



JBSA-FORT SAM HOUSTON TOWN HALL

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EQUINE THERAPY

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Photo by Esther Garcia

Sgt. Audie Murphy Club member Sgt. 1st Class Tiffany Skelton holds up the Army Medical Department Regimental Flag as the keynote speaker at the 27th anniversary celebration describes what each symbol represents.

## AMEDD Regiment commemorates 27th anniversary

By Esther Garcia  
AMEDDC&S Public Affairs Office

Members and friends of the U.S. Army Medical Department gathered at the AMEDD Museum July 25 to celebrate the 27th anniversary of the AMEDD Regiment with a social hosted by members of the Sgt. Audie Murphy Club.

Col. Randall Anderson, commander of the Army Medical Department Center and School, was the keynote speaker and focused on the history and symbology of the regiment during his remarks.

The Army Medical Department was born on July 27, 1775, when Congress authorized the

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## MEDICAL LOGISTICS SOLDIERS STEP UP FOR AFGHANISTAN DEPLOYMENT



Photo by Sgt. 1st Class Christopher DeHart

Sgt. 1st Class John Allen, detachment noncommissioned officer-in-charge, 418th Medical Logistics Company, 61st Multifunctional Medical Battalion, 1st Medical Brigade, which is based at Joint Base San Antonio-Fort Sam Houston but headquartered out of Fort Hood, hugs his 7-year-old son, John, immediately following the unit's deployment ceremony July 25 at Military and Family Readiness, Building 2797. The 20 Soldiers volunteered for the mission and are deploying to Afghanistan to sort, provide quality control and ship retrograde Class VIII supplies and medical equipment out of Afghanistan.

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# Advancement key to personal and professional satisfaction

By Chief Master Sgt. Joel K. Berry  
Command Chief Master Sergeant,  
Medical Education and  
Training Campus



Let me first say CONGRATULATIONS to our newest Joint Base San Antonio promotees! Whether you are an officer, enlisted, or civilian member, it seems as though across our joint-service environment the summer season has been good to all of us.

"Promotion" is a good word, and when we think of it, another closely related word we can also think about is "Advancement."

Advancement can come in many different forms and instances and can be defined differently by each individual. The perspective I want each of us to consider is the advancement within and among JBSA. Advancement is the result of a maturation process, only achieved via personal and professional focus.

Personal advancement should be front-burner initiative for all of us. This

is a two-pillar process. The first pillar is the individual itself. Whether it is planning, structuring or setting personal goals, an individual should have the mental toughness and drive to "want" the advancement.

Next, the individual must validate his or her efforts with a stern self inspection process that can show the person the real fruits of those efforts. In doing so, the person can then evaluate true strengths and weaknesses.

As the individual evaluates his efforts, part of that criteria must include an internal look at own professionalism, tactfulness, and a positive attitude. These are also key attributes in

achieving and sustaining future advancement.

The second pillar to personal advancement is supervisory leadership. Supervisors play a key role in the personal advancement of their people. Simply, we must take care of our people.

If you're a supervisor, do you know your personnel's stories? Knowing the story of an individual is critical to the understanding of what drives and motivates individuals to go above and beyond.

Personal advancement can come in many forms of success. This can range from new instructors honing their qualifications early and never being on the non-instructional-duties list, to potential annual awards for our work force. Are you or your people ready for personal advancement?

Let us now consider professional advancement. Professional and personal advancement are related. But professional advancement relates deeper into

the core of our professions or occupations. I'm asking each of you to take a minute and reflect.

Ask yourself, when was the last time I became professionally smarter about something? This question refers to your ability learn, and it can come in many facets.

A wise man once told me that if you take 15 minutes to peruse a newspaper every day, you'd know enough about current events to have the ability to talk with anyone about almost anything. I would say, you've just have become smarter in just 15 minutes! Imagine taking those 15 minutes and reading about your profession and or occupation? Fifteen minutes do not seem like much time, right?

Becoming professionally advanced may be as easy as understanding how to take advantage of your time to become professionally competent. And in doing so, you'll become even more able to look at your

operations and streamline, revamp, and innovate.

It's very easy to become complacent by stating one does not have the time to learn about this or that. The truth is that we can never stop learning. And lack of time is certainly no excuse. Never stop seeking professional advancement.

Advancement is the key to personal and professional satisfaction. All of us must "want the ability to advance." Once we have adjusted our attitude to do just that, then we can work on a plan to the road of advancement success.

Advancement does not come without extensive amount of time and energy. At times it can literally consume all of our time, and at other times, one just has to dedicate just a few minutes a day.

In the end, personal and professional advancement are great things. Being committed to it, and seeking it, will make you better and will make your organization even much better!

## TEN AIRMAN SCORE 90 PERCENT OR BETTER ON CDC TEST

Ten Joint Base San Antonio Airmen were recently recognized by JBSA senior enlisted leaders for receiving scores of 90 percent or better on their Career Development Course end-of-course tests. Pictured from left, front row, are Senior Master Sgt. Nancy Windham, 802nd Mission Support Group Legal Office superintendent; Tech. Sgt. Kelly Blankenship, 802nd MSG/JA (93 percent); Staff Sgt. Matthew Liimaaka, 802nd Security Forces Squadron (94 percent); Staff Sgt. Matthew Giacona, 802nd Civil Engineer Squadron (92 percent); Staff Sgt. David Deters, 802nd SFS (93 percent); and Staff Sgt. Chase Valmoja, 802nd SFS (97 percent). In the back row, from left, are Chief Master Sgt. Billy Humphrey, 802nd Comptroller Squadron command chief; Staff Sgt. Jordan Hermes, 802nd SFS (91 percent); Airman 1st Class Brett Olsen, 902nd CES (95 percent); Master Sgt. Jeffrey Martin, 902nd MSG superintendent; Tech. Sgt. Cornelius Horne, 902nd CES (95 percent); Staff Sgt. Ronald Farris, 802nd Contracting Squadron (91 percent); Senior Master Sgt. Wayne Mobley, 502nd CPTS superintendent; 502nd MSG Command Sgt. Maj. Bryan Witzel; and Chief Master Sgt. Jose LugoSantiago, 502nd Air Base Wing and JBSA command chief. Not pictured is Senior Airman David McCune, 802nd SFS (91 percent).



Courtesy photo



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## News Briefs

### *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/>.

### *Immediate Housing Openings*

Lincoln Military Housing has immediate openings for company grade four-bedroom and junior enlisted two-bedroom homes. For more information, call 270-7638.

### *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" signage are located at entrances and exits of various offices around Joint Base San Antonio-Fort Sam Houston. Donation boxes typically have a list of the "most wanted" items, such as canned fruits and vegetables, grains, canned protein such as tuna and salmon, multigrain cereals, healthy snacks, baking goods and hygiene items. Call 295-1098 for more information.

