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



**10,000TH NAVY GRADUATE**

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**NEW STUDENT ACTIVITY CENTER**

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## Mission and Installation Contracting Command welcomes new leader

By Daniel P. Elkins  
MICC Public Affairs

Command of the Mission and Installation Contracting Command changed hands during a ceremony Monday attended by Fort Sam Houston leaders, local civic dignitaries and members of the organization.

Brig. Gen. Jeffrey Gabbert assumed command from Brig. Gen. Kirk Vollmecke in a ceremony at the Quadrangle officiated by Brig. Gen. Theodore Harrison III, commanding general for the Army Contracting Command.

Gabbert comes to the MICC after serving as the special assistant to the ACC commanding general at Redstone Arsenal, Ala. Vollmecke departs for an assignment as the deputy for acquisition and systems management at the Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology in Washington, D.C.

Harrison praised Vollmecke for success while guiding the MICC over the past 21 months.

“General Vollmecke ... continuously strove to improve the capability, quality and professionalism of the civilian and military contracting workforce,” Harrison said. “Through

the challenges of sequestration, furloughs and realignments, his leadership was indispensable in developing a trained and ready workforce capable of providing world-class support to the world’s greatest Army.”

Harrison added the challenge passes to Gabbert who leads the command as the Army continues its transformation in an uncertain budget environment.

“General Gabbert has served at just about every level of procurement and acquisition. His rich military background and more than 25 years of experience and leadership have prepared him for the challenges ahead,” the ACC commanding general said.

“Matching the right senior leadership to the right command at the right time is one of the toughest tasks in the Army. When the combination is the right fit, the command has a great opportunity to reach new heights,” Harrison added.

In order to meet that challenge, Gabbert said the command must stay focused on learning, training and development.

“As an Army, we share in the sacrifice of all Americans during this period of fiscal uncer-



Photo by Daniel P. Elkins

Brig. Gen. Theodore Harrison III (left) passes the guidon and command colors to Brig. Gen. Jeffrey Gabbert as Brig. Gen. Kirk Vollmecke and Command Sgt. Maj. Rodney Rhoades (right) look on during a change of command ceremony Monday at Joint Base San Antonio-Fort Sam Houston. Harrison is the Army Contracting Command commanding general and Gabbert is the new commanding general for the Mission and Installation Contracting Command.

tainty and must shape the Army of the future with an understanding of both our national security obligations and the importance of transforming to retain the strength of the nation today, tomorrow and always,” Gabbert said.

Gabbert has served in numerous command, staff and operational assignments during his 27-year Army career.

He entered the Army Acquisition Corps in 1995 and has held a variety of leadership positions to include command of the Defense Contract Management Agency-Iraq/Afghanistan, DCMA Huntsville, Ala., and DCMA Central Region.

Gabbert was commissioned as a quartermaster officer in 1986



**Editorial Staff**

 JBSA/502nd Air Base Wing  
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**Brig. Gen. Robert D. LaBrutta**

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 Associate Editor  
**L. A. Shively**

 Writer/Editor  
**Lori Newman**

 Layout Artist  
**Joe Funtanilla**
**News Leader office:**

 2080 Wilson Way  
 Building 247, Suite 211  
 Fort Sam Houston  
 Texas 78234-5004  
 210-221-2030  
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# Pearl Harbor Remembrance Day: Why is Dec. 7 important?

 By retired Chief Master Sgt.  
**Scott Hubbart**  
 U.S. Air Force

The Thanksgiving turkey has been eaten, football games have been watched, Black Friday is past and the numbers are in. How well did the merchants do? Talking heads will tell us. Christmas is just around the corner. It's a busy time for us all. What to do for New Year's Eve?

We have so much to consider – so much to worry about. So, when someone mentions Dec. 7 – Pearl Harbor Remembrance Day – it is only natural to wonder, "What's the point?"



If you are older than 18, you no doubt remember Sept. 11, 2001.

Well, for most of us

over 30, Dec. 7, 1941, is our Sept. 11. While we probably did not live through that infamous

day, we grew up hearing of it and of how it changed our nation – and indeed, the entire world.

In contemporary history, no other date had been more indelibly engraved in the American psyche.

The Dec. 7 attack on Pearl Harbor, Hawaii, changed everything. It led us into a global conflict – a contest between good and evil in which about 60 million people died.

Our nation, and the world, was never the same again.

While the numbers of casualties are different than those on Sept. 11, it has had the same effect on our everyday lives.

We need to learn for our history. Yes, OUR history.

## COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT



The 2013 Combined Federal Campaign has been extended and now runs through Jan. 15, 2014. The points of contact for Joint Base San Antonio are:

**502nd Air Base Wing:**  
 1st Lt. Amanda McGowin,  
 221-4321  
 Alternate: Master Sgt. Mason Wilson, 671-6705

**502nd Mission Support Group:**  
 Manny Henning, 221-1844  
 Alternate: Duane Dunkley,  
 221-2207

**802nd MSG:**  
 1st Lt. Brandon Langel, 671-2528  
 Alternate: Master Sgt. Robert Brinson, 671-5511

**902nd MSG:**  
 Matt Borden, 652-3797  
 Alternate: Master Sgt. Ennis Fowler, 652-6915  
 Alternate: Master Sgt. Shawn Waghorn, 652-3088

### Christmas Tree Safety

As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.

- PICKING THE TREE**
  - Choose a tree with fresh, green needles that do not fall off when touched.
- PLACING THE TREE**
  - Before placing the tree in the stand, cut 2" from the base of the trunk.
  - Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
  - Make sure the tree is not blocking an exit.
  - Add water to the tree stand. Be sure to add water daily.
- LIGHTING THE TREE**
  - Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use.
  - Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs. Read manufacturer's instructions for number of LED strands to connect.
  - Never use lit candles to decorate the tree.
  - Always turn off Christmas tree lights before leaving home or going to bed.

**After Christmas**  
 Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the house. Check with your local community to find a recycling program. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

**FACTS**

- One of every three home Christmas tree fires are caused by electrical problems.
- Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- A heat source too close to the tree causes roughly one in every six of the fires.

Visit us for SAFETY Information

## Weekly Weather Watch

	Dec 6	Dec 7	Dec 8	Dec 8	Dec 10	Dec 11
San Antonio Texas	45° Showers	38° Freezing Drizzle	50° Cloudy	48° Partly Cloudy	46° Sunny	43° Partly Cloudy
Kabul Afghanistan	58° Partly Cloudy	56° Mostly Cloudy	54° Scattered Showers	56° Sunny	55° Sunny	47° Partly Cloudy

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

## WATER CONSERVATION TIPS

- Avoid overseeding your lawn with winter grass. Once established, rye grass needs water every three to five days, whereas dormant Bermuda grass needs water only once a month.
- Do one thing each day that will save water. Even if savings are small, every drop counts.
- If the kids want to cool off, use the sprinkler in an area where your lawn needs it the most.
- Make sure your swimming pools, fountains and ponds are equipped with recirculating pumps.
- Landscape with xeriscape trees, plants and ground cover. Call your local conservation office for more information about these water-thrifty plants.

(Compiled by 502<sup>nd</sup> Civil Engineer Squadron)



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## News Briefs

### Flu Vaccination Clinic Update at JBSA-Fort Sam Houston

Flu vaccinations are available at Military and Family Readiness, building 2797, from 9 a.m. to 4 p.m. Wednesday, as well as Dec. 13 and 18. Shots will also be given at the San Antonio Military Medical Center on the first floor by the information desk from 8 a.m. to 4 p.m. every Monday until Dec. 16. It will also be available today and Dec. 20. The shots are available for all active duty service members, retirees, civilians, family members, volunteers and children 6 months of age and above.

