9. Sixteen World War II-era veterans from the San Antonio community were honored in a Veteran's Day ceremony also. The Honorable Service Lapel Pin was awarded to United States military service members who were discharged under honorable conditions during World War II.

3 x 4.75 AD

3 x 2.35 AD

Human trials begin for Army-developed Zika vaccine

By Cheryl Pellerin
DOD News, Defense Media
Activity

A clinical trial began Nov. 7 at the Walter Reed Army Institute of Research, or WRAIR, in Washington, D.C., where 75 participating healthy adults were vaccinated with a Zika virus vaccine that the institute's scientists developed earlier this year.

The Phase 1 trial will test the safety and immunogenicity – the ability of the vaccine to trigger an immune response in the body – of the purified, inactivated Zika virus vaccine called ZPIV. The vaccine is being tested at the WRAIR Clinical Trial Center in Silver Spring, Md.

“The Army has moved efficiently from recognizing Zika virus as a threat, producing ZPIV for use in animals and demonstrating its effectiveness in mice and monkeys, producing ZPIV for human testing, and now initiating clinical trials to establish its safety and build the case for subsequent efficacy trials,” said Army Col. (Dr.) Nelson Michael, director of the WRAIR Military HIV Research Program, or MHRP, and Zika program co-lead.

Efficacy refers to the vaccine's ability to demonstrate a health effect when tested in a clinical trial.

“All of this,” he added, “was done in 10 months.”

Dr. Kayvon Modjarrad, Zika program co-lead and associate director for emerging infectious disease threats at the WRAIR MHRP, said the Army was able to move so quickly in develop-

ing, manufacturing and testing a Zika vaccine “because of its extensive experience with this vaccine platform and long-standing investments in the understanding and mitigation of flaviviruses like yellow fever, dating back to the founding of WRAIR.”

WRAIR officials say this study is part of the Defense Department response to the ongoing Zika outbreak in North and South America and Southeast Asia.

For service members, there are concerns about infection during deployment and travel, but also in the continental United States, where most military installations are concentrated in southern states. There, climate conditions and mosquito populations favor Zika transmission, WRAIR officials say.

As of Nov. 2, according to the Centers for Disease Control and Prevention, or CDC, 149 cases of Zika infection were confirmed in the military health system, including four pregnant service members and one pregnant family member.

Zika infection during pregnancy, CDC says, can cause a birth defect of the brain called microcephaly and other severe fetal brain defects.

Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits and impaired growth.

Reports have increased about Guillain-Barré syndrome, an uncommon sickness of the nervous system, in areas affected by Zika,

according to the CDC.

But even Zika infections without symptoms “can lead to severe birth defects and neurological complications,” Zika study principal investigator Army Maj. (Dr.) Leyi Lin said, adding, “A safe and effective Zika vaccine that prevents infection in those at risk is a global public-health priority.”

Flaviviruses like Zika are found mainly in mosquitoes and ticks and cause widespread morbidity and mortality worldwide. Other mosquito-transmitted viruses that are members of the flavivirus genus include yellow fever, or YF, dengue fever, Japanese encephalitis, or JE, and West Nile viruses, according to the CDC web page.

“We want to assess the safety and immune response of the ZPIV vaccine in JE and yellow fever YF vaccine recipients because these vaccines may alter the response to the ZPIV vaccine,” Lin said.

“Uniquely,” he added, “illness as a result of natural infection from JE, YF or Zika could be more severe when prior flavivirus infection or vaccination exists. Our study assesses co-vaccination to learn how to reduce risk when protecting against circulating flaviviruses.”

This is important for service members who are vaccinated against other flaviviruses and then stationed in or deployed to areas where Zika is becoming endemic, WRAIR scientists say.

WRAIR's inactivated flavivirus vaccine platform was the same tech-



Photo by James Gathany

The Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito: *Aedes aegypti* (shown here) and *Aedes albopictus*. The same mosquitoes spread dengue and chikungunya viruses. The mosquitoes typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots and vases. They prefer to bite people and live indoors and outdoors near people. Mosquitoes that spread chikungunya, dengue and Zika are aggressive daytime biters, but they can also bite at night. Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.

nology the institute used to create its Japanese encephalitis vaccine, licensed in 2009.

An earlier preclinical study found rhesus monkeys vaccinated with ZPIV developed a strong immune response and were protected against two strains of Zika virus.

The National Institute of Allergy and Infectious Diseases, or NIAID, part of the National Institutes of Health, helped identify the viral strain used in the ZPIV vaccine, supported the preclinical safety testing and is sponsoring the conduct of this trial.

WRAIR, NIAID and

the Department of Health and Human Services' Biomedical Advanced Research and Development Authority, or BARDA, have established a joint research collaboration agreement to support the vaccine's development.