### *Three-Week Delay on CAC/ID Cards Appointments*

Due to a high volume of customers during the summer months, appointment times at the main ID Card/CAC issuance facilities at Joint Base San Antonio are about three weeks out. All military members, retirees, dependents, civil service employees and contractor customers who need to update their CAC/ID cards should schedule appointments accordingly. Appointment times are 8 a.m. to 3:30 p.m. Monday through Friday,

See **NEWS BRIEFS, P6**

# Army senior commander and JBSA commander team conduct town hall

By Airman 1st Class  
Lincoln Korver and  
Staff Sgt. Marissa Tucker  
Joint Base San Antonio  
Public Affairs

A joint town hall meeting was held July 24 at Joint Base San Antonio-Fort Sam Houston to discuss sequestration and the impact of fiscal constraints with location residents.

Maj. Gen. Perry Wiggins, U.S. Army North (Fifth Army) deputy commanding general for operations opened the event with Brig. Gen. Bob LaBrutta, Joint Base San Antonio and 502nd Air Base Wing commander.

"No matter what happens with sequestration, this is our house, and we have a responsibility to take care of it, and that goes for family mem-



Photos by Staff Sgt. Marissa Tucker

Brig. Gen. Bob LaBrutta, Joint Base San Antonio and 502nd Air Base Wing commander, said that working with the functional managers at each location is going to be the key in making important decisions for fiscal year 2014.

bers, service members and civilians," Wiggins said, as he praised members of the neighborhood watch program for

stepping up to help the community.

Though the challenges JBSA faces are prominent, LaButta is far from

discouraged when it comes to working with his team to develop a solution.

"We can no longer

do things the way we did them in the past," LaBrutta said. "Some

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### **AMEDD from P1**

establishment of "a hospital" or medical service for an Army of 20,000 men.

During the Army's reorganization, some Army units lost their identity, their history and their lineage.

"This loss did not go unnoticed," Anderson said. "In 1981, the chief of staff recommended a regiment and corps affiliations that would provide us a long term affiliation ... a tie to one unit or regiment where one Soldier could go back to the same unit or place ... a link to history."

Five years later, the AMEDD Regiment was activated during

ceremonies on Joint Base San Antonio-Fort Sam Houston.

"One thing that is very important to us in the military is symbology," Anderson said. "We can read each other's uniforms and I can tell what schools you have been to. I can look at your patch and tell where you have been and if we rally around the same patch. We also use the symbology of our flags, our colors or our guidons to center us."

Anderson then brought the audience's attention to the AMEDD Regimental Flag and described each of its symbols and their meanings.

"That built the symbology of our regiment flag and is something

we carry forward today; what we rally around as a regiment," he said. "Hopefully, you get a better understanding of the symbology because it is important."

Anderson also said Soldiers need to know the history of our regiment and we need to understand what it represents.

"As we enter our 27th year, we can't forget our history," he said. "We have to keep it alive; it gives us a central focus for us to rally around."

"As we in the AMEDD continue to change and morph and bring in the civilian corps and others, it is important that we are our own team. That is what our flag represents."



Photo by Esther Garcia

(From left) Staff Sgt. Amy Davis, youngest Soldier in attendance at the 27th Anniversary of the AMEDD Regiment, assists Col. Randall Anderson, commander of the Army Medical Department Center and School and keynote speaker, and Staff Sgt. Adam Sahlberg, president of the Sgt. Audie Murphy Club, cut the birthday cake during a social at the AMEDD Museum July 25.

# Community benefits from Thrift Shop of Fort Sam Houston

By Sgt. Lee Ezzell  
Army North Public Affairs

For those feeling the need to “pop some tags” but only have “\$20 in their pocket,” they are invited to check out the hidden treasures at the Thrift Shop of Joint Base San Antonio-Fort Sam Houston.

Thrift shop chairperson Stephanie Crotty, along with her team of dedicated volunteers, has turned an empty building into a gold mine for both bargain hunters and community supporters in only one year of operation.

Crotty brought a wealth of experience from other installations with her when she arrived at JBSA-Fort Sam Houston, said Joy Kellner, president of the Spouses Club of Fort Sam

Houston. Crotty chose to make the thrift shop her personal mission.

And it is a mission upon which a great deal of success has been achieved.

“We raised \$26,200 in our first seven months,” Crotty said.

“This all went to either scholarships for the children and/or spouses of service members or to programs like the Boy Scouts here.”

Crotty and the staff of volunteers shut down the thrift shop for the month of July to reset for its second year.

Although the thrift shop reopened Aug. 1, its grand reopening ceremony is set for Aug. 19 – just in time for back-to-school shopping.

The shop’s normal hours are 9 a.m. to 2 p.m. Wednesdays and



Photo by Sgt. Lee Ezzell

Stephanie Crotty, chairperson for the Thrift Shop of Fort Sam Houston, makes room for more uniforms on a display rack July 11 at the Thrift Shop at Joint Base San Antonio-Fort Sam Houston. Crotty said the staff temporarily stopped accepting uniforms due to the large current stock.

Thursdays – in addition to the third Saturday of each month.

“There are just a lot of things we need to move

around and reorganize,” Crotty said.

“Something that helps service members is we have so many uniforms,

and in good condition, from all the branches here.”

In fact, she said the thrift shop had so many uniform items that the staff had to stop accepting the items until some of the existing stock is exhausted.

Along with managing the shop, Crotty ensures there are plenty of volunteers on hand to run the shop.

Annette Wiggins, a thrift shop volunteer and advisor and wife of Maj. Gen. Perry Wiggins, U.S. Army North (Fifth Army) deputy commanding general, has been a volunteer since the age of 21.

Having served in numerous roles with many different organizations, she said she takes great joy in what she and the others accomplish at the

thrift shop.

“There is always a need for lower cost items ... what may be your throwaway is someone else’s treasure,” said Wiggins, adding that the money being raised for scholarships and for the various programs that support the well-being of Soldiers is up significantly this year.

She emphasized that the staff has been able to enact major changes for Soldiers and families as a direct result of the money raised through the Thrift Shop.

So, for those looking forward to showing off their new wares but not wanting to pay an exorbitant amount, the thrift shop could fit that bill.

And not only will the staff help find that good deal, but the purchase itself helps others as well.

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[HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/pao)

## News Briefs

Continued from P3

scheduled in 20-minute intervals. Customers can schedule appointments at any of these facilities by visiting <https://rapids-appointments.dmdc.osd.mil> or calling 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.

### Environmental and Occupational Health Fair

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. Aug. 12 on the ground floor of Willis Hall, Building 2841, in the food court atrium at the Army Medical Department Center and School.

### PX "Cutest Kiddo" Contest

Through Aug. 9, Exchange patrons may post photographs of their children holding a completed coloring page to the Army and Air Force Exchange Facebook page at <http://www.facebook.com/AAFES.BX.PX> for the "Color Me Cutest Kiddo" contest. Four coloring pages are available online <http://www.shopmyexchange.com/Community/PatriotFamily/>. Winners selected by online poll held Aug. 19 to 23.

### New Hours for Post Exchange

The new hours for the Joint Base San Antonio-Fort Sam Houston Exchange are 8:30 a.m. to 9:30 p.m. Mondays through Saturday and 9 a.m. to 7:30 p.m. Sunday.

