

FORT SAM HOUSTON News Leader

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Army North trains Michigan, Indiana Guard at Vibrant Response 13-2

By Spc. Bradley Wancour
13th Public Affairs Detachment

Soldiers from the Michigan and Indiana National Guard began their domestic response training Saturday during the Vibrant Response 13-2 exercise at the Muscatatuck Urban Training Center, Ind.

The 51st Civil Support Team from Battle Creek, Mich., the 53rd CST and the 1st Infantry Battalion, 151st Infantry Regiment, both from Stout Field, Ind., traveled to the MUTC to take part in Vibrant Response 13-2. The units reacted to a scenario where a nuclear device detonated in an American city.

VR 13-2 is a major field training exercise conducted by U.S. Northern Command and led by U.S. Army North (Fifth Army).

The mission of Army North is to coordinate timely federal military response to disasters in the homeland to help the American people in time of need.

"They are what we would call second responders," said Jay Norris, an observer controller/trainer division chief with Army North. "They arrive right behind the firemen and the police.

"They've been asked to survey the area for hazardous materials or, in this case, radiation. They are trying to determine for the first responders if it's clear and clean so they can move in and assist the local population."

In order to "train as we fight," the training site has to simulate real-life conditions as much as possible.

"The environment here repli-



Photo by Spc. Bradley Wancour

Willie Coleman, observer controller/trainer with U.S. Army North (Fifth Army), gives advice to Soldiers from 51st Civil Support Team, Michigan National Guard, as they conduct their initial reconnaissance mission Aug. 10 during the Vibrant Response 13-2 exercise at the Muscatatuck Urban Training Center, Ind. The MUTC is designed to be as real as possible to accurately simulate an American urban environment.

cates an actual American town," Norris said. "It has all the facilities of a typical small town, which is the type of environment they will be operating in. This mission is not like the typical mission in Afghanistan. This is urban ... this is American ground."

About 5,700 service members and civilians from the military and other local, state and federal agencies are training to respond to a catastrophic domestic incident. "The environment is very real world," said 1st Lt. Zachary

Martinez, a platoon leader with Company C, 1st Inf. Bn., 151st Infantry Regiment. "They have everything from train stations to subways, buildings and broken-down cars. It's a pretty good reenactment of a real situation."

Martinez said he realizes the importance of his unit's training and has high hopes that the realism of the scenario will allow him and his platoon to more efficiently respond to any kind of domestic incident, should the need arise.

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Former Brooke Army Medical Center wounded warriors picked for 2014 paralympics games

 By Maria Gallegos and
 Robert Shields
 BAMC Public Affairs

Three wounded warriors formerly assigned to Brooke Army Medical Center's Warrior Transition Battalion continue to excel despite their physical injuries.

USA Hockey recently announced that forward Josh Sweeney, defenseman Rico Roman and goaltender Jen Yung Lee of the San Antonio Rampage Sled Hockey Team have been selected to represent Team USA at the 2014 Paralympic Winter Games in Sochi, Russia March 7-16, 2014.

"I'm super excited to represent my country in Sochi, Russia," Roman said. "We all have been working very hard here. The other Rampage players have been pushing us to our full potential, so hopefully we can bring home the gold."

Roman, Sweeney and Lee became involved with the sport while rehabilitating at the Center for the Intrepid through a nonprofit organization, Operation Comfort, an organization that works with wounded service members returning from Iraq and Afghanistan.

"I'm very proud of them," said Janis Roznowski, Operation Comfort executive director.

"They've worked very hard for this. They never miss practice and are so enthusiastic about the game. I believe they fought for their country



Photo by Robert Shields

San Antonio Rampage sled hockey defenseman Rico Roman (left) is all smiles as he scores a goal on the Rampage's goaltender, Jen Yung Lee (right), during a practice session July 31. Roman, Lee and Joseph Sweeney (not shown), have been selected to represent Team USA at the 2014 Paralympic Winter Games in Sochi, Russia from March 7-16, 2014.

and now they can play for their country at the highest level of the game."

In two years wearing the red, white and blue USA jerseys, the trio has won several medals and tournament trophies, including a gold medal at the 2012 International Paralympic Committee Sled Hockey World Championship in Hamar, Norway and a silver medal at the 2013 International Paralympic Committee Sled Hockey World Championship in Seoul, South Korea.

"Competing in the 2014 Paralympic Winter Games means a lot to me because it allows me to represent the U.S. Army and the United States," said Lee, who is

also the first active duty Soldier selected for a U.S. Paralympic winter sports team.

"I just reenlisted in 2012 for another three years, and was given a chance to continue to serve. Before all this happened, I wasn't sure where my career was heading," Lee said.

"When I came here for my physical therapy and rehab at the CFI – and now with hockey – I hoped to make my family and the Army proud."

The warriors will be competing in their first paralympic winter games after being members of the U.S. National Sled Hockey Team for the last two seasons.

Team USA skated to

a perfect 5-0-0 record at the 2010 Paralympic Winter Games in Vancouver, B.C., en route to a gold medal.

"I'm now representing my country in a different way," Roman said.

"Even though I'm not wearing my military uniform, I'm still representing my country in my USA Hockey jersey – hopefully to the fullest and hopefully bringing home the gold."

Sweeney, 26, is a native of Phoenix, Ariz., and joined the Rampage Sled Hockey Team in 2010.

A former high school forward, Sweeney was injured by a roadside bomb in Nawzad, Afghanistan in October

2009, which claimed both legs above the knee. He is a former enlisted Marine.

Roman, 32, is a native of Portland, Ore., and joined the Rampage Sled Hockey Team in 2008.

He came to San Antonio in 2007 for rehabilitation at BAMC after a roadside bomb exploded under his vehicle in Iraq, claiming his left leg.

Lee, 26, joined the Rampage Sled Hockey Team in 2009. A former high school goalie, Lee was injured in a motorcycle accident in 2009, which claimed part of his left leg.

(Note: Parts of this article are from a San Antonio Rampage press release.)



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News Briefs

Practical Nurse Course Graduation Ceremony

The graduation ceremony for the Brooke Army Medical Center Practical Nurse Course, 68WM6, Class 12-10, will be held at 10 a.m. Aug. 28, in San Antonio Military Medical Center's fourth-floor auditorium. All are welcome to attend. For more information, call 295-4150 or 295-4050.

Environmental and Occupational Health Fair at AMEDDC&S

The 6A-F5 Principles of Military Preventive Medicine Class from the Army Medical Department Center and School hosts an environmental and occupational health fair from 11 a.m. to 1 p.m. Monday on the ground floor of Willis Hall, Building 2841, in the food court atrium at the Army Medical Department Center and School. Presentations include tobacco cessation, Lyme disease, swimming safety, food-borne illnesses, radiation health awareness, HIV and sexually transmitted diseases and more. Local vendors will also be on hand to showcase their products and services available in the area.