### JBSA Hearts Apart Holiday Palooza

The first Joint Base San Antonio Hearts Apart Holiday Palooza begins at 7 p.m. Friday in the Military and Family Readiness Center at JBSA-Fort Sam Houston. The child-friendly celebration is open to all families that are geographically separated from their service members in all service branches. The event includes music, dinner, gifts, give-a-ways and a visit from Santa Claus. The reservation deadline is Thursday. To sign up, call 221-9079, 671-3722 or 652-5321 and provide the number and gender of any children attending.

### Legal Office Closure

The 502nd Mission Support Group legal office at 2271 Reynolds Road will be closed from 7:30-11 a.m. Monday and closed all day Dec. 13. For emergencies, call the command post at 221-9363, 221-9364 or 221-9365.

### Family Advocacy Program Leadership Training

The Family Advocacy Program conducts its mandatory annual leadership training from 11:30 a.m. to 12:30 p.m. at the Military and Family Readiness Center, building 2797, Tuesday. Leaders will learn about dynamics of domestic abuse and Department of Defense reporting requirements. Call 292-5967 to sign up.

### 59th Medical Wing Education Fair

The 59th Medical Wing education and commissioning resource fair is from 10 a.m. to 2 p.m. Thursday at

# Basic Medical Technician Corpsman Program marks historic milestone with 10,000th Navy graduate

By Larry Coffey  
Navy Medicine Education and Training Command  
Public Affairs

A newly-designated hospital corpsman became the 10,000th Navy graduate of the Basic Medical Technician Corpsman Program Nov. 22.

The program began April 27, 2011, after the Hospital Corps School at Great Lakes, Ill., graduated its final students July 27, 2011.

Seaman Jordan Hakes is among the one-third of approximately 30,000 of today's Navy hospital corpsmen who are graduates of the Joint Base San Antonio-Fort Sam Houston-based training program, according to Master Chief Hospital Petty Officer Shanon Best. Best is the Navy Medicine Training Support Center command master chief, the parent command of Navy corpsmen instruc-



Photo provided by NMTSC

Master Chief Hospital Petty Officer Shanon Best, Navy Medicine Training Support Center command master chief (left), presents Seaman Jordan Hakes a certificate during a Basic Medical Technician Corpsman Program graduation ceremony Nov. 22. Hakes was the 10,000th Navy BMTCP graduate since the program began April 27, 2011, and the Hospital Corps School at Great Lakes, Ill., graduated its final students July 27, 2011.

tors, staff and students working and studying at the tri-service Medical Education and Training Campus.

Navy corpsmen have trained side by side

with their Army and Air Force counterparts in basic and advanced "A" and "C" School programs since METC opened its doors June 30, 2010 as part of the 2005 Base

Realignment and Closure initiative.

BRAC 2005 closed Navy, Army and Air Force enlisted medical training facilities across the country and co-located them as an integrated campus under a single university-style administration.

METC is the largest consolidation of service training in Department of Defense history and is the world's largest military medical education and training institution.

Hakes, a native of Flagstaff, Ariz., said he received no advance warning that he was graduate No. 10,000, though the 89 graduates knew their class had the 10,000th graduate in their midst.

"I didn't really know what to do," Hakes said of the moment he was announced as the milestone graduate. "I just knew it took a while when they called my name. It was a really

unique experience and I'm really glad to be a part of it."

Hakes will remain at METC and train at the tri-service Radiology "C" School. For the moment, he said he's going to enjoy the milestone and ponder his newfound luck.

"It's a milestone for the program for sure and I'm honored that I happened to be that graduate," he said. "Maybe I should go out and buy some lottery tickets."

NMTSC is an echelon four command reporting to the Navy Medicine Education and Training Command. It is part of the Navy Medicine team, a global healthcare network of Navy medical professionals who provide health care to eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing mission support.

## SOLDIERS RECEIVE PURPLE HEARTS

Brig. Gen. Michael Bills (left), senior commander of the 4th Infantry Division and Fort Carson, Colo., presents Staff Sgt. Mark D. Valet (second from right) with the Purple Heart and certificate Nov. 26, during a ceremony at the Soldier and Family Assistance Center. Valet was wounded in action Oct. 10 when his patrol was struck by small arms fire, during a dismounted route clearance mission in Afghanistan. Command Sgt. Maj. William Clark Jr., senior enlisted advisor to the adjutant general and state command sergeant major with the California National Guard, along with Valet's wife, Stella, attended the ceremony.



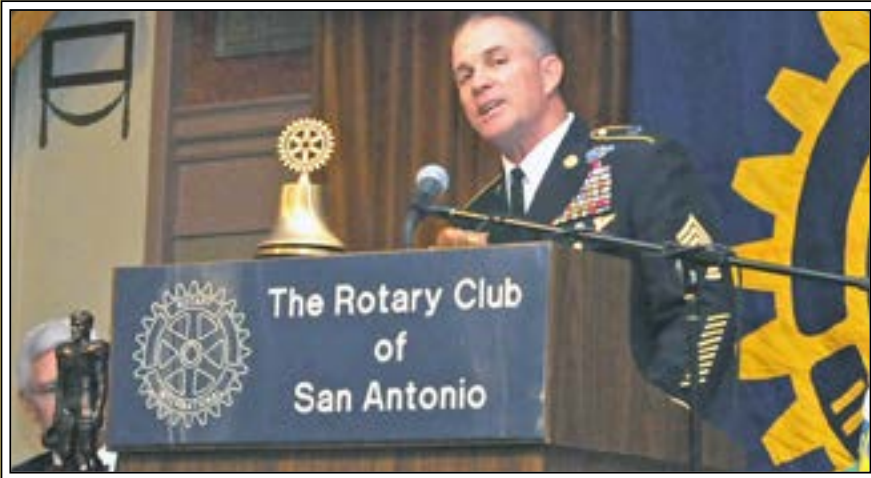
Brig. Gen. Michael Bills presents Sgt. Richard R. Felix-Stanton with his Purple Heart and certificate Nov. 26, during a ceremony at the Soldier and Family Assistance Center. Stanton was wounded in action Oct. 10 when his patrol was struck by small arms fire during a dismounted route clearance mission in Afghanistan. Command Sgt. Maj. William Clark Jr., senior enlisted advisor to the adjutant general and state command sergeant major with the California National Guard, along with Stanton's wife, Nicole and their children, Brayden and Eralynn, attended the ceremony.



Photos by Robert Shields



## ARNORTH SENIOR ENLISTED LEADER SPEAKS AT ROTARY CLUB ALL-AMERICAN BOWL LUNCHEON



**Photo by Sgt. 1st Class Christopher DeHart**

Command Sgt. Maj. Hu Rhodes speaks with members of the San Antonio Rotary Club on the unique relationship between the Army and the All-American Bowl during the All-American Bowl Player of the Year Finalist Selection Luncheon Nov. 20 at the Scottish Rite Theater. "I can't imagine anything better than high school football in San Antonio," Rhodes said. He was preceded by Texas high school football legend Ken "Sugar Land Express" Hall, who named the selectees for the Jan. 4 game at the Alamodome. Hall established 17 national football records, several of which still stand more than 50 years later. Rhodes is the senior Army enlisted leader for U.S. Army North (Fifth Army), Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis.



## News Briefs

### Continued from P3

the Wilford Hall Ambulatory Surgical Center atrium. The event will feature 40 schools with medical commissioning programs and education services for Airmen and family members interested in improving their education. Call 292-4308 for more information.