### Seeking Volunteers for Operation JET

Joint Base San Antonio-Lackland is looking for at least 50 volunteers Aug. 16 to assist with Operation Junior Expeditionary Team, a mock deployment for about 250 children across Joint Base San Antonio. For more information or to volunteer, call 671-3565 or 705-1060.

### Straight Talk Line

For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line call 466-4630 at Joint Base San Antonio-Fort Sam Houston, 671-6397 at JBSA-Lackland or call 652-7469 at JBSA-Randolph.

# IT troubleshooting just a phone call away

By Gerardo Hernandez  
United States Army Signal  
Network Enterprise Center

Having trouble logging on to your government-issued personal computer?

Need assistance in mitigating a virus on your laptop or PC?

The U.S. Army Signal Network Enterprise Center will soon be implementing a single source for your information technology troubleshooting needs.

Beginning Aug. 9, all Joint Base San Antonio-Fort Sam Houston users receiving computer and network services from the NEC will be able to call the Army Enterprise Service Desk for assistance.

By calling 1-866-335-ARMY (1-866-335-2769), customers can receive technical support 24 hours a day, seven days a week.

Some information you need to know are:

- AESD phone menu asks a series of questions to determine where to route calls. Listen to all the options and select the choice most closely related to your issue.

- Users receive email notifications on ticket status (opened, changed, closed).

- An icon will be placed on all users' desktops that when opened will provide the AESD number in addition to a link to online work order submissions.

"Regardless of the

users' physical location, AESD is a single point of contact for IT service requests," said Jonathan Poole, chief of the NEC Customer Management Branch.

"Whether customers are contacting us from temporary duty or deployed locations, a distant hotel room where they are working from their laptop or from their office in need of service support, they now have a centralized toll-free number for assistance."

In addition to AESD, users can still continue to locally call 221-HELP (4357) to request computer or telephone troubleshooting assistance. These calls are routed to an AESD agent

who will attempt to resolve issues from their remote location.

If not resolved over the telephone, a ticket will be created and forwarded to the NEC where it will be addressed by the local technical staff.

One of the main benefits for implementing AESD is that more NEC technicians will be dedicated to hands-on work as a result of fielding fewer telephone calls.

"It gives us the flexibility to directly support requirements in lieu of dedicating technicians' to answer telephones," Poole said. "That is one more person I can actually send to the field to assist with customer or unit IT problems."

NEC deputy director Dennis Garrison said AESD is part of the Army's objective to increase efficiencies through consolidation of call center operations in providing service management delivery to customers anytime, anywhere.

"Our customers will not experience any degradation of IT services as we transition to AESD," Garrison said. "Now, we will practically service our customer base 24/7, unlike our current system where services are only available during duty hours."

For more information on AESD, contact the NEC Customer Service Center at 221-HELP (4357).

## Suicide prevention: Airman urges reaching out to others

By Staff Sgt. Marissa Tucker  
Joint Base San Antonio-Lackland  
Public Affairs

Out of the more than 20,000 people in Joint Base San Antonio community, where do I fit in?

It's a question I've asked myself several times since I arrived here. While I know my primary job, I like to think I serve another purpose.

It causes me to get uncomfortable on an everyday basis and sometimes I feel like I'm making a fool out of myself, but I do it anyway.

I speak to everyone I encounter, every day. It gets pretty awkward sometimes, because even though my job requires me to speak to strangers frequently, I'm still a bit of an introvert. Sometimes it's easy and the person responds, sometimes people just walk past and sometimes I get

strange looks.

So why do I keep doing it? Because in 2012, at least 349 service members committed suicide.

Maybe I've never met any of them and maybe there was nothing anybody could do, but we just don't know who is next. My small part in the battle against suicide is to simply acknowledge people exist and let them know I'm glad I saw them that day.

It might go unnoticed by many, but maybe I've come across someone looking for a reason or a sign not to hurt himself or herself or to know someone cares that they are alive. I might never know if it works, but I never want to know what happened when they needed it and no one was there.

It's a grim thought, but it's a fact that the number

See SUICIDE, P15



### Ask your wingman

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

### Care for your wingman

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

### Escort your wingman

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline. (800) 273-8255 (TALK)



Scan with Smartphone

app to  
access  
the Joint  
Base San  
Antonio website at  
[www.jbsa.af.mil](http://www.jbsa.af.mil)



## JBSA-FORT SAM HOUSTON BIDS FAREWELL TO RETIRING SOLDIERS



**Photo by Sgt. Lee Ezzell**

The Joint Base San Antonio-Fort Sam Houston community honored 12 Soldiers for their dedicated service and commitment to the U.S. Army during a retirement ceremony July 25 in the Quadrangle. Brig. Gen. Kirk Vollmecke, commanding general, Mission and Installation Contracting Command, presided over the ceremony with the aid of Command Sgt. Maj. Rodney Rhoades, MICC senior enlisted leader. The retirees are (from left) Col. Donna Dolan, U.S. Army Medical Department Center and School; Col. David Harney, MICC; Lt. Col. Steven Hale, Army Medical Command; Lt. Col. Karl Morton, U.S. Army South; Capt. Sharron Stewart, U.S. Army South; Capt. Nellie Cruz, 3rd Cavalry Regiment, Fort Hood; Chief Warrant Officer 4 Cycchaise Bryant, 106th Signal Brigade; Master Sgt. Jason Edwards, Task Force 51, U.S. Army North (Fifth Army); Master Sgt. Vielka Abuzid, U.S. Army Institute for Surgical Research; Sgt. 1st Class Efrain Fuentes, U.S. Army Sergeants Major Academy, Fort Bliss, Texas; Sgt. 1st Class Bertie Acevedo, U.S. Army Sergeants Major Academy; and Sgt. 1st Class Vet Woolf Jr., 168th Multifunctional Medical Battalion, 65th Medical Brigade, South Korea.





# Equine therapy volunteer supports wounded warrior recovery, resilience

By Amanda S. Rodriguez  
IMCOM Public Affairs

The mustachioed cowboy greets Cindy Tripoli, Joint Base San Antonio-Fort Sam Houston Equestrian Center manager, with a tip of his hat.

He appears quite at home in this rustic atmosphere created by the sights, smells and sounds of the stable and its occupants. But then, back to the future, he pulls out a smartphone, his calloused fingers deftly calling up photos of a hog hunt with Spider, his mule, and begins an enthusiastic description of the event which ended in a lively discourse on equine breeding.

It's a comfortable, weekly ritual; a prelude to Tuesday morning equine therapy sessions for wounded warriors.

The cowboy, Jed Elrod, is one of three volunteers who devote time, skill and experience to promote healing.

"An hour out here is worth months of traditional therapy," Elrod explained. "I'm a horse interpreter – part of a three-way therapy team made up of a licensed counselor, an equine interpreter and the warrior."

Riding and caring for mules and horses since he learned to walk, this former U.S. Army Environmental Command employee's passion brings a wealth of knowledge and experience, not to mention a calm patient delivery, to therapy sessions.