The Pilot Bioproduction Facility at WRAIR manufactured the ZPIV vaccine being used in Phase 1 clinical studies, and the Army recently signed a cooperative research and development agreement to transfer the ZPIV technology to Sanofi Pasteur to explore larger-scale manufacturing and advanced development. BARDA recently award-

ed a six-year contract to Sanofi Pasteur to further develop this vaccine to licensure, according to the WRAIR release.

WRAIR's ZPIV candidate also will soon be part of an NIH trial that began in August. The NIH vaccine contains DNA that instructs volunteers' cells to make certain Zika proteins that then illicit an immune response. As part of that study, WRAIR's ZPIV vaccine will be given to volunteers as a booster after they receive the NIH DNA vaccine, WRAIR officials say.

Three more Phase 1 trials using ZPIV are scheduled to begin this year, the WRAIR release noted:

- St. Louis University researchers, through the NIAID-funded Vaccine and Treatment Evaluation Units network, will examine the optimal dose of the vaccine to be used in larger studies.

- Beth Israel Deaconess Medical Center and Harvard Medical School researchers will evaluate the safety and immune response from a compressed vaccine schedule.

- The Ambulatory Center for Medical Research, part of Ponce Health Sciences University in Puerto Rico, will examine the vaccine's safety and immune response in participants who have already been naturally exposed to Zika or dengue viruses.

The WRAIR trial that began Monday is sponsored by NIAID and funded by the Army and the Department of Defense.

Air Force establishes first robotic surgery training course

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

Laparoscopic surgery, also known as minimally invasive surgery, has been a mainstay of surgeons for a very long time, and as technology continues to improve, robotic surgeries are becoming increasingly common. These procedures require systems that are quite expensive and surgeons to undergo a whole new kind of training.

Until recently, any time a military surgeon wanted to perform a robotic surgery, they used a system in place at a private hospital as part of an external resource sharing agreement and were trained on the system during a course that required them to be away from their clinic.

The Keesler Medical Center at Keesler

Air Force Base, Miss., recently acquired two da Vinci Xi robotic surgical systems, one for surgeries and the other for training, which is one of the newest systems out there and the first of its kind for the Air Force.

Also, Keesler's Clinical Research Laboratory has set up a training facility, the Institute for Defense Robotic Surgical Education, or InDoRSE, for surgeons from all services to obtain official robotic surgery credentials.

"Robotics is the standard of care for several surgical procedures, and the market in the private sector is exploding," said Maj. (Dr.) Joshua Tyler, 81st Surgical Operations Squadron robotic surgery director. "If you're not doing robotics, you're not going to be competitive and the reason for that is better outcomes for the



Courtesy photo

The Keesler Medical Center at Keesler Air Force Base, Miss., recently acquired two of da Vinci Xi robotic surgical systems, which is one of the newest systems available and the first of its kind for the Air Force. One surgical robot is set up as part of the Institute for Defense Robotic Surgical Education to assist military surgeons in getting their official robotic surgery credentials.

patients."

It's the patient that has to deal with most of the outcomes of surgery, and when it comes to robotic

surgery there can be a lot of positive benefits.

"Smaller incisions, lower risk of hernia and a lower risk of infection

means getting out of the hospital sooner," Tyler said. "Each additional day in the hospital is \$1,600. If we're having better

outcomes and eliminating some of these risks, we're saving money and doing better by our patients."

According to Tyler, a good example of this is hernia surgery, which current techniques can leave patients in pain. With robotic surgery, the post-operative pain is much lower for patients resulting in faster recovery.

One of the biggest problems with robotic surgeries, though, isn't having the equipment. The problem is someone could be a fully trained and educated surgeon and still be unable to perform robotic surgeries because they haven't completed the training. Getting those credentials takes money, travel time and a very specific curriculum.

InDoRSE is solving that problem for not only Keesler Air Force Base

See SURGERY, P18

Virtual medicine will be norm in future crises, says health chief

By David Vergun
Army News Service

Immediately following the 2009 and 2014 shootings at Fort Hood, Texas, the Army's virtual health care was there, linking the survivors with behavioral health care providers "from Hawaii, D.C. and San Antonio," said Dr. Colleen Rye.

Virtual health, also called telemedicine, is currently being used across 18 time zones and 30 countries, supporting more than 20 clinical specialties, according to Rye, chief of Army Virtual Health, Office of the Army Surgeon General. She spoke at an Association of the United States Army Medical Readiness panel Sept. 22.

A virtual health pilot is now underway in U.S. Africa Command, where the "tyranny of distance" means the only medical service providers available on site are the medics and telemedicine, she said.

Another virtual health pilot is being conducted with Special Forces, she said.

In the example of Special Forces, telehealth takes the form of a James Bond-type suitcase filled with medical gadgetry instead of spy gear designed by Q. Open it and "out pops a tablet computer, a device to connect to satellites and a whole array of peripherals, from otoscopes and stethoscopes to ultrasound cameras

and ophthalmoscopes," Rye said.