### U.S. Air Force Band of the West Presents Holiday in Blue

The U.S. Air Force Band of the West presents its annual Holiday in Blue concerts 3 p.m. Dec. 15 and at 7 p.m. Dec. 17 at the Bob Hope Theater, 1560 Stewart St., Joint Base San Antonio-Lackland. The concerts are free and suitable for all ages, however, tickets and base access are required. Tickets are available at the JBSA-Lackland and JBSA-Randolph ITT offices and the JBSA-Fort Sam Houston MWR office. Visit <http://www.bandofthewest.af.mil> for more information.

### Lincoln Military Housing Offices Closures

The Lincoln Military Housing Offices will be closed Dec. 24-25 in observance of the Christmas holiday. Normal operations resume at 8 a.m. Dec. 26. Call 225-5564 for maintenance emergencies and 911 for all other emergencies.

### Army Medical Officer Programs Briefings

The Inter-Service Physician Assistant and Army Nurse Corps Commissioning Program and other medical commissioning program qualifications and application procedures will be briefed from 9:30-11:30 a.m. Jan. 7 in the auditorium of the Military and Family Readiness Center, building 2797. For more information, visit <http://www.usarec.army.mil/armypa> or <http://www.usarec.mil/mrb/aecp>.

### JBSA-FSH Visual Information Changes Ordering Process

Joint Base San Antonio-Fort Sam Houston Visual Information no longer uses the Visual Information Ordering Site for ordering VI services. Air Force Form 833 will be required for all service requests and can be downloaded at <http://www.jbsa.af.mil/shared/media/document/AFD-120614.pdf>. Call 221-5453 for more information.

# THANKSGIVING FOR THE TROOPS



Photo by Esther Garcia

Capt. Gail Hathaway (left), commander of Navy Medicine and Training Command, and Col. Jon Fristoe (right), 32nd Medical Brigade commander, recognize Valero employees who volunteered to coordinate the annual Thanksgiving with the Troops day held at Valero Corporation headquarters. Military personnel enjoyed a traditional Thanksgiving meal, won door prizes, played games and competed in the "Military's Got Talent" contest.

(From left) Brig. Gen. John Poppe, Maj. Gen. Steve Jones and Brig. Gen. Bob LaBrutta cut into the Thanksgiving cake Nov. 27 during the Joint Base San Antonio-Camp Bullis dining facility's Thanksgiving meal. Poppe is deputy chief of staff for support for U.S. Army Medical Command, Jones is U.S. Army Medical Department Center and School commanding general and LaBrutta is commander of Joint Base San Antonio and the 502nd Air Base Wing.

Photo by Olivia Mendoza



Lt. Col. Terence Thibodeaux (left) holds his plate while Chaplain (Lt. Col.) Steve Roberts serves a dinner roll Nov. 26 during a Thanksgiving celebration hosted by the U.S. Army North (Fifth Army) chaplains at building 44. "This is an opportunity for us to come together to build up a spirit that unites us to accomplish a very good work," said Col. Gary Studniewski, Army North command chaplain. Thibodeaux is an intelligence officer for Army North.

Photo by Sgt. Lee Ezzell



Photo by Phil Reidinger

(From left) LaShon Williams meets Pvts. Megan Armstrong and Christina Crosby Nov. 28 outside Blesse Auditorium on Joint Base San Antonio-Fort Sam Houston. For the annual Mission Thanksgiving event, 243 families sponsored 630 Soldiers attending initial entry medical training.



Photo by Olivia Mendoza

(From left) JBSA-Camp Bullis dining facility manager Henry Stevenson joins U.S. Army North (Fifth Army Command Sgt. Maj. Hu Rhodes; Col. John Garr, commander of the Defense Medical Readiness Training Institute; Brig. Gen. John Poppe, deputy chief of staff for support for U.S. Army Medical Command; U.S. Army Medical Department Center and School Command Sgt. Maj. Gerald Ecker; Maj. Gen. Steve Jones, AMEDDC&S commanding general; 502nd Mission Support Group Command Sgt. Maj. Bryan Witzel and Col. Jon Fristoe, 32nd Medical Brigade commander, in serving the Thanksgiving meal Nov. 27 at the JBSA-Camp Bullis DFAC.



Photo by Phil Reidinger

Pvt. Augustine Deats (right), his mother, Annie, his brother Joseph, and friend, Marco Garcia, (left) eat for Thanksgiving dinner at Slagel Dining Facility. Deats is attending combat medic training with the 232d Medical Battalion.

# Navy Medicine Education and Training Command selects Sailor of the Year

By Larry Coffey  
Navy Medicine Education and  
Training Command Public Affairs

An instructor with the Basic Medical Technician Corpsman Program at Joint Base San Antonio-Fort Sam Houston was selected Nov. 26 as the 2013 Navy Medicine Education and Training Command Sailor of the Year.

Petty Officer 1st Class Scott Lyons from the Navy Medicine Training Support Center was selected from among 23 NMETC commands, units and detachments across the U.S. for his professionalism and dedication to job accomplishment, consistently resulting in positive results, said Master Chief Petty Officer Shanon Best, NMTSC Command Master Chief.

“Lyons was selected from a stellar group of

first class petty officers,” said Best, who served on the selection board. “He has proven himself to be a top-notch leader and Sailor, and he constantly shows a genuine concern for his Sailors’ professional growth.”

Lyons will compete against other Navy Medicine echelon three and regional command entrants to become the Navy Medicine Sailor of the Year in early 2014.

The Wadsworth, Ohio, native reported to NMTSC in January 2012 from 3rd Battalion, 9th Marines in Camp Lejeune, N.C., which he said prepared him to teach the bi-service Navy and Air Force Basic Medical Technician Corpsman Program.

After his second deployment to Iraq in 2009, Lyons became the platoon sergeant of the battalion

aid station in charge of 50 hospital corpsmen and their training, and he was selected to be a member of the battalion embedded training team.

He deployed to Afghanistan in 2010 and trained Afghan army medics in sick call procedures and trauma medicine, which he now teaches at METC.

“Working with the Marines is just something I always wanted to do,” Lyons said. “I love their mentality. They are very disciplined and structured. I’m a very team-oriented person, and that’s how the Marines operate.”

Teamwork in Afghanistan also had a role in how Lyons received orders as an instructor.

“I was on a remote patrol base, on a radio with a corpsman, who was on another radio with our



Petty Officer 1st Class Scott Lyons from the Navy Medicine Training Support Center was selected Nov. 26 as the 2013 Navy Medicine Education and Training Command Sailor of the Year.

chief, who in turn was on a phone with the detailer,” he described.

Lyons’ team-oriented approach and the expertise gained with the

Marines have found their way to the classroom, making him a role model for students, according to Air Force Airman 1st Class Sarah Loudon, one of Lyons’ students.

“He brings an invaluable breadth of experience into the classroom,” she said. “He communicates to all levels of experience and knowledge. Some of us bring civilian medical experience to the table, and others have done nothing more than basic CPR. I think I can speak for all the students and say we all have a huge amount of respect for him and see him as a role model.”

While his students see him as a role model, Lyons said his family and his mentors have been his role models and have had a profound impact on his life and his career,

including his selection as NMETC Sailor of the Year.

“My wife is one of my biggest fans and biggest supporters,” Lyons said. “She has been with me every step of my Navy career. And I’ve had a lot of great mentors since I’ve been here. I take a little advice from everyone and try to implement it in my day-to-day activities. We have a great teaching team, which allows me to take on different duties, including assistant Master Training Specialist coordinator.”

Lyons added, “God has definitely put the right people in my life at exactly the right time. There have been a lot of people here who have invested a lot of time and mentorship in me and my career.”

See SOY, P9





## **MICC from P1**

from the ROTC program at New Mexico State University, Las Cruces, N.M., where he received a Bachelor of Arts in Business Management. In addition to accomplishing all necessary levels of professional military education, his advanced education includes a Doctor of Business Administration from Argosy University, Sarasota, Fla., and the Advanced Management Program at Harvard University, Cambridge, Mass.