DOD Guidance on Federal Benefits for Same-Sex Spouses

The Defense Civilian Personnel Advisory Service has issued guidance, to include an employee handout which addresses changes in Federal benefits coverage of same-sex spouses due to the recent ruling on the Defense of Marriage Act. Legally married same-sex employees will have until Aug. 26 to enroll their newly eligible family members. Currently the Employee Benefits Information System is not capable of processing same-sex FEHB enrollments. Army employees must call the Army Benefits Center-Civilian at 877-276-9287 and speak with a counselor. To view the DCPAS guidance, visit the Fort Sam Houston CPAC Online "News" section at <http://www.samhouston.army.mil/cpac/>.

Three-Week Delay on CAC/ID Cards Appointments

Appointment times at the main DEERS ID Card/Common Access Card issuance facilities at Joint Base San Antonio are about three weeks out due to a high volume of customers during the summer months. Emergency walk-

See NEWS BRIEFS, P6

Army Dental Command welcomes new dentists

By Esther Garcia
AMEDDC&S Public Affairs

The U.S. Army Dental Corps welcomed more than 50 new Army dentists into the command during a ceremony at U.S. Army Medical Command's Wood Auditorium July 19.

"It is truly an honor to welcome you in the Army Dental Command," said host and keynote speaker Col. Thomas Tempel Jr., commander of the U.S. Army Dental Command.

"When we travel around so much and see the quality of dental officers coming into the Army, it is truly spectacular.

"You are joining an incredible team, a team of officers, a team of our noncommissioned officers, a team of our civilians and a team of family members," he added.

Tempel welcomed each of the new Army dentists to the dental command team and presented each officer with a welcome letter to the Army Dental Corps.

The Army Dental Command has almost 5,000 employees who are officers, noncommissioned officers, civilians and contractors working together as a team to take care of patients in their care.

Tempel also emphasized the importance of the Sexual Harassment/Assault Response and Prevention Program, and explained the need for all Soldiers, both officers and enlisted, to work in

an environment free of harassment and inappropriate conduct.

Tempel also reinforced the Army Surgeon General's emphasis on the "Performance Triad," encouraging soldiers and their families to focus on nutrition, sleep and activity

to maintain a healthy lifestyle.

"My dad was in the Army for 26 years, so I am familiar with the lifestyle and it is a good lifestyle," said Capt. Thomas Suit when asked what made him join the Army. "Paying for the school was a good option

for me too – but it was more the familiarity by growing up and moving around with my Dad."

Capt. Diondre Venable said the scholarship does help, "but knowing that I can come in here and get the best training helped push me to sign with the Army."



Photo by Esther Garcia

Col. Thomas Tempel Jr. (right), commander of the U.S. Army Dental Command, welcomes some of the more than 50 new Army dentists to the Army Dental Command. Following their training, the dentists will deploy to various installations around the country.

Army South Headquarters, Headquarters Battalion hosts first noncommissioned officer induction ceremony

By Sgt. Deylon Douglass
Army South Headquarters and Headquarters Battalion

"No one is more professional than I."

It is a statement that all noncommissioned officers live by every day. Becoming an NCO is a distinguished title that every enlisted Soldier strives to achieve.

Twenty Soldiers from Headquarters and Headquarters Battalion, U.S. Army South commemorated their rite of passage as they transitioned into the Corps of Noncommissioned Officers during a ceremony

at the Academic Support Building on Joint Base San Antonio-Fort Sam Houston July 31.

The ceremony, rich in history and tradition, was the first ever coordinated and hosted by HHB.

The inductees walked through the threshold signifying their rite of passage, signed their names into the Army South NCO Induction Book and received a plaque engraved with their name and the day they were inducted into the NCO corps.

"This is a pivotal moment in my career

that I'm always going to remember," said Sgt. Michael Floore II, enlisted aide to the Battalion Command Team, Headquarters Support Company, Army South.

"Walking across that stage and officially being inducted into the Corps of the Noncommissioned Officers is something that I will never forget."

For Floore and the other inductees, they are now expected to lead, train and take care of junior enlisted Soldiers as mentors and role models.



Photo by Sgt. Deylon Douglass

Staff Sgt. Ruth Salinas, G1, Intelligence and Sustainment Company, U.S. Army South, signs her name into the Army South NCO Induction Book July 31. Salinas was one of 20 Soldiers from Headquarters and Headquarters Battalion, U.S. Army South, inducted into the Corps of the Noncommissioned Officers.

Walters Street Entry Control Point closure from Aug. 26 to Oct. 24

In order to complete construction activities at the North Walters Street Entry Control Point (Joint Base San Antonio-Fort Sam Houston main entrance), the entry control point and the intersection of Winfield Scott Road and Wilson Way will be closed to traffic between 8 p.m. and 6 a.m. Monday through Friday, Aug. 26 until Oct. 24.

While the ECP is closed, drivers

should follow the detour route through the Jadwin ECP at Interstate 35 just South of Coliseum Road.

The project will begin pre-construction mobilization activity this week.

For more information, call 466-2669.

(Source: 502nd Civil Engineer Squadron)

News Briefs

Continued from P3

in wait times can range between one to three hours. All military members, retirees, dependents, civil service employees and contractor customers needing new or updated CAC/ID cards are encouraged to schedule their appointments accordingly. If you are a CAC cardholder and receive an email notification that your card is within 60 days of expiration, make an appointment immediately. Appointment times are 8 a.m. to 3 p.m., Monday through Friday. Appointments are scheduled in 20-minute intervals. Customers can schedule appointments at any of the JBSA facilities by visiting <https://rapids-appointments.dmdc.osd.mil>. For more information, call 502nd Force Support Squadron, Building 367, JBSA-Fort Sam Houston, 221-0415; 802nd Force Support Squadron, Building 5616, JBSA-Lackland, 671-4178; and 902nd Force Support Squadron, Building 399, JBSA-Randolph, 652-1845.

Air Force Ball

The 2013 San Antonio Air Force Ball is Sept. 20 at the Grand Hyatt, 600 E. Market St. in San Antonio. Social starts at 6 p.m. and main event is at 7 p.m. Military attire is mess dress or semi-formal and civilian attire is formal/black tie. Tickets are available at the following locations: JBSA-Fort Sam Houston, Senior Master Sgt. Vickie Perry at 466-2583 or Master Sgt. Lacittra Barnett at 808-2659; JBSA-Lackland, Tech. Sgt. Araceli Alarcon at 473-3560, Master Sgt. Fordham Terrill at 977-5839 or Master Sgt. Anthony Foremski at 969-5416; JBSA-Randolph, Tech. Sgt. Brian Jenkins at 652-3365.