"This therapy is so important," Tripoli said. "We see all types of injuries

here – burns, amputees, traumatic brain injury. We get a lot of guys that feel like they don't belong; they're looking for someplace to fit in and they find it here."

The team of volunteers and staff agree that one of the first benefits participants experience using equine therapy is a comforting change of scenery.

"They can think about something else besides their next appointment," Elrod and fellow volunteer, Sherman Mathey agreed.

"When they first arrive here, many of them are in early phases of recovery, their entire day consisting of a barrage of appointments in the hospital," Mathey added.

Elrod was encouraged by his first wife to become certified in therapeutic equine programs, such as OK Corral and Equine Assisted Growth and Learning.

"I always had an interest in horses, but my first wife inspired me," Elrod recalled.

"I learned a lot from her and we were going to make a living at this. She passed away very suddenly and I eventually continued on. She had a horse that was so special, you see, so connected to her – they danced together. Her relationship with that horse brought her through some tough times."

Cowboys are known to celebrate the journey that is life. Elrod's took him from range conservation with the Army to managing multiple parks and ranches, ranging in size from 84,000 to 107,000

acres.

Perhaps better described as a renaissance man than a cowboy, Elrod is a blacksmith, Dutch-oven chef extraordinaire and is learning saddlery to make and sell the leather equipment necessary for his equine pursuits.

Now remarried and retired, he pursues his passion for people and animals through equine therapy at JBSA-Fort Sam Houston.

Don't call Elrod a horse whisperer though, because, he says, he may have to do more than whisper. A lifetime of working with horses and mules has taught him that communication between humans and horses requires a firm but gentle approach.

During Tuesday therapy sessions, Elrod shows the participants, anywhere from six to 12 service members, the art of sharing the barn with horses and mules.

"I work alongside Annie and Heather, the therapeutic riding instructor and recreational therapist, to show the warriors some basics," Elrod said.

"It's a real challenge for the riders to overcome the loss of a limb and accept help. When you don't have a hand, it's hard to tie a knot. I show them easier ways to do things and interpret behavior; the mule or horse's response to them."

Equine therapy puts wounded warriors in a judgment free environment. The animals accept the attention of the Soldiers with no notice of disfiguring injuries or

prosthetic limbs.

"My part in this is to be the interpreter of people and equine," Elrod said.

"We work with many amputees. Some are missing legs or arms. I've met a young lady missing part of her foot. The mule doesn't care as long as he understands what you're asking him to do."

At the heart of the wounded warriors' therapy, according to Elrod, is a desire to feel useful.

"They just want to be accepted as just another member of the team," the volunteer said.

"The part that's so amazing is how fast these wounded warriors and equine learn to work together. It's just so fun, seeing people reach that 'a-ha!' moment when they realize that they are part of a team. They're not alone and they can deal with any situation."

The program itself is a complex dynamic personal and organizational partnership, according to Tripoli. Each individual and group holds diverse talents and assets, dependent upon all for success.

"We have a number of therapeutic equestrian programs for wounded warriors and their families, averaging 50 events a month, offered through a partnership with the Warrior Transition Battalion and the Warrior and Family Support Center," she said.

"Tuesdays are part of the wounded warriors' medical appointments and care plan. We own the horses and mules, and work with the therapists, volunteers and organizations to provide the best possible experience."



Photo by Amanda Rodriguez

Jed Elrod is one of three volunteers who devote time, skill and experience to promote healing by equine therapy sessions with wounded warriors at the Joint Base San Antonio-Fort Sam Houston Equestrian Center.

Volunteers like Elrod, retired Army veterinarian "Doc" Mathey and retired Army chaplain "Big Jim" Boelens add a whole new dynamic to the program, according to Tripoli and MWR therapeutic riding instructor, Annie Blakely.

"We look for a very particular type of person when it comes to volunteers," Blakely said. "These three really are part of the team. Jim and Sherm are old-school Army guys, so they have an understanding of what it means to be in the service. They're all helpful, without being over motherly, which is what's needed. The goal is independence."

"They are the most amazing men – larger than life," Tripoli said. "They're so interesting

and well educated. Sherman and Jed are putting a whole new twist on the program with therapeutic driving."

Seeing a need, the volunteers suggested that adding mule driving would take the existing equine therapy sessions to the next level.

"Learning to drive has a number of benefits," Elrod explained. "We can get the warriors involved sooner – for some it might be easier to get into a cart because they aren't healed enough to ride. It's also great hand eye coordination exercise and an intermediate option for those who are nervous about getting in a saddle or who might experience pain in one."

After the preliminaries,

# Summer safety campaign highlights basketball injuries

By Alex Salinas  
Joint Base San Antonio-  
Randolph Public Affairs

While it may take years of practice, thousands of free throws and several pairs of sneakers to become a true “Basketball Jones,” it doesn’t take much to get hurt on the hardwood if not careful.

Since May, 10 Class-C injuries labeled “sports recreation and individual fitness” have been reported in Air Education and Training Command, resulting in lost work days, said Staff Sgt. Gary Lund, 502nd Air Base Wing ground safety technician at Joint Base San Antonio-Randolph.

Basketball accounts for many of these injuries throughout the military because it can be played indoors and “people get injured not only during the summer, but year-round,” Lund said.

“Basketball Jones,” a weekly topic for the 2013 Critical Days of Summer campaign, informs Airmen about the basics of basketball safety.

The most common hoops injuries include ankle sprains, finger jams and knee pops from collisions, slippery floors and aggressive play, Lund said.

“Calling basketball a ‘non-contact sport’ is a misnomer,” said Rikk Prado, 902nd Force Support Squadron’s Rambler Fitness Center sports manager. “There are numerous times when bodies are flying around at top speed. It is particularly dangerous underneath the basket where ‘big men’ do everything in their ability to get a loose ball.”

Competing against people with similar skill levels can reduce incidental contact.

“Court awareness is the No. 1 key to avoiding injury,” Prado

said. “The ability to see things around you and anticipate what could happen next gives you an advantage to staying healthy longer.

“Play within the speed you can keep up with,” he added. “Some people will say in order to get better, you have to play against better competition, but before you do that, practice to get stronger and faster.”

Before the first dribble, players can safeguard their health by performing a few safety measures.

“Stretch for at least 35 to 40 seconds, do some lunges to warm up the legs and keep the environment safe,” Lund said.

Maintaining a safe environment entails checking for dusty or slippery spots, loose floorboard nails and ensuring no one feels threatened by any players before a game, Lund said.

Wearing the right gear such as comfortable basketball shoes, ankle wraps and mouth guards are must-haves when taking the sport seriously, Prado said.

Protective gear such as knee braces is essential for players who have preexisting medical conditions, Lund added.

If tempers flare during a heated contest, a good attitude can prevent physical altercations.

“Keep calm, accept the misgivings of others and I guarantee less flying elbows and pushing or shoving will happen,” Prado said.

Above all, proper hydration – drinking a bottle of water before and after a game should suffice – and bringing enough water for extended periods of play will keep the body running at maximum speed, Lund added.