As the MICC commanding general, he is responsible for providing contracting support for the warfighter at Army commands, installations and activities located throughout the continental United States and Puerto Rico.

In fiscal 2013, the com-



mand executed more than 43,000 contract actions worth more than \$5.3 billion across the Army, including more than \$2.1 billion to American small businesses. The command

has also managed more than 780,000 Government Purchase Card Program transactions this fiscal year valued at an additional \$880 million.

mand executed more than 43,000 contract actions worth more than \$5.3 billion across the Army, including more than \$2.1 billion to American small businesses. The command

Command. It is part of the Navy Medicine team, a global health-care network of Navy medical professionals around the world who provide health care to eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing mission support aboard ships, in the air, under the sea and on the battlefield.

## **SOY from P7**

Lyons said two Navy chief petty officers who “pushed me out of my comfort zone were Thomas Kmetz and Amanda Bynum. They have been godsend. The amount of time and support that they have invested in me is immeasurable.”

Now, Lyons’ goal is to

do the same – pass on an immeasurable investment to his students.

“This is a very special place to be,” he said. “I felt that I owed it to the hospital corps to come here and help secure our legacy. It is an honor to represent this command.”

NMTSC is an echelon four command reporting to the Navy Medicine Education and Training

## 959TH MEDICAL GROUP CELEBRATES FIRST YEAR AT JBSA-FORT SAM HOUSTON



(From left) Air Force Maj. Gen. Byron Hepburn, 59th Medical Wing commander and deputy director of the San Antonio Military Health System; Army Maj. Gen. Jimmie O. Keenan, commanding general of the Southern Regional Medical Command and director of the SAMHS; 59th MDW Command Chief Master Sgt. Maurice James, Airman First Class Nicholas Wales, Chief Master Sgt. Diane Ruesing and Col. Verne Futagawa celebrate the first anniversary of the 959th Medical Group activation by cutting the ceremonial cake Nov. 15 at the Warrior and Family Support Center at Joint Base San Antonio-Fort Sam Houston. Ruesing is the 959th MDG superintendent, Futagawa is the deputy commander of the 959th MDG and Wales is assigned to the 383rd Training Squadron.

**Photos by Staff Sgt. Jason Huddleston**

(Above) Army Maj. Gen. Jimmie O. Keenan, commanding general of the Southern Regional Medical Command and director of the San Antonio Military Health System, speaks during the first anniversary of the 959th Medical Group activation Nov. 15 at the Warrior and Family Support Center at Joint Base San Antonio-Fort Sam Houston. The 959th MDG's move to JBSA-Fort Sam Houston re-aligned medical services and administrative staff to provide better health care within the SAMHS.





# Student Activity Center:

## One-stop fun for enlisted medical training students

By Lori Newman  
JBSA-Fort Sam Houston Public Affairs

The idea of a service club may have started from very humble beginnings during World War I as American GIs chanted for doughnuts with their coffee, but service members attending enlisted medical training on Joint Base San Antonio-Fort Sam Houston today have a state-of-the-art facility where they can eat, study, play and dance.

The new Student Activity Center is a quality-of-life improvement that's been in the works for several years and officially opened Nov. 25 with a ribbon-cutting ceremony.

The three-level building, situated in the heart of the Medical Education and Training Campus, sits on the grounds of the old Hacienda Recreation Center.

The main level features a large foyer with multiple seating areas where students can sit and visit, study or relax during lunch or after class.

"The foyer is kind of homey, like being in somebody's living room," said Ben Paniagua, SAC manager,

"I want to create a comfy, homey atmosphere for the service members."

Paniagua realizes that many of the service members are away from home and family for the first time and "out of their comfort zone."

"What we try to do here is make them feel like we are family to them and they can come to us and enjoy themselves and relax in here," Paniagua said.

Large touch-screen televisions are equipped with three different gaming systems – Wii, Xbox and PlayStation – where students can play free of charge. There are also several arcade games, pool tables, foosball and air hockey games on the main floor.

A multipurpose room can be divided for meetings, studying or special events.

Five soundproof music rooms and one large practice room allow students to express themselves through music. They can bring in their own instruments or check out drums, keyboards and guitars from the center.

The movie theater seats 60, with more than 900 movies available for viewing. The center shows the movies after 5 p.m. weekdays and all day on



Photo by Lori Newman

The Student Activity Center snack bar serves a lunch from 11 a.m. to 1 p.m. during the week as well as dinner 5-8 p.m. Monday through Thursday and 5-9 p.m. Friday. It is also open 1-9 p.m. Saturday and 1-8 p.m. Sunday and holidays.

weekends.

A snack bar offers a variety of options for lunch from 11 a.m. to 1 p.m. during the week or dinner from 5-8 p.m. Monday through Thursday and 5-9 p.m. on Friday. It is also open from 1-9 p.m. Saturday and 1-8 p.m. Sunday and holidays.

The lower club level is equipped with a Bose sound system, TVs, a large seating area, dance floor, DJ booth, karaoke, soda bar, dart boards and pool tables. The club level is open 5-9 p.m. Monday-Thursday, 5-10 p.m. Saturday and 5-9 p.m. Sunday and holidays.



(From left) Hospitalman Nicholas Farrow, Hospital Apprentice Daniella Casey, Lizeth Franco and Donaven Rocks play foosball during their lunch break Nov. 27 at the Student Activity Center.

Photo by Lori Newman

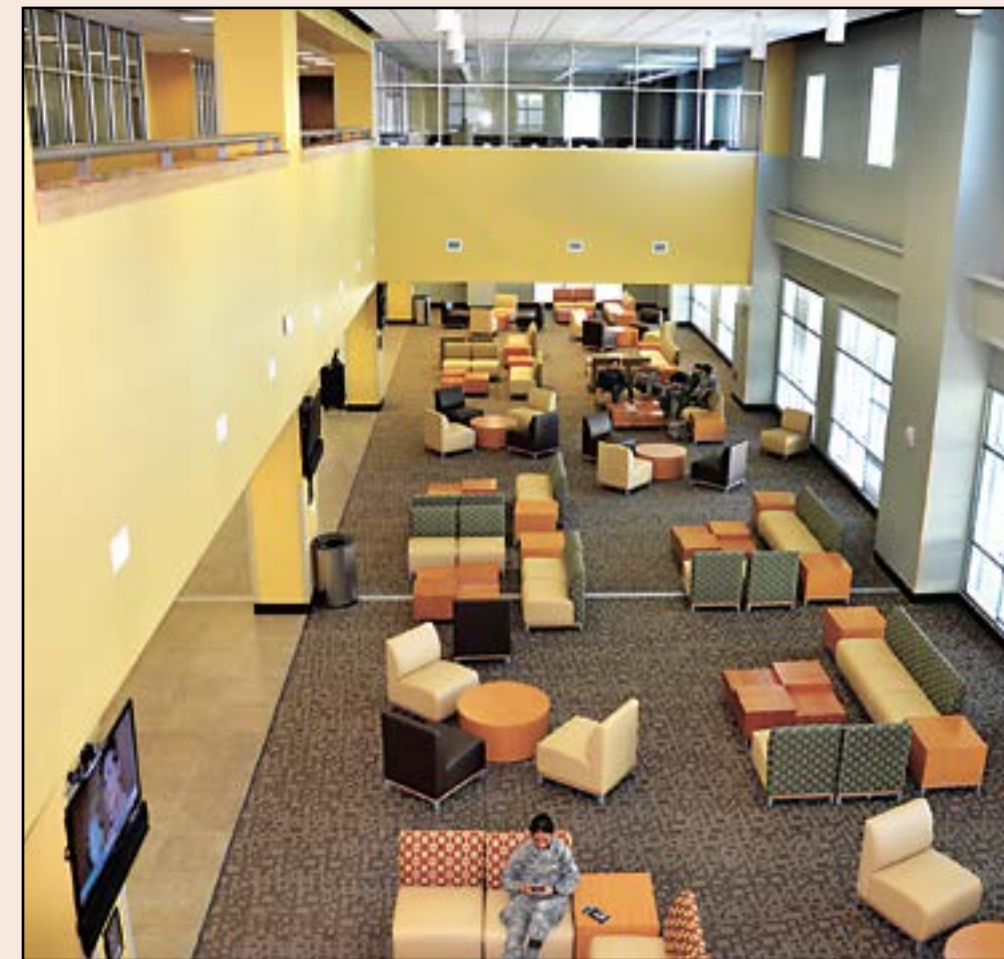


Photo by Kathy Salazar

The foyer area features multiple seating areas where students can sit and visit, study or relax during lunch or after class.