Feds Feed Families Campaign Underway

The 2013 Feds Feed Families campaign runs through Aug. 31. The campaign collects non-perishable food items that will be donated to local food banks. Boxes with "Feds Feed Families" signs are at entrances and exits of various offices around Joint Base San Antonio-Fort Sam Houston and typically have a list of the "most wanted" items, such as canned fruits and vegetables, grains, canned protein like tuna and salmon, multigrain cereals, healthy snacks, baking goods and hygiene items. Call 295-1098 for more information.

Critical Days of Summer campaign highlights safety when participating in high-risk activities

By Airman 1st Class
Alexandria Slade
JBSA-Randolph Public Affairs

Extreme sports and high-risk activities are two highlighted subjects in this year's Critical Days of Summer campaign.

"Anything that offers an unusual adrenaline rush to the participant could be defined as a high-risk activity," said Marvin Joyce, 502nd Air Base Wing safety and occupational health specialist.

Extreme sports include, but are not limited to, skydiving, bungee jumping, scuba diving, mountain climb-



Photo by Staff Sgt. Matthew Hannen

Extreme sports and high-risk activities, such as skydiving, are two highlighted subjects in this year's Critical Days of Summer campaign.

ing and whitewater rafting, said Staff Sgt. Gary Lund, 502nd ABW

ground safety technician. Although extreme sports vary greatly, all

entail an increased risk of injury.

Precautions includ-

ing physical, mental and emotional preparation can help avoid accidents when military members participate in dangerous activities.

Before getting involved in extreme sports or high-risk activities, Joyce said to "start off slow."

"Don't jump straight into something that involves a lot of physical exertion; you have to build up to it," he said. "Find someone else with experience in the activity and have them mentor you."

Lund said the goal of CDOS is not to discourage involvement, but to

See CDOS, P13

Government vehicle safety important to mission success

By Capt. Chris A. De La Peña
802d Logistics Readiness Squadron

The latest statistics show government vehicle accidents and abuses across San Antonio military locations have been rising steadily over the past four years, with numbers likely to top 500 before the end of the fiscal year.

In an environment where high-tempo operations prevail and service members are called upon to work longer hours and do more with less – in addition to civilian furloughs – safety is still important to mission success.

The National Transportation Safety Board cites fatigue and distraction among the top contributing causes for motor vehicle accidents across the country, adding validity to the

notion that the vast majority of accidents are preventable.

In today's safety-conscious environment, we're inundated with safety briefings and casualty statistics, but direct mission impact is often understated.

Here are some financial stats as a "call to attention" of the significance of accidents

and abuses:

- Over the past four years, 1,764 accidents and abuses have cost Air Education and Training Command \$2.17 million.

- The latest report from the Air Force's Vehicle and Equipment Management Support Office shows Joint Base San Antonio with 492 accidents and abuses costing the installation

\$452,000 in total repair costs over these last four years.

- By location, the numbers are: JBSA-Lackland with 357 accidents/abuses and \$317,000 in repairs; JBSA-Randolph with 102 accidents/abuses and \$95,000 in repairs; and JBSA-Fort Sam Houston with 33 accidents/abuses and \$40,000 in repairs.

While fleet size plays a role in the distribution of incident numbers, it does not take away from the fact that accidents and abuses cost the tax payers an enormous amount of money annually that adds up over the long term.

Abuses, which are simply damage to vehicles outside of normal wear and tear, coupled with accidents, can have broad, far-reaching negative consequences

on an organization.

Less widely known, the organization using the vehicle must pay for any accident/abuse-related repairs out of pocket and most units do not budget for accident/abuse costs.

With accidents averaging just over \$1,100 in repair costs, negligence can mean a serious, negative impact on organizations that likely have an already strained operating budget, due to sequestration and the deep mandatory budget cuts that followed shortly after.

Most motor vehicle accidents and abuses are preventable ... it boils down to safety and managing risk appropriately.

A single accident can have a lasting effect on a unit's budget and operations throughout the year.



Courtesy photo

Accidents and abuses involving government-owned vehicles have cost the Air Education and Training Command \$2.17 million over the past four years.

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>.



717TH MIB SOLDIER NAMED INSCOM BEST WARRIOR

Cpl. Hilary Schultz (center) of the 717th Military Intelligence Battalion receives an Intelligence and Security Command 2013 Best Warrior award from Maj. Gen. Stephen Fogarty (left), INSCOM commanding general, and INSCOM Command Sgt. Maj. Panapa Willis at Fort Belvoir, Va., July 23. Schultz won Soldier of the Year honors at command level after winning at brigade level at an earlier date. Her battalion is a subordinate unit of the 470th MI Brigade, headquartered on Joint Base San Antonio-Fort Sam Houston. Schultz also was runner-up in the Military District of Washington Soldier of the Year competition.

Photo by Jocelyn Broussard



METC

program offers service members intense biomedical equipment maintenance training

By Lori Newman
JBASA-Fort Sam Houston
Public Affairs

(This is the first in a series of articles highlighting some of the consolidated enlisted medical training programs offered by the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston.)

The Biomedical Equipment Maintenance Technician training program is one of the longest and most extensive tri-service enlisted medical courses offered at the Medical Education and Training Campus.

The Department of Defense uses BMETs to help ensure patient safety by mitigating the hazards associated with the use of medical devices throughout the continuum of healthcare on the battlefield and in medical treatment facilities around the world. BMETs are also integral to every phase of medical device lifecycle management, according to Army Chief Warrant Officer 3 Eliud Batista, METC BMET

deputy program director. Army, Navy, Air Force and international students learn everything from electronics to pneumatics and hydraulics during the 41-week course.

"We take equipment you would see in a medical facility and break it, so we can put the students in a situation where they have to fix it," said Air Force Chief Master Sgt. Charles Frizzell, 382nd Training Squadron superintendent and Air Force service lead for the BMET training program.

"The students work on everything from a standard blood pressure unit to a full-fledged X-ray room."

"The course can be challenging in the beginning, but after you are in it for a little while it gets easier. You start to understand how things work," said Tech. Sgt. Jorge Frank, an Air National Guardsman from Terre Haute, Ind.

The basic BMET program consists of 12 courses. Each course is 17 days long. The maximum class size is 20 students and a new class starts approxi-

mately every 11 days.

Most of the courses include eight days of didactics and nine days of hands-on training.

"Not only do students have to pass each course, they have to pass each objective in the course to move on to the next course," Frizzell explained.

Components from the three services come together on a three-year rotating basis to develop a consolidated curriculum. Each service identifies the tasks the students need to learn.

The last course of the basic BMET training program is service specific. Navy students are required to take an additional five of the 10 advanced-level courses, which are also offered at METC.