Photo by Rich McFadden

Gage Belyeu shoots during a basketball game at the Rambler Fitness Center at Joint Base San Antonio-Randolph July 29. During the Air Force’s 2013 Critical Days of Summer campaign, safety officials seek to inform Airmen of basic basketball safety through its weekly campaign topic called “Basketball Jones.”

## TOWNHALL from P3

people say this is a ‘new normal,’ but I disagree. Sequestration and furloughs are not normal – this is a new reality.”

Quick and uncomfortable decisions need to be made, he said.

“When we became Joint Base San Antonio in 2010, we were given a temporary budget protection, which allowed certain things to happen without our budget being affected,” LaBrutta said.

“When the protection was lifted in 2013, Joint Base San Antonio became just like every other installation in the Air Force, including the way our budget is treated.”

When sequestration took effect, Air Education and Training Command officials modified the budgets of AETC installations, including JBSA.

“This modification decreased Joint Base San Antonio’s 2012 budget from \$285 million to \$186 million for 2013,” LaBrutta said. “Because of this, we had to make very difficult,

yet necessary decisions on what we offer and what we need to adjust in terms of installation support.”

Despite a nearly \$100 million reduction, LaBrutta said it isn’t going to stop there.

“We don’t have a firm number yet, but as you know, sequestration doesn’t seem to be going away any time soon,” he said. “As a result, our budget is going to be further reduced with a projected budget deduction of approximately \$45 million more for fiscal year 2014.”

JBSA residents can also expect to see a difference in several base services, as civil engineering funds, the largest part of the JBSA budget controlling services such as facilities cleaning and lawn care will be cut substantially.

Community members were encouraged to take an active role in the upkeep of JBSA, by policing themselves and each other to help ease the strain of the sequester and maintaining a foundation of togetherness through mutual cooperation, Wiggins said.

“We still have a job to do and it is up to us, all of us, to take care of our house. Personal responsibility and accountability will help see us through.”

When asked why we just won’t cancel all the cleaning contracts and have service members take turns cleaning up around the base, Wiggins responded by saying everyone has a responsibility to do their part all the time, and even more so in these times.

He agreed that base members need to have a more active role in the community, whether it’s picking up trash in their area, making sure lights are turned off or conserving resources.

Wiggins said it is not his or LaBrutta’s job to force everyone to care enough to do what they know is right. “It is everyone’s responsibility.

“The future of how JBSA operates is unclear, because we have not seen the worst part of sequestration yet,” Wiggins said.

“I know the tougher cuts

may impact some more than others, but I believe the work through is going to be flexibility and a commitment to doing what we need to do under the circumstances.”

LaBrutta said working with the functional managers and mission partners at each location is going to be the key in making important decisions for fiscal year 2014.

“I’m a firm believer each one of our locations is different,” he said. “When it comes time to make decisions, we need to remember each location has different populations, demands and missions.”

While the 502nd ABW must make critical and seemingly harsh cuts, LaBrutta vowed to evaluate the impact of his decisions and try to decrease the strain where possible.

A few examples include adjusting the hours at the child development center and opening previously closed pools and fitness centers to decrease overcrowding.

While he cannot ensure what the future holds for other base

functions, core mission requirements are the top priority for JBSA.

“We are going to look at some of the things we do that aren’t part of our core mission requirements and make adjustments from there,” LaBrutta said.

Installation stewardship, energy efficiency and process improvement are going to be critically important across the joint base, he said.

Understanding the direct impact sequestration is having on the civilian workforce, LaBrutta and members of JBSA leadership discussed ways they are trying to lighten the burden on members affected by the furlough. At all JBSA locations, force support facilities are offering extensive discounts to civilian employees.

“There are a lot of challenges ahead,” LaBrutta said. “I know it’s going to be different, but I’m an optimist. The fiscal constraints we’re under may for us to do less, but we will not do our installation support mission less well.”



# FSHISD 2013 – 2014 School Year Dates of Interest

## Fort Sam Houston Elementary School

**Registration for new students** is scheduled from 8:30 to 11 a.m. and 1 to 3 p.m. Monday through Friday with the exception of the morning of Aug. 20 when all offices will be closed for district convocation.

**Meet Your Teacher** is scheduled from 2 to 3 p.m. Aug. 23. Students should report according to last name, beginning with A-K at 2 p.m. and L-Z at 2:30 p.m. This is an opportunity for all students to find their classrooms and meet their teachers for the new school year.

**Parent Orientation Day** will be held Sept. 4 during the grade level conference periods to give parents the opportunity to visit with all their children's teachers.

**Early Release Days** will occur at the elementary campus to allow for parent conferences and staff development. Students will be dismissed at 11:45 a.m. on the following days: Oct. 3 and 4, Dec. 20, Jan. 31, March 28 and May 9.

**School Hours** are from 7:45 a.m. to 3 p.m. Monday, through Friday. Students may arrive as early as 7:15 a.m. No students may arrive prior to 7:15 a.m., as no adults are on duty to supervise students.

## Robert G. Cole Middle/High School

**Registration for New Students** will be conducted on an appointment basis with a counselor. Appointments can be made with a counselor by calling the high school office at 368-8733.

### Middle School Registration Dates by Appointments:

Aug. 12 – 6th grade  
Aug. 13 – 7th grade  
Aug. 14 – 8th grade  
Aug. 15/16 – All levels

### High School Registration Dates by Appointments:

Aug. 12 – 9th grade  
Aug. 13 – 10th grade  
Aug. 14 – 11th grade  
Aug. 15 – 12th grade  
Aug. 16 – All levels

**Middle School New Kids Camp** is from 9:30 a.m. to 12:30 p.m. Aug. 22 at the middle school building. This day camp is open to all newly registered middle school students in grades 6 - 8.

**Middle School Student and Teacher Meet and Greet** is from 5:30 – 7 p.m. Aug. 21 in the Cole gym. This orientation is open to all Middle School students and their parents.

**High School New Kids Camp** for high school students is from 9:30 a.m. to 12:30 p.m. Aug. 22. in the Cole Gym. This day camp is open to all high school students new to the district.

**High School Open House** will be held at 6:30 p.m. Sept. 16 in the Cole Gym.

**Robert G. Cole Early Release Days** will occur at the Cole campus to allow for parent conferences, staff development, and exam schedules. Students will be dismissed at 12:30 p.m. on the following days: Oct. 4, Dec. 19 and 20, March 28, as well as June 5 and 6.