With this equipment, health specialists can literally, "hear your heartbeat from 3,000 miles away," Rye said.

In other words, a medic could connect a patient at the point of injury to a specialist in another part of the world, who could then provide the medic with detailed instructions on how to save the Soldier's life. The specialist at the other end could be a hematologist, orthopedist, pulmonologist, cardiologist, whatever kind is needed.

Future combat will probably not look like it does in Iraq and Afghanistan, Rye said. Rather, the battlespace may be contested to such a degree

that medevacs may be impossible and field hospitals, much less forward operating bases, may not be located nearby.

"The virtual hand will be reaching out, guiding medics through what they need right at the point of injury," she said.

Army medicine is currently building a global teleconsultation portal to provide virtual care through a vast network of health service providers. "The sun will never set on us" when it comes to providing care virtually anywhere and at any time, Rye said.

The Navy was thrilled by the promise of the Army's virtual health system, Rye said. They're now paying the Army to build identical systems on



Photo by David E. Gillespie

In a recent demonstration of the Telehealth process at Fort Campbell's Blanchfield Army Community Hospital in Kentucky, clinical staff nurse 1st Lt. Maxx P. Mamula (right) examines patient Master Sgt. Jason H. Alexander (left) using a digital external ocular camera. The image is immediately available to Lt. Col. Kevin A. Horde, a provider at Fort Gordon's Eisenhower Medical Center in Georgia.

67 Navy ships.

All of the new gadgetry was produced in Army laboratories, Rye concluded. Civilian medi-

cal facilities around the world are now using Army-produced technology, from telestroke to remote health monitoring.



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.

Citizenship, Immigration Assistance

Tuesday, 9 a.m. to noon, with ceremony at 2 p.m., Military & Family Readiness Center, building 2797. Meet with a U.S. Citizenship and Immigration Service officer for assistance with applications. Eligible patrons will take the oath of allegiance at a naturalization ceremony beginning at 2 p.m. Call 221-2705.

SURGERY from P17

but also Department of Defense, or DOD, surgeons by establishing a training program right on base. InDoRSE's focus has always been on training, graduate medical education, and research and development.

For Lt. Col. (Dr.) Thomas Shaak, 81st Medical Support Squadron CRL director, creating a program for the da Vinci Xi falls in line with their mission.

"With this research robot in the InDoRSE training site, our residents will graduate with fully recognized robot credentials," Shaak said. "Our surgeons should already be trained in surgeries and with this credential we're giving them another tool in their toolkit to properly select good candidates for robotic procedures."

Intuitive Surgical, the manufacturers of the da Vinci Xi surgical system and the usual providers of robotic credentials, have agreed to a unique partnership where they will recognize the training coming from the InDoRSE training site, Shaak said.

The site also allows for surgeons from other locations to obtain their credentials in addition to those assigned to Keesler Air Force Base.

"This is pushing technology and innovation for the next generation of surgeons and surgical technology," Shaak said. "We're bringing that to our patients in the name of better outcomes. The better the outcomes, the better it is for the patients and the more money is saved."

The vision for the InDoRSE training facility extends to not just the Air Force, but the DOD as a whole. This includes more than just surgeons. Since nurses and technicians need robotic surgery training as well for their respective roles, Shaak and his team want to train anyone who can benefit from it.

"What we're doing here is unique," Tyler said. "Utilizing this machine, which is the only one in the DOD, the Keesler AFB team has created the only joint training site in the DOD. This meets a need not just for Air Force surgery, but also a model for other DOD medical centers as they venture into robotics."

PARAMEDICS from P5

Department of Defense – the 59th MDW.

"You find out where you're strong and go with it," Urgilez said. "For example, I was the team lead during the deploy-

ment exercises. Being the only one from team who's deployed, I had the most experience with that setting. But during one of the medical scenarios I told another teammate 'you've done this before. You run this one.'"

Sharing experiences and relying on their training to adapt in any scenario was the goal of the new training. The 59th MDW anticipates hosting more courses with the new curriculum later this year.

USAIR from P7

trauma surgeon with Special Operations Forces and on to his time as the commander at the USAISR from 2002 to 2006.

"In researching the career of Colonel Holcomb, it became obvious that he is indeed a 'Living Letterman,'"

said David Price NMCWM executive director, in a press release. "The New York Times published a profile of Holcomb in November 2007 that chronicled his commitment to improving medical care for wounded warriors.

"He helped redesign the evacuation system for wounded soldiers, he advo-

cated for the Joint Theater Trauma Registry to help standardize medical care and identify best practices, and he continued to work on new treatments to improve care – just like Letterman did during the Civil War," Price added. "There are few more deserving of this award than Holcomb."

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