Advanced level courses vary from four to 20 days.

"Sailors may be stationed alone on a ship, so they need to have extra training including advanced radiology and advanced sterilization," Frizzell said.

Army Pfc. Robert Pack said he chose the BMET program because of how

well it will eventually translate into a civilian job.

"It's nice to be able to touch on all the pieces of equipment. [This is] one of the few schoolhouses that allows that," Pack said. "It's long, but it's enjoyable and worthwhile."

Navy Petty Officer 2nd Class Charles Turner also saw the course as a good opportunity.

"It would be a really good job if I decide to get out of the military," Turner said. "Even though we are not working directly with patients, this is a way for us to help patients. There is always medical equipment that needs to be worked on."

Once students complete the basic BMET course they can obtain civilian certification as a certified biomedical equipment technician, certified radiological equipment specialist or certified laboratory equipment specialist.

The military does not require service members to become certified.

"However, the students are in an exceptional

position to meet that certification requirement once they graduate," Frizzell said.

The International Certification Commission, the civilian agency that oversees certification, requires people to have four years of field experience in addition to training.

The ICC recognized the training at the METC "is so exceptional and intense" they reduced the field experience requirement to two years for METC students, Frizzell said.

"In addition to the option of becoming certified, the Air Force students receive 79 and Army and Navy students receive 73 transferrable college credits when they complete this course," said Batista.

"We are recognized internationally as one of the premiere places to train for this occupation," Frizzell said.

For more information about this program or other programs offered at METC, visit <http://www.metc.mil/academics/>.



Petty Officer 2nd Class Brandon Richardson (left) and Pfc. Miguel Labra inspect the air supply on a dental treatment unit in the Dental and Sterilizer Equipment course.

Photos by Lori Newman



Senior Airman Zachary Baggerly (left) and Airman 1st Class Melvin Hill troubleshoot an oxygen concentration unit in the Information Technology and Field Support Equipment Course.



Staff Sgt. Adam Peterson (center), an Army-specific course instructor, briefs the class on field medical equipment and facilities at the Biomedical Equipment Maintenance Technician training facility, which is set up like a combat support hospital.



Pfc. Robert Pack (left) and Airman 1st Class Cole Crismore review X-ray room schematics in the Diagnostic Imaging II course. During this course, students learn ultrasound, laser and optical principles.



Airman 1st Class Peter Beguhl (left) and Airman 1st Class Adam Hofmann test a mobile fluoroscopic C-arm unit in the Diagnostic Imaging II course. During this course students learn ultra sound, laser and optical principles.



Pfc. Madison Shelley inspects a field dental treatment unit in the Army specific course.

Airman at METC aces medical logistics technical training

By Mike Joseph
Joint Base San Antonio-Lackland
Public Affairs

A technical training student in the medical logistics program at Medical Education and Training Campus recently recorded a perfect score in the course for the first time in 10 years.

Airman 1st Class Jamie Cushman achieved 100 percent test scores during the six-week course, which she completed June 3.

The course's last perfect score came when medical education training was under the 882nd Training Group at Sheppard Air Force Base in Wichita Falls, Texas.

The 882nd TRG transitioned into the 937th TRG at Joint Base San Antonio-Fort Sam Houston as a new organization under JBSA-Lackland's 37th Training Wing in

October 2011 after the relocation from Sheppard was completed.

The move to San Antonio was part of the 2005 Base Realignment and Closure Commission act, which required the consolidation of medical training for all service branches at JBSA-Fort Sam Houston.

"I had never heard of a perfect score out of that tech training course," said Lt. Col. Sarah Coors-Davidson, 937th Training Support Squadron commander.

Coors-Davidson processes all incoming squadron permanent party members. She found out about the technical training achievement when interviewing Cushman, now a customer service representative for medical logistics at the METC.

"When someone comes in with a really high

score, it not only reflects positively on them but it also reflects positively on METC and the 937th TRG," Coors-Davidson said. "It means they understand what we're teaching."

Cushman said reaching 100 percent in the course was her goal shortly after arriving for technical training.

"The second or third day, we attended graduation for the class before us," she said. "They announced the 'Log Dog' (the top medical logistics course graduate), and she got 98 percent. She only missed one question in the course.

"I told one of my buddies we're going to beat that. We're going to ace this course," she said.

"The first test we both got 100, but the next PT (physical training) he didn't and I did. I told myself, 'I'm going to do

it.' I had to prove it to myself, and I did. (Reaching that goal) feels amazing."

Learning and studying comes naturally to Cushman, who grew up in Michigan. She earned 30 college credits as a junior and senior in high school by taking dual credit courses. She even taught herself calculus.

"I love to learn," Cushman said. "My punishment growing up was taking away my books!"

She attended Western Michigan University after high school set on becoming an aeronautical engineer.

Admitting physics classes got the best of her, she switched majors to occupational therapy.

Burned out from school and working three jobs at the same time led her to the Air Force after her sophomore year. However, she was only following a familiar



Photo by Brian Davidson

Moving medical supplies is one part of the job for Airman 1st Class Jamie Cushman, a medical logistics customer service representative assigned to the 937th Training Support Squadron at Joint Base San Antonio-Fort Sam Houston. Cushman scored 100 in the technical training medical logistics program before being assigned to the 937th TRSS.

family path.

Her father is a retired chief master sergeant, her mother is a Reserve

staff sergeant, one brother is a retired master sergeant, another brother is a senior airman and one sister is an airman first class. Cushman's youngest sister will complete the chain when she enters Air Force Basic Military Training at the end of August.

"I always knew I was going to come (into the Air Force), it was just a question of when," she said.

Cushman is already taking aim at her next goals. She wants to complete her development courses, get her Community College of the Air Force degree and then apply for the physician's assistant program.

Acceptance into the physician's assistant program would mean officer's training and a commission. From there, her dream is to become a doctor, eventually specializing as a heart surgeon.

"If I became an officer, I'd be the first one in my family," she said. "That would be so cool."

PREVENTIVE MEDICINE FAIR



Photo by Esther Garcia

(From left) 1st Lt. (Dr.) Nabaz Hussein from Iraq and Cpt. (Dr.) Ahman Younes from Lebanon, both students attending the Principles of Military Preventive Medicine course at the Army Medical Department Center and School, talk to Jacqueline Samuel and Gregg Stevens of AMEDDC&S about the challenges of obesity and improving nutrition at the Department of Preventive Health Services Health Fair entitled "Healthy You, Healthy Family" at Building 2841 Monday. Displays covered subjects such as sexually transmitted diseases, Vitamin D deficiency, human immune deficiency virus and hearing aids.

CDOS from P6

prevent mishaps.