The Student Activity Center is located in building 1477 on Corporal Johnson Road and is open to enlisted medical students from 8 a.m. to 9 p.m. Monday through Thursday, 8 a.m. to 10 p.m. Friday, 1-10 p.m. Saturday and 1-9 p.m. Sunday.

Photo by Lori Newman



Photo by Kathy Salazar

Hospital Apprentice Dakota Dirnenneels plays Time Crisis 4, one of many free arcade games available Nov. 27 at the Student Activity Center.



Photo by Kathy Salazar

Charleszetta Miller takes an order from a service member Nov. 27 at the Student Activity Center snack bar. The snack bar serves a variety of items including hamburgers, sandwiches, salads and wraps.

Upstairs is a chaplain's office, Sexual Assault Prevention and Response office and administrative offices, along with a student business hub, which houses 87 computers and the Cybrary with nine additional computers.

"The computers don't need a CAC card," said Jewel Terrell, assistant manager. "Service members can use the computers to surf the web, check email or access social media."

There is a minimal charge for printing and scanning, but no charge to use the computers.

"The Cybrary is a quiet room students can use to study," Terrell added.

The whole building is Wi-Fi accessible and there is also outdoor patio seating.

"It's amazing. It's better than anything I've ever seen. They really planned this out," said Hospitalman Nicholas Farrow.

"I love this place," agreed Hospital Apprentice Lizeth Franco.

"I spend a lot of money getting cabs to go places. This is actually a money saver for me. I can come here to get food, dance, sing some karaoke and play foosball. It's great."

Paniagua said the 62,000-square-foot Student Activity Center, which cost more than \$23 million is a gift to him and the service members.

"It took a long time – 47 years – but I finally got it," he said. "They deserve something nice like this."

"I'm so glad Ben actually got to be a part of having a building he could be proud of," Terrell said. "He's been waiting a long time for this place to open."

The Student Activity Center is located in building 1477 on Corporal Johnson Road and is open 8 a.m. to 9 p.m. Monday through Thursday, 8 a.m. to 10 p.m. Friday, 1-10 p.m. Saturday and 1-9 p.m. Sunday.



Photo by Kathy Salazar

Hospital Recruit Kyle Ramsey and Hospitalman Albert Thompson play air hockey Nov. 27 at the Student Activity Center.



Photo by Kathy Salazar

Pvt. Phillip Fernandez and Spc. Ebot Arrey-Mbi, both with Company A, 264th Medical Battalion, play pingpong Nov. 27 at the Student Activity Center.





# Troops worldwide can call in holiday greetings

By Gary Sheftick  
Army News Service

The Joint Hometown News Service is partnering this year with SiriusXM Radio to allow service members worldwide to send holiday greetings to loved ones back home.

Military members anywhere can call a toll-free number, (888) 776-2790, to record a holiday message for airing on the satellite radio network.

For 30 years, holiday greetings have been collected by Joint Hometown News Service teams that travel overseas and bring messages back to air on stateside radio and television stations.

While this year's team has already returned home, it's not too late for service members to participate by calling the toll-free number or DSN

312-733-4660, said the program's director.

"Even in the world today with social media and service members able to Skype from anywhere, there's still something special about turning on the radio and hearing a family member who cannot be home for the holidays," said Rick Blackburn, director of the Joint Hometown News Service.

"This is a great opportunity for our folks and is a reminder to the American public that our men and women serve around the world, 24 hours a day, seven days a week," he said.

Soldiers can call SiriusXM around the clock and leave a 15-second greeting. They will be prompted by a recorded message to provide their name, rank, duty loca-

tion, hometown and then a short greeting to friends or family.

"Our goal is to get as many military members on the air for the holidays as possible," Blackburn said.

So far this year, 2,658 holiday greetings have been collected. A Joint Hometown News Service team traveled to Alaska, Japan, Korea and Guam. Additional greetings were also collected from troops in Afghanistan and Europe by American Forces Network broadcasters.

With Department of Defense budget cuts, teams are not able to travel as much, and the Joint Hometown News Service appreciates others pitching in to help with holiday greetings, said Amy "Natasha" Schleper, JHNS broadcast chief.

"With other outlets

willing to pitch in and shoot for us, we're able to really get a good number of holiday greetings, as well as a better mix of locations," Schleper said.

"It's a lot of extra work for them," she said. "We hope they know the families at home appreciate their efforts."

Every video greeting is turned into a radio greeting as well, Schleper said.

SiriusMX Radio is "another avenue we are using" to collect and distribute important holiday greetings, Blackburn said.

Sirius XM has more than 25 million subscribers on two services operating in the United States, Sirius Satellite Radio and XM Satellite Radio.

The holiday greetings will be aired on SiriusXM's "Holiday Traditions" channel through Jan. 1.



# San Antonio among markets standardizing military health care services

By Dana Crudo  
Military Health System

The Military Health System activated the Defense Health Agency in October to streamline business processes and

deliver improved health care, safety and outcomes to its 9.6 million beneficiaries.

As part of that overall effort, six of the military's regional medical markets, including San Antonio, are leading the effort to standardize services, clinical practices and business rules.

The enhanced multiservice markets, as they are known, are geographic areas where at least two medical treatment facilities from different services have overlapping service areas as defined by TRICARE.

There are 15 multiservice markets around the world, 11 in the United States and four abroad.

Six of these existing markets were selected for enhanced authorities by the deputy secretary of

defense based on several factors, including overall size, medical mission and graduate medical education capacity.

The six markets are San Antonio, Texas; the National Capital Region; Tidewater, Va.; Colorado Springs, Colo.; Puget Sound, Wash.; and Oahu, Hawaii.

Combined, these markets account for about 30 percent of all the care delivered in military hospitals and 22 percent of all care purchased in the private sector.

The multiservice markets crafted five-year business plans, encompassing strategies for the entire market area, rather than individual military hospitals or clinics.

The plans focus on the standardization of clinical and business practices, as well as maximizing resources in an integrated way in order to provide better care and become more efficient.



“These markets are the leaders for the future of the MHS,” said Rear Adm. Donald Gintzig, who led the enhanced multiservice market transition team before his retirement at the end of October.

“As our primary readiness and care platforms, the coordination of care demonstrated by these markets will help set the example for the rest of the MHS to follow.”

The markets also work with one another, sharing challenges and best practices to find enterprise-wide solutions.

“In the past, the ser-

vices have worked within their individual service silos within a market,” Gintzig said. This lack of coordination would often result in redundancy and unnecessary overlap.

“Coordination and integration create opportunities for realizing efficiencies and improving both readiness and care,” Gintzig said.

“The new market-centered business plans allow market managers to leverage the unique capabilities and resources of all three services.”