## School District Calendar

### August

19-23 Teacher staff development /prep days  
26 First day of school

### September

2 Labor Day holiday

### October

14 Columbus Day student holiday/staff development day  
25 End of 1st nine-week grading period (43 days)  
28 Begin 2nd nine-week grading period

### November

11 Veterans Day holiday  
25-26 Student holiday/staff development day  
27-29 Thanksgiving holiday

### December

20 End of 2nd nine-week grading period (34 days)  
1st semester ends (77 days)  
23-31 Winter break

### January

1-3 Winter break  
6 First day back from winter break  
Begin 3rd nine-week grading period  
2nd semester Begins  
20 Martin Luther King Holiday

### February

17 President's Day student holiday / staff development day

### March

7 End 3rd nine-week grading period (43 days)  
10-14 Spring break  
17 Begin 4th nine-week grading period

### April

18 Good Friday holiday  
25 Battle of Flowers holiday (bad weather make-up day)

### May

26 Memorial Day holiday (bad weather make-up day)

### June

6 Last day of school  
End of 4th nine-week grading period (57 days)  
Second semester ends (100 days)  
7 Teacher preparation day

## FSHISD dress code helps students dress for success

The Fort Sam Houston Independent School District prides itself on high academic and behavioral expectations.

The district believes that school performance and future success are enhanced by appropriate dress and good grooming. The FSHISD dress code is in effect for students while attending school functions or school sponsored activities on or off school grounds.

Following are FSH's dress code guidelines:

- Hair must be neat and clean. Unconventional hairstyles (spiked hair, shaved-hair designs or extreme hairstyles) that are considered to be distracting and/or disruptive to the educational environment are prohibited. Students may wear natural hair colors only.

- Halter tops, exposed midribs, strapless and/or low-cut tops, exposed backs, spaghetti straps, see-through clothing, tank shirts and sleeveless athletic shirts are not permitted. Shirts and blouses must extend below the waistband, but cannot extend beyond the student's fingertips when the student is standing. Shoulder straps must be at least two inches wide for students in grades 6 through 12 and must be worn on the shoulder. Underwear shall not be visible or exposed.

- Clothing with pictures, emblems, symbols (including gang and satanic), slogans, or writings that are lewd, offensive, vulgar, obscene, contain sexual innuendoes, promote violence, are disrespect-

ful or cause disruption to the educational environment as well as articles of clothing that advertise or depict tobacco products, alcoholic beverages, drugs, controlled substances or other prohibited substances is prohibited at the discretion of the campus administration.

- Appropriate footwear is required. Footwear that has toes and/or soles reinforced with steel, hard plastic or similar materials is prohibited. Footwear with wheels is prohibited.

- Shorts will be permitted provided that the shorts are neatly hemmed and conservative and modest in appearance and must extend beyond the student's fingertips when the student is standing or as determined appropriate by an administrator. The same standard applies to slits or slashes in shorts. Oversized athletic shorts are prohibited. Form-fitting and skin-tight shorts, pants (i.e. leggings or "jeggings"), or body stockings of spandex worn alone or other similar materials worn alone are prohibited.

- Pants and shorts shall be worn securely at the waist. Sagging is prohibited. Worn, torn, cut-offs, oversized or long clothing is not permitted. Underwear shall not be visible or exposed. Warm-up suits, sweat suits or wind pants, except during physical education classes, are prohibited in grades 6 through 12.

- Dresses, skirts, "skorts" and split-

## 2013 Varsity Football Schedule

DATE	OPPONENT	SITE	TIME
Aug. 17*	Memorial/St. Anthony	Home	TBA
Aug. 22*	Natalia	Home	TBA
Aug. 30	Stockdale	Home	7:30 p.m.
Sept. 6	Randolph	Home	7:30 p.m.
Sept. 13	Poth	Away	7:30 p.m.
Sept. 20	Yorktown	Away	7:30 p.m.
Sept. 27	Open		
Oct. 4	Goliad**	Away	7:30 p.m.
Oct. 11	Jourdanton**	Home	7:30 p.m.
Oct. 18	Luling**	Away	7:30 p.m.
10/25/12	Marion**	Home	7:30 p.m.
Nov. 1	Brooks Academy**	Home	7:30 p.m.
Nov. 8	George West**	Home	7:30 p.m.

## 2013 Junior Varsity Football Schedule

DATE	OPPONENT	SITE	TIME
Aug. 17*	Memorial/St. Anthony	Home	TBA
Aug. 22*	Natalia	Home	TBA
Aug. 29	Stockdale	Away	6 p.m.
Sept. 05	Randolph	Away	6:30 p.m.
Sept. 12	Poth	Home	6 p.m.
Sept. 19	Yorktown	Home	8 p.m.
Sept. 26	Open		
Oct. 3	Goliad**	Home	6 p.m.
Oct. 10	Jourdanton**	Away	6 p.m.
Oct. 17	Luling**	Home	6 p.m.
Oct. 24	Marion**	Away	6 p.m.
Oct. 31	Brooks Academy**	Home	6 p.m.
Nov. 7	George West**	Away	6 p.m.

\* - Denotes scrimmage \*\* - Denotes district game

## Robert G. Cole High School



## 2013 Cross Country Schedule

DATE	MEET	SITE	TIME
Aug. 24	Comfort Medals Meet	Comfort High School	9 a.m.
Aug. 31	Pearsall Invitational	Pearsall H.S.	9 a.m.
Sept. 4	Bandera Early Season Invitational	Bandera City Park	5 p.m.
Sept. 14	Hondo Invitational	Hondo H.S.	8:30 a.m.
Sept. 21	UTSA Romo Classic	NSC (5931 Rof Road)	TBA
Sept. 28	Fredericksburg Invitational	Lady Bird Johnson Park	8:30 a.m.
Oct. 5	Dilley Invitational	Dilley H.S.	TBA
Oct. 16	Bandera Invitational	Bandera City Park	5 p.m.
Oct. 23	District Meet (tentative)	Dilley H.S.	9 a.m.
Nov. 2	Regional Meet	NSC (5931 Rof Road)	TBA
Nov. 9	State Meet	Old Settler's Park (Round Rock)	TBA

Coach: Herb More

Athletic Director: Tim Duncan

Principal: Isabell Clayton

Superintendent: Dr. Gail Siller

School Phone: 368-8730, ext. 7201

Fax: 368-8731

Cell: 392-0522

## 2013 Volleyball Schedule

Date	Opponent	Time	Site
Aug. 10	Keystone (scrimmage)	8 a.m.	Cole
Aug. 13	SA Stacey (JV/V)	2/3 p.m.	Lackland
Aug. 16-17	Cole Varsity Tournament	8 a.m.	Cole
Aug. 17	Cole JV Tournament	8 a.m.	Cole
Aug. 20	Kenedy	5/6/7 p.m.	Cole
Aug. 23-24	Floresville Tournament	TBA	Floresville
Aug. 27	Cuero	5/6/7 p.m.	Cuero
Aug. 30	Hawkins (JV/V)	4:30/5:30 p.m.	Cole
Sept. 3	Cotulla	5/6/7 p.m.	Cotulla
Sept. 6	Randolph	4:30/5:30/6:30 p.m.	Cole
Sept. 10	Jourdanton*	5/6/7 p.m.	Jourdanton
Sept. 14	Natalia (JV/V)	9/10 a.m.	Cole
Sept. 17	Marion*	5/6/7 p.m.	Cole
Sept. 20	Brooks (JV/V)	4:30/5:30 p.m.	Cole
Sept. 24	Randolph	5/6/7 p.m.	Randolph
Sept. 27	Marion*	4:30/5:30/6:30 p.m.	Marion
Oct. 1	Cotulla	5/6/7 p.m.	Cole
Oct. 4	OPEN		
Oct. 8	Dilley	5/6/7 p.m.	Cole
Oct. 11	Jourdanton*	4:30/5:30 p.m.	Cole
Oct. 15	OPEN		
Oct. 18	Natalia (JV/V)	4:30/5:30 p.m.	Natalia
Oct. 22	Dilley	5/6/7 p.m.	Dilley
Oct. 25	Brooks (JV/V)	4:30/5:30	Brooks
Nov. 4-5	Bi-District Tournament		
Nov. 7-9	Area Tournament		
Nov. 11-12	Regional Quarterfinals		
Nov. 15-16	Regional Tournament		
Nov. 21-23	State Tournament		