Accidents can be avoided by receiving proper training, using the right equipment and by not partaking in alcohol before or during participation.

Along with making responsible decisions regarding alcohol, people should not participate in dangerous activities while emotionally distraught.

"If you have recently experienced loss or relationship issues, don't indulge in high-risk activities while distracted," Lund said. "The

inability to focus will decrease safety."

If a person is going to be partaking in a dangerous activity, peer pressure shouldn't ever be an influence, Joyce said.

Airmen need to be given a high-risk activity briefing by their unit commander and must fill out an Air Education and Training Command Form 410, signed by their supervisor and unit commander, prior to participation in dangerous activities, Lund said.

Soldiers should review Department of the Army Pamphlet 385-30, Mishap Risk Management, and

use the Ground Risk Assessment Tool at the U.S. Army Combat Readiness/Safety Center website at <http://safety.army.mil>.

The GRAT was developed to augment the Composite Risk Management planning and decision-making process. It assists in the identification, assessment and control of hazards associated with specified missions or tasks. Consisting of five integral parts, it provides the user with an automated CRM worksheet (DA Form 7566) that can be updated, saved and emailed.

JBSA receives new Biological Opinion, maintains Stage III water restrictions

By Aaron Farmer
JBSA Water Conservation Manager

Joint Base San Antonio received a new Biological Opinion from the U.S. Fish and Wildlife Service Aug. 6 and maintains its water restriction levels at Stage III.

The Biological Opinion limits JBSA's water draw from the Edwards Aquifer in order to protect eight endangered species which live in the aquifer and its associated springs. These species can only survive when aquifer levels and spring flows are adequately maintained.

The JBSA Critical Period Management Plan replaces the older JBSA Drought Management Plan and aligns drought management trigger levels to match those of the surrounding community

in order to reduce confusion and create unity of effort across the region.

Stage III water restrictions in effect for all JBSA include the following measures:

- Landscape watering with an irrigation system, sprinkler or soaker hose is allowed every other week only from 7-11 a.m. and 7-11 p.m. on designated watering day.

- Irrigation of athletic fields is permitted only as required to maintain the turf viability and safety. Athletic fields may be watered between the hours of 3-8 a.m. and 8 p.m.-midnight once per week.

- Watering with drip irrigation is allowed every Monday, Wednesday and Friday, but only from 7-11 a.m. and 7-11 p.m.

- Watering with a

| Joint Base San Antonio Critical Period Management Stages | | | | | |
|--|---------------|----------------|---------------------|-------------|------------------------|
| Stage | J-17 Trigger* | Comal Springs* | San Marcos Springs* | % Reduction | Monthly Max. (acre-ft) |
| Baseline | >660 | >225 | >96 | 0% | 1,001 |
| I | >660 | <225 | <96 | 20% | 800.8 |
| II | >650 | <200 | <80 | 30% | 700.7 |
| III | >640 | <150 | N/A | 35% | 650.65 |
| IV | >630 | <100 | N/A | 40% | 600.6 |
| V | >625** | <45 | N/A | 44% | 560.56 |

<40 (3 day avg.)

* Using 10-day average

** Using monthly average

handheld hose is allowed any time on any day.

- The use of yard pools, dunk tanks or similar equipment is prohibited.

- Government vehicle washing is allowed once per month, during the

first full week of each month.

- Restrict civil engineer ground crews and base residents from planting grass and plants except where absolutely essential.

While JBSA, its sur-

rounding communities and the San Antonio Water System utilize water from the Edwards Aquifer, SAWS also utilizes alternate sources of water like their aquifer storage and recovery system to reduce the amount of

Edwards Aquifer water they pumped.

This allows SAWS to maintain their Stage II water restrictions even though the Stage III water reduction trigger level was met. Water from those other sources is not regulated like the water pumped directly from the Edwards Aquifer.

It is everyone's responsibility to conserve water on JBSA and in the surrounding community. Water leaks should be reported to a facility manager or to the local civil engineering squadron customer service immediately. Water waste can be reported to the JBSA water abuse hotline at 466-4426.

Call 671-7221 with questions about water conservation or drought management.

School district officials announce arrival, departure safety procedures

By **Tonya Hyde**
Principal, Fort Sam Houston Elementary School

The Fort Sam Houston Independent School District's transportation department ensures safe transportation to and from school for students who reside on the installation, or are enrolled in FSH Family Day Care or School-Aged Services programs.

We appreciate the support of parents of elementary-age students who monitor children at designated bus stops as additional safety measures.

District transportation personnel ensure that students arrive to school before designated start times. Upon their arrival, students are dropped off at designated areas either in front or back of the school. These areas are also designated for after school bus departures.

Pre-kindergarten students and students who do not reside on the installation are dropped off or picked up by privately owned vehicles in the back parking lot of the school. This option is also available to parents who reside on the installation and prefer to transport their children.

For safety reasons, elementary students are not allowed to walk or ride their bicycles to school. The following procedures are in place to ensure continued safety of our students and staff.

Two lanes exist to drop off and pick up students. Parking is not permitted in this area. Adults should remain in their vehicles. A staff member will escort children to and from the car and assist them getting in and out of vehicles. Parents are asked to assist as needed with securing seatbelts or safety seat requirements.

Arrivals

Parents dropping children off at school will drive through designated lanes in the designated area in the parking lot at the back of the school. Staff will be on hand to direct children to designated areas for

appropriate supervision.

Pre-kindergarten children have a designated area where they will join their teacher. Pre-kindergarten teachers will check to see that every child is accounted for and remains in the designated safe zone.

Parents of pre-kindergarten students who participate in the breakfast program should plan to park in the front parking lot and take their child to the cafeteria.

If your student is participating in the breakfast program, we ask that they arrive no later than 7:30 a.m. to allow sufficient time to consume their meal and to be on time for class.

Departures

If a pre-kindergarten child has a sibling in kindergarten through fifth grade, all siblings will stand in the designated pre-kindergarten area to await parent arrival. All other kindergarten through fifth grade students will stand in designated lines. We will ask brothers and sisters or those riding with one adult to stand in the line together to expedite pick up.

"Students will wait underneath canopies, in assigned classrooms, and other shaded areas. We encourage parents to provide a drink or snack while their children await pickup," said Tonya Hyde, Fort Sam Houston Elementary School principal. "This is especially helpful early in the school year, due to extended wait periods associated with establishing new procedures."

As an additional option, parents may also decide to pick their child up using the parent 'walk up' option. Using this option, parents will sign their child out with the assistance of designated personnel and exit the campus using the main entrance areas.

Parents must use appropriate identification measures. To ensure the safety of everyone, neither parents nor students will be permitted to walk through back drop off or pick up areas.