The initial five-year business plans have been approved and market managers assumed their new authorities Oct. 1. These efforts will inform adjustments to future business plans.

“This isn’t an overnight change,” Gintzig said. “It’s an evolving process. But the goals – increased interoperability, increased value to our line leadership, and improved ser-

vice to our beneficiaries – are the primary drivers of everything the markets will do.”

As the markets implement and adjust their business plans, market leaders will meet on a regular basis to share best practices and work collaboratively on challenges.

This market leadership group consists of the six enhanced multiservice market directors as well as the market leaders from the Fort Bragg and San Diego medical markets, two single-service markets similar in size and scope to the enhanced multiservice markets.

The enhanced markets also support a broader military health initiative to recapture care by bringing beneficiaries receiving care in the private sector back into military treatment facilities.

See DHA, P19

# *A Hill Country Holiday*

SUNDAY DECEMBER 8, 2013 AT 2 P.M.



A HOLIDAY CONCERT PRESENTED BY

**"FORT SAM'S OWN"**  
THE 323RD ARMY BAND



**LIVE FROM THE SCOTTISH RITE THEATER**  
308 AVENUE E SAN ANTONIO, TX 78205  
ENTRANCE IS FREE AND OPEN TO THE PUBLIC

# USAISR company commander helps divert suicide attempt

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

Some may call it instinct; others would credit their military training kicking in. Regardless of what it was that kicked in that day, the actions taken by the U.S. Army Institute of Surgical Research company commander Capt. Lashawna N. Ray resulted in preventing an attempted suicide.

On her drive to work during the early hours of a mid-November morning, Ray noticed a young female pedestrian walk toward her as she drove over a bridge at Loop 1604. She didn't realize how that morning was going to unfold until she saw the young lady look over the side of

the bridge.

"I rolled my window down to say something to her, but I realized that the driver in front of me had rolled her window down and was yelling something to her," Ray said.

Ray then got out of her car and approached the distraught lady, who was now sitting on the side of the bridge. She asked what was wrong and if she could help her.

"I reached out to put my hand on her shoulder while I asked her if I could help her," she said. "Then she got even more hysterical. She was yelling and cursing at me and the others who were around her telling us to leave her alone and to keep our hands off of her."

Ray left the site and

went back to her car to retrieve her cell phone to call 911. As she was dialing, she was told by another driver that the call had already been made. Ray went back to the location to see what else she could do.

As she continued to try to calm down the person, another bystander lunged at the woman and knocked her off of the side of the bridge to the pavement, where she was held until the authorities arrived.

"She did exactly what she was supposed to," said Maj. Shawn P. Gallagher, staff psychiatric nurse practitioner at USAISR Burn Center. "Every situation is going to be different, but the most important thing to remember is to keep yourself safe."



Photo by Steven Galvan

U.S. Army Institute of Surgical Research Company Commander, Capt. LaShawna N. Ray, assisted in distracting a young lady who was distressed and thinking of committing suicide.

"I'm just glad that I was there and able to help out," Ray said. "I don't know what was going on in her life, but I hope she was able to find the help she needs."

# USAISR NCO takes top retention spot for command

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

Staff Sgt. Floretta G. Sample, a respiratory specialist at the U.S. Army Institute of Surgical Research's Burn Center was selected as the U.S. Army Medical Research and Materiel Command's top retention Noncommissioned Officer of the Year for 2013. She was selected from among eight other retention NCOs from USAMRMC subordinate commands.

"I feel blessed to be considered for such an honor, let alone to be selected," Sample said.

Nominees from each command submitted a packet with an updated enlisted record brief; physical fitness test re-



Photo by Steven Galvan

Staff Sgt. Floretta G. Sample was selected as the 2013 U.S. Army Medical Research and Materiel Command Retention Noncommissioned Officer of the Year.

sults; a recommendation letter from a commander; command sergeant major or senior enlisted advisor; a biography and portrait and an essay

response to the question, "If I was able to make policy for retention, what is the one policy I would make and why?"

Sample, a 14-year Army veteran, has been at the burn center for four years assigned to the clinical operations and education office.

For the last couple of years, Sample has also served as the USAISR retention NCO "assisting Soldiers and civilians make life-changing decisions easier," she said.

During the last two years, Sample has processed 89 reenlistment packages, with 34 of those packages being processed during fiscal year 2013.

Sample said she enjoys her duties as the command retention NCO,

despite some of the challenges.

"Some challenges include changes in the Army's retention policies and the constant changes in Soldiers lives that affect their decisions," Sample said.

Sample is scheduled to transfer in 2014 to the 115th Combat Support Hospital, Fort Polk, La., where she plans on continuing to work on her short- and long-term goals.

"Some of my short-term goals include earning my registered respiratory therapist certification and master's degree in Education," she said. "Some of long-term goals include retiring from the Army as a first sergeant and becoming a college professor."



# Fire officials offer advice to keep holiday season safe

By Robert Goetz  
Joint Base San Antonio-Randolph  
Public Affairs

Brightly colored lights, flickering candles and festive Christmas trees greatly contribute to the ambience of the holiday season.

However, accidents involving them result in more than 400 home fires and more than 20 deaths each year, according to the National Fire Protection Association and the U.S. Fire Administration.

Joint Base San Antonio-Randolph fire officials said following a few simple tips can keep the holidays safe.

Lighting safety begins with Christmas trees, which account for most of the fires during the holiday season, said James Smith, JBSA-Randolph Fire Emergency Services fire protection services inspector. Keeping a natural tree watered is an important consideration.

"Typically, shorts in electrical lights or open flames from candles, lighters or matches start tree fires," he said. "Well-watered trees are not a problem; a dry and neglected

tree can be."

Smith also advised choosing a fresh tree, which should have green needles that do not break, as well as a trunk that is sticky to the touch; not placing the tree close to a heat source; keeping the tree stand filled with water at all times; and discarding the tree when it becomes dry by taking it to a recycling center or having it hauled away.

An alternative to a live tree is a fire-resistant, nonmetallic artificial tree.

Maintaining holiday lights is another important safety measure because worn strands are fire hazards, Smith said.

"You should inspect your lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets and excessive kinking," he said.

Overloading electrical outlets can also cause fires, Smith said.

"You should not link more than three light strands, unless the directions say it is safe," he said. "Strings



# Pentagon official says DOD needs more BRAC

By Jim Garamone  
American Forces Press Service

The Defense Department is again asking Congress to allow it to use a tool that would help alleviate draconian budget cuts possible under sequestration: The Base Realignment and Closure process.

The latest call came from Frank Kendall, undersecretary of defense for acquisition, technology and logistics.

In a commentary printed in Roll Call Nov. 22, Kendall said the logic for another closure round is irrefutable.

The department simply cannot afford to keep excess infrastructure on the books, he said.

"For example, the Army has announced plans to reduce its force from 562,000 to 490,000

Soldiers and more reductions could be forced by looming budget cuts, but without BRAC the Army will not be allowed to close any bases to reduce overhead," Kendall wrote.

"This 'empty space' tax on our warfighters will simply result in cuts to capabilities elsewhere in the budget."

And those cuts, more often than not, would occur in operations and maintenance and modernization accounts. Operations and maintenance cuts cripple near-term readiness, modernization cuts affect long-term readiness.

In 2004, the department estimated it had about 25 percent excess infrastructure.

The 2005 Base Realignment and Closure process cut roughly 3 percent of

that. Since then the military has grown smaller so the percentage of excess infrastructure has probably crept up.

Even as the 2005 BRAC round was underway, then-Defense Secretary Donald Rumsfeld acknowledged the need for another round.