\* - Varsity Match First

*Bold Games denotes district play*

*Head Coach: Torie Maldonado*

*Assistant Coach: Sheila Bannon*

*Athletic Director: Tim Duncan*



### Post-Wide Community Flea Market

DOD cardholders living on and off post are invited to sell their personally-owned items Saturday at the command pavilion parking lot on Stanley and Harry Wurzbach. Sale begins at 7 a.m. Call 221-5224.

### Rear Detachment Training

Tuesday, 8 a.m.-3 p.m., Military and Family Readiness, Building 2797. Call 221-0946 or 221-2418.

### H.U.G.S. Playgroup

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

### Credit and Debt Management

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

### Consumer Awareness

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

### Army Family Advocacy Program Unit Training

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

### Web-Based First Termer Financial Readiness

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

### Employment Orientation

Wednesday, 1-2 p.m., Military and Family Readiness, Building 2797. Call 221-0516 or 221-2418.

### Family Readiness Group Leader's/Support Assistant Forum

Wednesday, 5:30-7 p.m., Military and Family Readiness, Building 2797. Call 221-0946 or 221-2418.

### Master Resilience Training "Assertive Communications"

Thursday, 12:30-3 p.m., Military and Family Readiness, Building 2797. Call 221-0946 or 221-2418.

### Blacklight Zumba Fest

Aug. 17, 10 a.m., Jimmy Brought Fitness Center. Register at Jimmy Brought Fitness Center or Fitness Center on the METC. Registration is \$12. First 100 who register will receive a backpack. Call 221-1234.

### Back To School Bash

Aug. 10, 9-11a.m., Keith A. Campbell Memorial Library, Building 1222. Open to all DOD cardholders, child must be present to receive supplies. Patrons are advised to bring backpacks or tote bags. Free school supplies will be provided on a first-come, first-serve basis, while supplies last. Call 221-1718.

### 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 Military and Family Readiness, Building 2797 at JBSA-Fort Sam Houston or email jbsa.afap@gmail.com.

### Computer Lab

The computer lab is available 8 a.m.-4 p.m. Monday-Friday at Military and Family Readiness Center, Building 2797. Call 221-2705 or 221-2418.

### Summer Camp

Child, Youth & School Services will offer summer camp for grades Kindergarten through 12. For registration details, call 221-4871.

### Youth Horsemanship Camp

Registration is open at the JBSA-Fort Sam Houston Equestrian Center. This camp is open to youth ages 7-17, and runs Monday-Friday, 9 a.m.-3 p.m. Sessions are in one-week intervals throughout the summer, \$25 deposit, cost is \$225. Call 224-7207.

### Swimming Lessons

All lessons are taught in accordance with American Red Cross standards. Every participant will receive eight days of lessons. The dates for the sessions are Monday-Friday, Aug. 2. For rates and registration, call 221-4887.

### How We Roll

Monday through Friday, 9-11 a.m., Fitness Center on the Medical Education and Training Campus, the How We Roll program provides parents and 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.

### Equipment Rentals

The Outdoor Equipment Center has all the items needed for a backyard party, unit organizational day, or weekend getaway. Rental items include canoes, boats, campers, camping equipment, outdoor games, barbecue pits and more. Call 221-5225.

### World Climb Tower Challenge

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

### Catfish Pond Open

Saturday and Sunday, 8 a.m.-2 p.m. through the end of September, JBSA-Camp Bullis, cost is \$3 per pound. Call 295-7577.

### 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. 26. Drawings for prizes will be held Aug. 23 during Bowler Appreciation Week. Call 221-4740.

### \$1 Bowling

The JBSA-Fort Sam Houston Bowling Center offers \$1 games

per person and \$1 shoe rentals every Sunday, Tuesday, Wednesday and Thursday. Knock down a red pin on a Wednesday or Friday between 11 a.m. and 1 p.m. and win a free game. Call 221-4740.

### Sportsman Range

The JBSA-Camp Bullis range is open 10 a.m. to 2 p.m. Saturday and Sunday. DOD card holders may shoot their personal pistols, rifles and shotguns. Firearms must be registered at JBSA-Camp Bullis. Call 295-7577.

### Theater Arts Program

Children, ages 4 and up, can take the stage after a long day at school in the Theater Arts Program at School Age Services, Building 1705. The cost is \$80 for a month of biweekly classes. Classes are 4-5 p.m. for ages 4-6; 5-6 p.m. for ages 7-10; and 6-7 p.m. for ages 11 and up. Call 221-3381.

### Home Child Care Providers Needed

Family Child Care on JBSA-Fort Sam Houston is looking for family members interested in providing licensed child care in their homes. Providers can earn additional income at home, full or part time. Call 221-3828.

## SUICIDE from P6

of suicides in the military is increasing each year. Chances are there's going to be more before 2014.

Although we have numerous resources at our disposal such as resiliency programs, free and confidential access to mental health professionals, chaplains and many other avenues to help service members cope with suicidal thoughts, I think one small thing we can all do is reach out to those around us, even

the ones that seem happy all the time.

No online or mass training can beat one-on-one interaction. While these tools can prepare us to notice the signs of a suicidal behaviors, what helps us apply these skills is getting to know the people around us. How can we know if someone is exhibiting the signs if we don't know anything about them?

It's impossible to meet everyone, but if we all took an active role get-

ting to know the people in our own workplaces and mini-communities throughout JBSA, imagine how many people we could reach?

What if they need just one person to ask how they are doing that day? Wouldn't it be worth it to get a little awkward?

It's not enough to go about your day worrying only about yourself as if 349 of our sisters and brothers-in-arms didn't die at their own hands last year. As if more than

100 haven't died the same way this year. The stats tell us there are going to be more. What are we going to do to prevent it?

One situation I'll always keep in mind is about an Airman who worked in the dining facility at my first base.

His demeanor was always cheerful and fun and people seemed to love being around him. The last thing I remember about him is asking if he wanted to buy gifts

as part of a Valentine's Day fundraiser. Being the kind guy he was, he bought 10, one for each of the females in his flight.

A few weeks later as we received media calls and queries about this Airman after he committed suicide, I began hearing the backstory about his struggles. He wore a smile, but he had struggles in his career which most people did not know about and that ultimately led to his decision.