Securing the school grounds

The back gates will be kept locked during the school day. The parent drop-off area will be operational from 7:15 a.m. until 7:47 a.m. Students arriving after 7:47 a.m. are not expected to have sufficient time to get to class prior to the tardy bell. Parents must use the front parking lot and escort their child to the office.

Students arriving in homeroom classes after 7:50 a.m. are considered tardy and must be signed in at the front office by their parent. Please anticipate delays and plan to arrive in sufficient time to allow your child to be in class at 7:50 a.m.

Students who have not been picked up after designated pick up times will be taken to the front office. Parents picking up their child late must sign their child out in the school office.

At all times throughout the day, parents must sign in and out in the front office. These procedures are in place for the safety of children. Parents are not allowed to routinely pick students up prior to 3 p.m. school dismissal.

"We ask that parents have patience as we learn which children will ride together. Parents can help by asking their children to join each other in designated areas," Hyde said. "The first days of school are an exciting time and we encourage parents to take part in this experience."

"However, it is important to start drop off and pick up routines as early as possible. Students who will normally use district transportation are encouraged to utilize it as early as the first day of school especially from school to home."

Parents will have the option to share transportation plans with their child's teacher during our "Meet the Teacher" opportunity Aug 23.

(Source: Fort Sam Houston Independent School District.)

FSHISD Bell Schedule



Robert G. Cole Middle/High School

| | | |
|---------------|--------------------|-----------|
| Bell Schedule | 2013-2014 | |
| 1st Period | 8:20 - 9:06 a.m. | (46 min.) |
| 2nd Period | 9:10 - 9:55 a.m. | (45 min.) |
| 3rd Period | 9:59 - 10:44 a.m. | (45 min.) |
| 4th Period | 10:48 - 11:33 a.m. | (45 min.) |

Middle School

| | | |
|------------|-------------------------|-----------|
| Lunch | 11:35 a.m. - 12:05 p.m. | (30 min.) |
| 5th Period | 11:34 a.m. - 12:22 p.m. | (45 min.) |

High School

| | | |
|------------|--------------------|-----------|
| 5th Period | 12:09 - 12:54 p.m. | (45 min.) |
| Lunch | 12:24 - 12:54 p.m. | 30 min.) |

Middle/High School

| | | |
|------------|-------------------|-----------|
| PRIDE | 12:58 - 1:23 p.m. | (25 min.) |
| 6th Period | 1:27 - 2:12 p.m. | (45 min.) |
| 7th Period | 2:16 - 3:01 p.m. | (45 min.) |
| 8th Period | 3:05 - 3:50 p.m. | (45 min.) |

*PRIDE - Preparing Individuals to Develop Excellence

Key FSHISD Telephone Numbers

Fort Sam Houston Independent School District - 368-8700

Superintendent - 368-8701
Associate Superintendent - 368-8725
Business - 368-8705
Food Service - 368-8745
Operations (Maintenance/Transportation) - 368-8720
PEIMS Coordinator - 368-8707
Technology Infrastructure Director - 368-8709
Technology Instructional Director - 368-8755
Fax - 368-8741

Fort Sam Houston Elementary School - 368-8800

Receptionist - 368-8809
Principal - 368-8899
Assistant Principal (grades 3-5) - 368-8805
Assistant Principal (grades Pre-K-2) - 368-8806
Counselor (grades 3-5) - 368-8808
Counselor (grades Pre-K-2) - 368-8817
Special Education Coordinator - 368-8818
Fax - 368-8801
Military Special Education Cooperative - 368-8771

Robert G. Cole Middle/Senior High School - 368-8730

Receptionist - 368-8733
Principal - 368-8774
Assistant Principal for middle school - 368-8736
Assistant Principal for high school - 368-8742
Counselor for middle school - 368-8738
Counselor for high school - 368-8739
Fax - 368-8731



EFMP/Special Olympics Equestrian Competition

Friday, 10 a.m.-2:30 p.m., Fort Sam Houston Equestrian Center. Come out and cheer your favorite rider and horse as they compete. Call 221-0600/2962/2418.

Mother/Daughter Yoga Brunch

Friday, 11 a.m.-12:30 p.m., Military and Family Readiness, Building 2797. Bring your own mats, girls 10 years old and up are welcome. Call 221-0349 or 221-2705.

Thrift Shop Celebrates Anniversary

The Thrift Shop at JBSA-Fort Sam Houston will celebrate it's one year anniversary from 9 a.m.-2 p.m. Saturday. Cupcakes, candy and drinks, sale items and door prizes will be available. The Thrift Shop, located at 3100 Zinn Road, is run by the Spouses' Club of the Fort Sam Houston Area, is open

to all DOD cardholders and full of clothing, shoes, housewares, toys, books, furniture, jewelry and more. Hours are 9 a.m. to 2 p.m. Wednesday, Thursday and the third Saturday of each month. Consigned items are taken from 9 a.m. to 1 p.m. Donations are taken anytime during regular business hours. Call 221-5794/4537 or click on <http://www.scfsh.com>.

Blacklight Zumba Fest

Saturday, 10 a.m., Jimmy Brought Fitness Center. Register at Jimmy Brought Fitness Center or Fitness Center on the METC. Registration Fee is \$12. First 100 who register will receive a backpack. Call 221-1234.

H.U.G.S. Playgroup

Tuesday, 9-11 a.m., Middle School Teen Center. Call 221-0349 or 221-2705.

Credit and Debt Management

Tuesday, 9-11 a.m., Military and Family Readiness, Building 2797. Call 221-2380 or 221-2418.

Unit Trauma Training

Tuesday, 9 a.m.-2 p.m., Military

and Family Readiness, Building 2797. Call 221-0946 or 221-2418.

Consumer Awareness

Tuesday, 2-4 p.m., Military and Family Readiness, Building 2797. Call 221-2380 or 221-2418.

Instructor/Facilitator Training Course

Tuesday through Aug. 23, 8:30 a.m.-3:45 p.m., Military and Family Readiness, Building 2797. Call 221-2611 or 221-0918.

Free Missions Baseball Tickets

Complimentary vouchers are available at the JBSA-Fort Sam Houston Ticket Office for the Missions baseball game Wednesday at 7:05 p.m. against the Frisco Rough Riders at Nelson W. Wolff Stadium. Vouchers may be redeemed at the stadium box office before the game for a free outfield reserved seat. They may also be upgraded for \$2 for an upper reserved seat, \$3 upper box seat or \$4 for a lower box seat. DOD ID cardholders may obtain as many vouchers as they need.

Web Based First Termer Financial Readiness

Wednesday, noon-4 p.m., Military

and Family Readiness, Building 2797. Call 221-2380/2418.

Employment Orientation

Wednesday, 1-2 p.m., Military and Family Readiness, Building 2797. Call 221-0615/0427/9216.