His successor, Robert Gates, reiterated this as did former Defense Secretary Leon Panetta and current Defense Secretary Chuck Hagel.

Kendall emphasized that the BRAC process has been extraordinarily successful.

The process is "an analytical, apolitical, transparent, independently validated process that has yielded billions of dollars in savings while making closed bases available to communities for redevelopment," he said.

The department saves more than \$12 billion a year from the five BRAC rounds announced in 1988, 1991, 1993, 1995 and 2005.

DOD needs BRAC, Kendall said, to help carry out the balanced reductions required to comply with the \$487 billion in cuts mandated by the Budget Control Act of 2011.

The fiscal 2014 budget request assumes that a BRAC 2015 round will be a key component in reducing personnel in line with mandated reductions.

"In today's environment, as we work to cobble together contingency plans on how to deal with the sequester over the long haul, a \$6 billion investment that yields a \$3 billion annual payback would be extraordinarily welcome," he said.

## DHA from P16

"Each market has a plan for inviting our beneficiaries to come back to our military clinics and hospitals for their care," Gintzig said.

"These initiatives will be the primary drivers of increasing the competency and currency of our medical force, improving access and service to our patients and enhancing the value of military medicine to commanders."

Recapturing care that has migrated to the private sector will directly benefit military health care providers.

By bringing care back

into medical treatment facilities, military treatment facility commanders ensure that military providers and staff get to see the kinds of clinical work necessary to maintain their skills.

"Our No. 1 mission is to be ready to go to war," Gintzig said.

"Ensuring that our surgeons, nurses and clinical staff get to see interesting and complex cases on a regular basis is how we keep those skills sharp."

*(Editor's note: (<http://www.health.mil>) is the official website of the Military Health System, Department of Defense.)*

## 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>.



# INSIDE THE GATE

## Warrior Four-Person Scramble

Golfers are invited to play in the Warrior Four-Person Scramble today, 12:30 p.m. shotgun start at the Joint Base San Antonio-Fort Sam Houston Golf Course. The cost is \$25/members and \$35/nonmembers. The scramble includes 18 holes of golf, dinner, gift certificates for the winners of the longest drive and the closest to the pin and for first, second and third place. Call 222-9386.

## Holiday Story Time

Saturday, 2-3 p.m., Keith A. Campbell Memorial Library. Kids can wear their pajamas, relax and join children's holiday stories and activities. Call 221-4702.

## Youth Basketball Registration

Child and Youth basketball

registration is ongoing through Jan. 2. Child and Youth must have a current physical that meets the complete season, January through March. First game begins the second week of January. Cost is \$45 for 3-4 year olds and \$65 for 5 years and up. Call Parent Central at 221-4871 for information.

## HIRED! Apprenticeships Program

Teens 15 to 18 years old can apply for the 2014 Winter Term, Jan. 13 to April 5 apprenticeship program. If selected the teen will work within the 502nd Force Support Squadron facilities and activities on JBSA-Fort Sam Houston. Registration forms are available at Parent Central, building 2797, the Youth Center, building 1630 or the Middle School Teen Center, building 2515. Application deadline is Dec. 9. Call 221-3386.

## Youth Skate Night

Middle and high school-age children can enjoy music, fun and roller skating 6-8 p.m. Dec. 13 at the

Middle School Teen Center, building 2515. Call 221-5002 or 221-4058.

## Child Safety Seat Clinic

The JBSA-Fort Sam Houston Fire Department will inspect children's safety seats 1-3 p.m. Dec. 19 for recalls, functionality and proper installation. Registration is required. Children must be present for proper weight and height measurements. Call 221-0349 or 221-2418.

## Lock-In for High School Youth

Dec. 20, 9 p.m. to 7 a.m., JBSA-Fort Sam Houston Youth Center, building 1630. The event is for children in grades 9-12. Cost is \$7. Call 221-5002 or 221-4058.

## Youth Midnight Basketball

Dec. 21, 7 p.m. to midnight, JBSA-Fort Sam Houston Youth Center, building 1630. Families are invited to see what the Youth Services Program has to offer. This is a free event open to all DOD ID card holders. Call 221-3502.

## Holiday Junior Golf Classes

Two junior golf classes are scheduled to meet for five sessions starting Dec. 26-28 and Dec. 30-31. Ages 8 through 11 will meet from 11 a.m. to 12:30 p.m. and ages 12 through 15 will meet from 1-2:30 p.m. The fee is \$40 per player and includes a rule booklet, golf balls and instructions by a PGA teaching professional. For more information, call 244-3415.

## EFMP Family Movie Time

Dec. 30, 1-3 p.m., Military and Family Readiness, building 2797. The featured movie is "Turbo." After the movie, there will be an open group discussion about self-esteem. Popcorn and drinks will be provided. Bring your own chairs, lawn-chairs, blankets, pillows, beanbags or whatever makes you comfortable. Call 221-0946.

## Harlequin Dinner Theatre presents "Step into Christmas"

Show runs Thursday, Friday and Saturday through Dec. 21. For more information, call 222-9694.

## New Year's Day Run

There will be two events, a 4-mile race starting at 10 a.m. and a 1.4-mile walk starting at 10:10 a.m. Jan. 1 at the Pershing Sports Complex by the RV Park on JBSA-

Fort Sam Houston. These events are free and open to all Department of Defense ID card holders. Call 221-3593 or 221-4887.

## New Squadron Commanders and First Sergeants

JBSA Family Advocacy Program is required to provide new squadron commanders and first sergeants a desk side briefing within 90 days of their arrival or assumption of command per DD 6400.1, even if temporary or as an additional duty. The briefing includes information on FAP services/classes, in an effort to assist them in promoting mission and family readiness. Call Family Advocacy at 292-5967 to set up an appointment or for more information.

## Computer Lab

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

## How We Roll

Monday through Friday, 9-11 a.m. at 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.

## Belly Dancing Class

Learn the art of belly dancing 6 p.m. Wednesdays at the Jimmy Brought Fitness Center. The class is free and open to all DOD ID cardholders. Call 221-1234.

## World Climb Tower Challenge

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

## JBSA-Fort Sam Houston Ticket Office Has Your Shows

The ticket office located in the Sam Houston Community Center, building 1395, Chaffee Road, is open 9 a.m. to 4 p.m. Tuesday through Friday. The following tickets are on sale now: the Nutcracker Ballet by Mejia Ballet Company Dec. 20-21 at the Lila Cockrell, the Moscow Ballet at the Majestic Dec. 23, and Disney Live presents Three Classic Fairytales at the Lila Cockrell Jan 4. Call 808-1378.

## Sportsman Range

The Joint Base San Antonio-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. The range may close unexpectedly because of weather or troop use. Range users should call before coming out for target practice. Call 295-7577.

## Hunting on JBSA-Camp Bullis

Now through Jan. 5, Department of Defense cardholders can bow hunt big game and turkey at Joint Base San Antonio Camp Bullis. Call 295-7577.

## SKIESUnlimited Classes

SKIESUnlimited classes for children ages 18 months to 18 years include Tae Kwon Do, private piano lessons, creative dance and ballet/tap. Call 221-3381 for dates and times.

## 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.

## Horseback Riding Lessons

The Equestrian Center offers both private and group lessons for Western and English style. Therapeutic riding lessons are also available and taught by certified instructors. Horses, saddles and tack for lessons will be provided if needed. Patrons must be at least 7 years old. Call 224-7207.

## 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.

## Parent Central Customer Service

JBSA-Fort Sam Houston Parent Central assists walk-in patrons from 8 a.m. to 5 p.m. Parent Central is located in building 2797, on Fort Sam Houston. Call 221-4871.