At the memorial, his close friends, still in a state of confusion, spoke about their friend who seemed to love life ... the guy most of us assumed was happy and well adjusted.

If you have the chance, ask someone how they are doing and stick around for the answer. Make it a little awkward if you have to. It might be the only sign they get that day that someone cares.

## EQUINE from P10

the team is eager to begin driving and look forward to it with enthusiasm.

They identified two mules within the MWR stables with pulling experience; the volunteers

brought in a cart and are now gathering the final pieces of equipment necessary to offer this unique therapy opportunity.

While Tripoli is concerned that most people don't understand the

value of the therapeutic equine program, the participants - their progress and journey of healing - keep Elrod and his fellow volunteers coming back every Tuesday morning.

"It's very gratifying to

give back," Elrod said. "I've done this for marriage counseling, eating disorders and physical therapies.

"Some of the warriors are becoming really involved. One young man,

named Rick, is really enthusiastic. He started riding, bought a horse of his own and now looks forward to driving. These guys and gals bring it down to a very personal human level."

For more information about the Fort Sam Houston therapeutic equestrian program or MWR activities, contact the equestrian center at 224-7207.

## WFSC RECEIVES DONATION FOR WOUNDED WARRIORS, FAMILIES

Warrior and Family Support Center Director Judith Markelz (center) accepts a donation and a signed flag from the Helotes Festival Association at the WFSC July 16. The HFA is represented by Ron Benton (left), a former Army ranger and cowboy, along with HFA committee members Hampton Pratkanis and Dick Vetter, as well as Sharron Vetter, HFA chairperson. The donation is in addition to other donations, made by various local and national organizations, to support wounded warriors injured in service to the nation and to improve the quality of life for them and their families.

Photo by Sgt. Lee Ezzell



**FORT FREEBIES FOR SALE**

**FOR SALE:** Churchill dinnerware set for 12, microwave and oven safe, blue toile pattern, includes serving platter and bowl, as well as sugar and creamer holders, \$175. Call 495-2296.

**FOR SALE:** 2005 Audi A4 2.0 T

Premium Avant, excellent condition, original owner, 90,000 miles, silver exterior, air conditioning, six-speed automatic, leather seats, sunroof, cruise control, CD player, 4-door sedan, gas engine, lots more (check with Audi dealership for certification

that all scheduled maintenance has been performed; color photos available. \$9,600. Call (512) 431-5354.

**FOR SALE:** Metal chaise lounge, with wheels, reclining adjustable back, black finish, new cushion, \$76. Call 313-0061,

## CODE from P13

skirts will be permitted, provided that they are neatly hemmed, conservative, and modest in appearance and must extend beyond the student's fingertips when the student is standing or as determined appropriate by an administrator. The same standard applies to slits or slashes in skirts or dresses.

- Earrings or body piercing ornaments and other similar ornaments will be worn on the ear only. No gauges, spikes or thumbtacks may be worn. Band-Aids may not be used to cover body piercings not in the ear.

- Visible tattoos must be covered while in the classroom, on school grounds, at school-relat-

ed activities or school-sponsored events.

- Hats, caps, or other head apparel ("do-rags" or bandanas) are not permitted with the exception of JROTC, PE classes with permission of the teacher, or those that meet medical needs of students. Hoods on hooded sweatshirts, shirts, and jackets may not be worn during instructional time or while in the building. Hats, caps or other head apparel must be placed in backpacks prior to entering the building for students in grades 6 through 12.

- Any apparel or attire that is considered to be distracting and/or disruptive to the educational environment (such as pajamas, lounging undershirts,

pajama-style clothing, temporary or permanent cosmetics, ornamental dental applies, "grills," house shoes, shower shoes, hair curlers/rollers, sunglasses, studded jewelry, spikes or chains of any type) or is considered a safety concern is prohibited. Hats, caps or other head apparel must be placed in backpacks prior to entering the building for students in grades 6 through 12.

While it is inevitable that there will be differences of opinion as to the appropriateness of dress, grooming, and / or determining whether or not a student's attire is disruptive or distracting to the educational environment of the school, the final determination will be made by the campus

administration.

Students who choose to violate the dress and grooming code will be sent to an administrator for clarification and/or disciplinary action. Parents will be contacted and requested to bring a change of clothes so that the student will be in compliance with the dress code. If available, the student may also change into clothing provided by the school.

Repeated violations of the dress code will be construed as insubordination and further disciplinary consequences will be incurred by the student.

For more information, call 368-8700.

(Source: Fort Sam Houston Independent School District)

## CHAPEL WORSHIP SCHEDULE

### PROTESTANT SERVICES

#### Sundays

#### Main Post (Gift) Chapel

Building 2200, 1605 Wilson Way  
8 and 11 a.m. - Traditional

#### Dodd Field Chapel

Building 1721, 3600 Dodd Blvd.  
8:30 a.m. - Samoan  
10:30 a.m. - Gospel

#### Army Medical Department

#### Regimental Chapel

Building 1398, 3545 Garden Ave.  
9:20 a.m. - 32nd Medical Brigade  
Collective Service  
11:01 - Contemporary "Crossroads"  
**Brooke Army Medical Center Chapel**  
Building 3600,  
3851 Roger Brooke Rd.  
10 a.m. - Traditional

11:30 a.m., Monday through Friday

#### Saturday

#### Main Post (Gift) Chapel

4:45 p.m. - Reconciliation  
5:30 p.m. - Evening Mass

#### Sunday

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

### JEWISH SERVICES

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

### ISLAMIC SERVICE

1:30 p.m. - Jumma, Friday,  
AMEDD

### CATHOLIC SERVICES

#### Daily Mass

Brooke Army Medical Center Chapel  
Building 3600,  
3851 Roger Brooke Rd.  
11:05 a.m., Monday through Friday  
**Main Post (Gift) Chapel**  
Building 2200, 1605 Wilson Way

### LATTER DAY SAINTS SERVICES

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

### BUDDHIST SERVICES

1 p.m. - Buddhist Services,  
Sunday, AMEDD

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

## Edwards Aquifer Level

in feet above sea level as of July 30

**CURRENT LEVEL \* = 637.7'**

\*determines JBSA water conservation stage

Normal - above 660'

Stage I - 660'

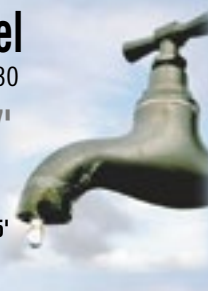
Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'

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



## Weekly Weather Watch

	Aug 2	Aug 3	Aug 4	Aug 5	Aug 6	Aug 7
San Antonio Texas	102° Mostly Sunny	101° Partly Cloudy	99° Partly Cloudy	100° Sunny	101° Sunny	100° Sunny
Kabul Afghanistan	91° Mostly Sunny	92° Mostly Sunny	97° Sunny	98° Sunny	99° Sunny	99° Partly Cloudy

(Source: The Weather Channel at [www.weather.com](http://www.weather.com))

## 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>.