Army Family Advocacy Program Unit Training

Wednesday, 2-4 p.m., Military and Family Readiness, Building 2797. Call 221-0349 or 221-2705.

Army Family Advocacy Program Unit Training

Thursday, 8-11 a.m., Military and Family Readiness, Building 2797. Call 221-0349 or 221-2705.

Battlemind Pre-Training for Families

Thursday, 9-10:30 a.m., Military and Family Readiness, Building 2797. Call 221-0946 or 221-2418.

San Antonio Spurs JBSA Caravan Tour

Spurs Sports and Entertainment will sponsor a four-hour fan fest at each JBSA location with indoor and outdoor activities, celebrities, interactive games, prizes and photo

opportunities. The event will be held at the Fitness Center on the METC at JBSA-Fort Sam Houston from 3 to 7 p.m. Thursday. A youth basketball boot camp for children ages 7 to 18 will be held from 3-4 p.m. Nevil Shed will answer questions from 4-4:30 p.m. and the Silver Dancers perform at 5 p.m.

Triathlon

The last triathlon of the 2013 season will begin at 6:30 a.m. Aug. 25. Participates will swim 600 meters, bike 15 miles and run three miles. Register at the Jimmy Brought Fitness Center or the fitness center on the METC by Sunday. Cost is \$20. Call 221-1234.

Submit AFAP Issues

Submit your issues by Aug. 30 for the upcoming Armed Forces Action Plan conference in November. For more information or to volunteer as a delegate, facilitator, recorder, transcriber or issue support, call 221-9196 or 221-0918, or stop by the Military and Family Readiness, Building 2797 at JBSA-Fort Sam Houston or email jbsa.afap@gmail.com.

Hiring Heroes Career Fair

The next Department of Defense Hiring Heroes Career Fair is from 8:30 a.m. to 3 p.m. Sept. 18 at the Sam Houston Community Center.

Harlequin Dinner Theatre

The Harlequin Dinner Theatre presents "Bad Seed" Sept. 19 through Nov. 2. This is the story of a mother's realization that her young daughter has committed a murder. For more information, call 222-9694.

JBSA Force Support/MWR Survey Needs Your Feedback

As part of Joint Base San Antonio, Fort Sam Houston wants your feedback on how to better serve you, the customer, on the best types of media we can use to get the word out about JBSA Force Support/MWR programs and events. Your feedback is very important. Take five minutes to fill out this survey at <http://jbsa-mediasurvey.questionpro.com>.

How We Roll

Monday through Friday, 9-11 a.m., Fitness Center on the Medical

See INSIDE, P17

AFADD takes joint approach to eliminate drunk and impaired driving

By Staff Sgt. Marissa Tucker
JBSA-Lackland Public Affairs

Soldiers, Sailors, Airmen and Marines from Joint Base San Antonio recently formed an alliance dedicated to reducing instances of drunk and impaired driving.

The Armed Forces Against Drunk Driving program, formed by service members and volunteers from all three JBSA locations, provides a call center Friday and Saturday that service members, Department of Defense civilian employees and military dependents can call for a safe ride home if they have been drinking.

In the nearly one month since inception, the organization has received a welcome

response, said Staff Sgt. Thomas Forsthoefel, instructor with the 343rd Training Squadron and AFADD vice president.

"I came to JBSA-Lackland for a temporary duty assignment a couple of months ago and we were briefed about an off-base program similar to AFADD. I just thought to myself, why was there no program on base," Forsthoefel said. "We take care of our own in the military, no matter what service they are in. Wing leadership has been really supportive with helping to get this off the ground and our volunteers are amazing."

Currently, the group operates out of the San Antonio Military Medical Center emergency room from 10 p.m. to 3 a.m.



Friday and Saturday.

When a call comes in, two volunteers travel to pick up the caller and take him or her home. Callers must agree to show valid military, dependent or DOD employee identification. Volunteers will not transport callers to other bars or

parties.

"We're here as a last resort for those who had a plan before they began drinking, but for some reason, it didn't work out," Forsthoefel said. "The organization seeks to help service members make better decisions before they begin drinking to prevent situations where they or their friends are faced with the decision to drive home drunk."

Encouraging better decision-making skills before drinking is another goal of AFADD.

Because JBSA is the largest joint installation in the DOD, they have

the ability to reach more service members and help implement a culture shift where driving while under the influence of alcohol is no longer seen as an option, Forsthoefel said.

The group offers these tips for those looking to enjoy a safe night out:

Have a designated driver who is not going to drink.

- Have enough money for a taxi for everyone in your group.

- Call a friend or supervisor to come get you.

- Get a hotel room beforehand near where you will be drinking.

While unexpected situations can always occur, being prepared can help prevent a serious accident or even a death. Though the center is only open

on weekends, AAFDD encourages members to seek other avenues, use their resources and think smart before they take their first drink.

"We know people don't just drink on weekends, but anytime they do, they need to have a backup plan," Forsthoefel said. "There's too much on the line to be careless enough to get behind the wheel drunk. There are so many people willing to help if you just ask."

To reach a dispatcher, call 309-8767 Fridays and Saturdays. For more information about AFADD, visit their Facebook page at <https://www.facebook.com/AF-ADDJointBaseSanAntonio> or email afadd.jbsa@us.af.mil.

OUTSIDE THE GATE

Table Talk: Color Me Camo

Women veterans are invited to participate in a peer-to-peer workshop 9 a.m.-1 p.m. Saturday at St. Anthony's Hotel, 300 East Travis Street. Learn about self-analysis, relationships, self-development, life management and community resources. Visit <http://graceafterfirebexaraugust.eventbrite.com> to register or call 1-800-362-6477 for more information.

Warrant Officer Association

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet at 5:30 p.m. Monday at the Longhorn Cafe, 1003 Rittiman Road. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. Call 475-2565 for more information.

Festival People en Español

Festival People en Español brings fans an exciting Labor Day Weekend with the hottest stars and music Aug. 31 and Sept. 1 at the Henry B. Gonzalez Convention Center, 200 E. Market St. from 9 a.m. to

5 p.m. each day. Free activities include telenovela stars, autograph signings, beauty makeovers, a kid's zone and more. Concerts by Gloria Estefan, Alejandro Fernandez, Demi Lovato, Wisin Y Yandel, Frankie J, 3BallMITY and more take place at the Alamodome, 100 Montana St., starting at 6 p.m. each day. Military members and their families receive 15 percent off their concert ticket purchases with discount code F13MIL at TicketMaster.

AMEDDC&S and 32nd Med. Bde. Reunion

The 2013 "Old School" Army Medical Department Center and School and 32nd Medical Brigade reunion will be held Nov. 9. There will be a variety of sporting events in the morning followed by a reception with dinner and dancing beginning at 5:30 p.m. at the San Antonio Airport Hilton. Email 32ndmedbde@gmail.com to register or for more information visit the Facebook page at 2013 Center Brigade Reunion.