## School Liaison Office

The JBSA-Fort Sam Houston School Liaison Office can assist patrons in registration, provide information about the local school system and community, educate parents on school policies, procedures, programs and schedules and home schooling. Visit <http://www.footsammwr.com/youth/slo.html> or call 221-2214.

## Library Story Time

Preschool children are invited to the weekly story time at 10 a.m. Thursdays, at the Keith A. Campbell Memorial Library, building 1222 on Harney Path. Call 221-4702.

## Game Time at the Library

Gamers can play Xbox, Wii, PS3 and classic board games 5 p.m. the second Friday of each month at the Keith A. Campbell Memorial Library. Call 221-4702.

## Thrift Shop Open

The JBSA-Fort Sam Houston Thrift Shop at 3100 Zinn Road, run by the Spouses' Club of the Fort Sam Houston Area, is open 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>.

## Pet Consult Services Available

The JBSA-Lackland Veterinary Treatment Facility provides animal behavior consult services for family pets. The VTF's military animal behavior resident is scheduling appointments. The Army resident can assist pet owners with understanding their pet's behavior, and preventing, managing, or resolving pet behavioral problems. Common problems may include aggression, fear, anxiety, hyperactivity, inappropriate elimination and tail chasing. Call 671-3631 or 671-2245.

## Did you know?

# Running safety on Joint Base San Antonio

The use of portable headphones, earphones, cellular phones, digital audio players or other listening and entertainment devices (other than hearing aids) while walking, jogging, running, bicycling, skating or skateboarding on Joint Base San Antonio installation roadways is prohibited. Use of listening devices impairs recognition of emergency signals, alarms, announcements, approaching vehicles, human speech and outside noise in general, according to Air Force Instruction 91-207, USAF Traffic Safety Program. In addition, individuals jogging, running or walking on roadways at night or in inclement weather (e.g., fog, rain, sleet, snow, etc.), will wear clothing/accessories containing retro-reflective properties visible from the front and back. All persons who ride a bicycle, tricycle, or other human powered vehicle, including motorized bicycles, on an Air Force installation roadway, to include flight lines will wear a highly visible outer garment during the day and outer garment containing retro-reflective material at night. Headsets and personal stereos are prohibited when wearing physical fitness uniforms, in accordance with specific service regulations. At JBSA-Randolph, joggers are reminded to yield to both aircraft and vehicle traffic when crossing the south crossover.

# OUTSIDE THE GATE

## 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 under-

standing of sexual victimization and the healing process. The group meets from 6:30-8 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 6-7:30 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.

## 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 Café,

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.



### FOR SALE:

New large, NFL blanket, \$10; metal chaise lounge with wheels, reclining adjustable back, black finish, with new cushion, \$76; hand-craft-

ed metal table with black marble top, 37 inches long, 16 inches wide, 32 inches high, \$75; Penmate dog crate for large dog, \$85; new Oakley sun glasses, iridium, 99 percent ultra violet protection, includes new hard case, \$76. Call 313-0061.

**FOR SALE:** Anniversary clock with

glass dome, revolving pendulum movement, perfect condition, \$50 obo. Call 771-7480.

**FOR SALE:** 1999 Harley Davidson 1200 Sportster Sport, custom 2-1 Thunderheader exhaust, Performance Machine dual front brake system, custom front turn signals

and mirrors, removable windshield, excellent condition, \$3,600. Call 605-999-9494.

**FOR SALE:** DXG Luxe 1080p full HD pocket camcorder with many accessories including HDMI cable to connect to TV, \$75 obo. Call 688-2445.

# Safety, health officials promote responsible driving during holidays

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

As the holiday season is in full swing and many people celebrate it by taking vacation, travelers and others often cram onto the roadways, making them potentially dangerous places to be if drivers are not extra careful.

December is National Impaired Driving Prevention Month – which raises awareness on drunken and drugged driving – and Joint Base San Antonio health and safety officials advised drivers to keep alcohol and drugs out of their system, considering 1.2 million people were arrested for being under the influence of both in 2011, according to the FBI.

“When a person plans to drive, no alcohol is ap-

propriate since judgment decreases once alcohol consumption begins,” said Master Sgt. Jennifer Hoag, 359th Medical Operations Squadron Mental Health Flight superintendent.

In 2004, the Air Force developed the 0-0-1-3 program: zero underage drinking offenses, zero drinking and driving incidents (DUIs), one drink per hour and three drinks per evening – even at house parties.

But most importantly, “if members plan to drive, zero drinks,” said Tech Sgt. Cathy Zimmerman, 502nd Air Base Wing ground safety technician. “If they are going out in a group or to meet a group, the \$30 or so for a cab is a lot cheaper than thousands of dollars or even possibly the life they could lose in choosing to drink and drive.”

The Air Force imple-

ments a zero tolerance policy for alcohol/drug intake and driving because “it is a preventable issue when individuals have plans in place,” Hoag said.

Drugged driving includes driving under the influence of over-the-counter drugs, prescription drugs or narcotics.

Research shows that drugs, even those prescribed by a physician, can impair perception, judgment, motor skills and memory, according to the Office of National Drug Control Policy.

Additionally, alcohol and drug abuse is not corralled to a specific age group, Hoag said, so stopping it from happening may come down to having a strong support system via being a good wingman.

“The wingman concept should not be focused on preventing negative con-

sequences, but to actually promoting more healthy behaviors and lifestyles,” she said. “If an individual focuses on maintaining a healthy lifestyle, then driving impaired and other negative behaviors will not be an issue.”

“Be there to look out for one another, to essentially have each other’s back,” Zimmerman said. “No amount of alcohol or drugs is worth losing a career or a life over.”

To eliminate DUI/DWI in the local area, JBSA operates Armed Forces Against Drunk Driving, which is a volunteer-driven service that provides free rides home to all Department of Defense ID cardholders after basic information is gathered from callers.

To contact the group for more information or to sign up as a volunteer, call 309-8767 or email [afadd.jbsa@gmail.com](mailto:afadd.jbsa@gmail.com).

## 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, 5584 Dodd Blvd.  
8:30 a.m. - Samoan  
10:30 a.m. - Gospel

##### Army Medical Department Regimental Chapel

Building 1398, 3545 Garden Ave.  
9:20 a.m. - 32nd Medical Brigade  
Contemporary Service  
11 a.m. - Contemporary “Cross-roads”

##### Brooke Army Medical Center Chapel

Building 3600,  
3551 Roger Brooke Rd.  
10 a.m. - Traditional

### CATHOLIC SERVICES

#### Daily Mass

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

#### Main Post (Gift) Chapel

Building 2200, 2301 Wilson Way  
11:30 a.m., Monday through Friday

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

## FIRE from P18

of lights should be connected to an extension cord before the cord is plugged into an outlet.”

It's also important to use nonflammable or flame-retardant decorations, Smith said.

Candles are another prevalent safety hazard during the holidays, said Cody Fein, JBSA-Randolph Fire Emergency Services assistant chief.

“December is the peak time of year for home candle fires,” she said. “In December, 11 percent of home candle fires began with decorations compared to 4 percent the rest of the year.”

Fein recommended the use of battery-operated flameless candles.

“They look and smell

### 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

1:15 p.m. - Jummah, Friday,  
AMEDD

### LATTER DAY SAINTS SERVICES

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

### BUDDHIST SERVICES

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

real,” she said. “Flameless candles can give you safety and decoration without the hazards of open flames around children and surrounding materials.”

When real candles are used, they should be handled with care, Smith added.

“If you do use lit candles, make sure they are in stable holders and place them where they cannot be easily knocked down,” he said. “In addition, never leave the house with candles burning and never place lighted candles on a tree.”

Smith's overall message for fire safety during the holidays is to stay vigilant and use good common sense.

“If it seems unsafe, it probably is,” he said.