Women's Survivor Group

A women's survivor group has been created for women who have experienced sexual trauma. The goal is to increase survivors' understanding to their response to victimization and the impact on their lives. The group offers a safe, open atmosphere for discussion and support to facilitate understanding

of sexual victimization and the healing process. The group meets from 6:30 to 8 p.m. Mondays at the Rape Crisis Center group room at 7500 U.S. Highway 90 West, Building 2, Suite 201. Call 521-7273 for more information.

Teen Survivors Group

A teen survivors' group has been created for teens who have been victims of sexual trauma. The group's goal is to help teens learn and talk about sexual abuse in a safe environment and help survivors connect to others who have been in similar situations. Females from 13 to 17 years of age who are currently attending individual psychotherapy are encouraged to attend. A therapist's recommendation is required. The group meets from 6 to 7:30 p.m. Wednesday at the Rape Crisis Center group room at 7500 U.S. Highway 90 West, Building 2, Suite 201. Call 521-7273 for more information.

SeaWorld Offers Waves of Honor

SeaWorld Parks & Entertainment is honoring the men and women of the U.S. armed services through its Waves of Honor™ military salute program. Any active duty military, activated or drilling reservists, or National Guardsman representing any of the five service branches is entitled to one complimentary

admission and as many as three direct dependents to SeaWorld® and Busch Gardens® Parks, and Sesame Place® for members of U.S. armed forces through 2013. The service member must register, either online at <http://www.wavesofhonor.com> or in the entrance plaza of a participating park and show a valid active military identification. All dependents 10 and older must present a valid military dependent identification for entry into the park. Dependents may take advantage of the offer without their service member, though an adult must accompany minor dependents.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month at the Longhorn Cafe, 1003 Rittiman Road. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 539-1178.

Foster a Puppy

The Department of Defense dog breeding program needs families to foster puppies for three months. Potential foster families need time and patience to raise a puppy age 12 weeks to six months, a stimulating and safe home environment and a desire to help raise a military working dog. Call 671-3686.

Airmen may be eligible for medical prep school

By Debbie Gildea

Air Force Personnel Center Public Affairs

Active-duty enlisted Airmen who qualify can now apply for a new pilot program designed to prepare them for medical school, but "intent to apply" emails must be submitted no later than Sept. 6, Air Force Personnel Center officials said Monday.

The Enlisted to Medical Degree Preparatory Program offers enlisted members a chance to attend medical prep school full time for two years, all expenses paid, while maintaining active-duty status and full pay and benefits.

The program will include coursework in a traditional classroom setting with structured pre-health advising and formal medical college admission test preparation.

Those selected for the program will transfer on permanent change of station orders to Bethesda, Md., where they will attend school at the Uniformed Services University of Health Sciences. Following successful completion of the 24-month program, graduates will apply for acceptance to the USUHS medical school or civilian medical schools.

Enlisted members from all career fields are eligible to apply, if they meet other criteria in the application guidelines, available on the myPers website. Applicants must be younger than 33 as of June 30, 2014, have at least 36 months but no more than 10 years time in service as of Sept. 30 and hold a bachelor's

degree from an accredited institution.

Selected senior airmen and above with promotion line numbers will be able to sew on while attending the program, but those who do not have a line number will not be eligible to test for promotion while attending the course. Senior airmen who do not have a promotion line number will be automatically promoted to staff sergeant one day prior to the course start.

Following graduation and upon acceptance in an approved medical school, program participants will be commissioned as second lieutenants in the Medical Services Corps.

As fourth-year medical students, those lieutenants will be eligible to apply for medical residencies approved by the Air Force Health Professions Education Requirements Board.

Applicants who meet all eligibility criteria must email an intent to apply statement to the Total Force Service Center by Sept. 6. Those who do so will be notified by Sept. 16 whether or not they have been released from their career field to compete for selection.

Once notified of their eligibility to compete, Airmen must submit their applications by Nov. 1. Classes for the pilot program begin July 1, 2014.

Full eligibility criteria and application guidelines for the program, which incurs a three-year, active-duty service commitment, are available on myPers at <https://mypers.af.mil>. Enter "EMDP2" in the search window.

INSIDE from P16

Education and Training Campus. The "How We Roll" program provides parents with strollers use of the indoor track Mondays from 9-10 a.m. A fitness trainer is available for assistance and instruction. Call 808-5709.

Fitness on Request Kiosk

The Fitness Center on the METC hosts an innovative group fitness system including free virtual classes

ranging from 20-60 minutes. Call 808-5709.

World Climb Tower Challenge

Sign up at the Jimmy Brought Fitness Center for the World Climb Tower Challenge. Call 221-1234.

Bowl to Win Prizes

The JBSA-Fort Sam Houston Bowling Center is offering the opportunity for bowlers to win prizes this summer. Receive "Bowling to

Win" entry forms with your paid games through Aug. 23. Drawings for prizes will be held Aug. 26 during Bowler Appreciation Week. Call 221-4740.

Fort Sam Houston Museum

The Fort Sam Houston Museum is open 10 a.m. to 4 p.m. Wednesday through Sunday. The museum will close in September to move to their new location in the Quadrangle. Call 221-1886.

JBSA-Fort Sam Houston Ticket Office

The ticket office, located in the Sam Houston Community Center, offers discounted tickets for Schlitterbahn water parks, Six Flags Fiesta Texas, SeaWorld, Aquatica and Universal Studios Orlando. The ticket office is open 10 a.m.-5 p.m. Tuesday through Friday and 10 a.m.-2 p.m. Saturday. Call 808-1378.

Edwards Aquifer Level

in feet above sea level as of Aug. 13

CURRENT LEVEL* = 635.3'

*determines JBSA water conservation stage

Normal - above 660'
Stage I - 660'
Stage II - 650'

Stage III - 642'
Stage IV - 640.5'
Stage V - 637'

For water restrictions, visit <http://www.502abw.af.mil>.



Weekly Weather Watch

| | Aug 16 | Aug 17 | Aug 18 | Aug 19 | Aug 20 | Aug 21 |
|-------------------|---------------------------|----------------------|---------------------|--------------|--------------|----------------------|
| San Antonio Texas | 100° Isolated T-Storms | 98° Partly Cloudy | 98° Mostly Sunny | 98° Sunny | 97° Sunny | 98° Partly Cloudy |
| Kabul Afghanistan | 90° Sunny | 88° Sunny | 87° Sunny | 88° Sunny | 93° Sunny | 93° Sunny |

(Source: The Weather Channel at www.weather.com)