

FORT SAM HOUSTON News Leader

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



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COMBAT MEDICS



Photo by Lori Newman

A Soldier performs a needle chest decompression to treat a collapsed lung on a simulator as part of his combat medic training. For story and more photos on how Soldiers train to become combat medics, turn to pages 10-11.

BAMC recognized as a 'Top Wired' hospital for second consecutive year

By Maria Gallegos
BAMC Public Affairs

For the second straight year, Brooke Army Medical Center was officially recognized as a "Top Wired Hospital in the United States" in the Hospitals and Health Networks magazine's Most Wired Survey 2013.

BAMC was one of four U.S. Army Medical Command facilities selected out of 1,713 hospitals throughout the United States that were surveyed. Only 289 hospitals received

the recognition.

The hospitals were evaluated in four areas: infrastructure; business and administrative management; clinical quality and safety (inpatient/outpatient services hospital) and clinical integration (ambulatory/physician/patient/community).

The survey notes that the nation's most wired hospitals are leveraging the adoption and use of health information technology to improve performance in a number of areas

"The methodology sets specific

requirements in each of the four focus areas," said Lt. Col. David Broyhill, BAMC chief information officer. "If any of these requirements were not met, the organization did not achieve the 'Most Wired' designation.

"The survey results demonstrate that BAMC, which includes all Army facilities in San Antonio (San Antonio Military Medical Center and Army outpatient health clinics), is focused on expanding and adopting

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New commander shares game plan for JBSA

By Airman 1st Class
Lincoln Korver

 Joint Base San Antonio-Randolph
 Public Affairs

Though some commanders would have lost a bit of optimism when faced with sequestration, civilian furloughs and a real-world active shooter incident that occurred on Joint Base San Antonio-Fort Sam Houston on the eighth day of his new assignment, Brig. Gen. Bob LaBrutta, JBSA and 502nd Air Base Wing commander, is "completely honored and excited to have this opportunity to serve."

As a former 37th Mission Support Group commander at what was then Lackland Air Force Base (presently JBSA-Lackland), LaBrutta helped develop the "game plan" and was in the initial construct meetings for what would be JBSA, the largest joint base in the Department of Defense.

"I knew this job was going to be big and complex because I was part of the team that formulated how JBSA would work," LaBrutta said. "However, I didn't know the magnitude and scope of responsibility that I'd really have until I got here and sat in the seat."

As the JBSA and 502nd ABW commander, LaBrutta is responsible for supporting all missions within JBSA, which encompasses four primary locations, more than 200 mission partners and 80,000 employees.

Despite fiscal constraints, LaBrutta said he looks forward to working with the outstanding

professionals who are making the mission happen throughout JBSA.

The best perspective comes from having "boots on the ground," LaBrutta said.

"I need to make sure I get to each of the JBSA locations and understand the work forces' perspective so that I can provide them with the tools, equipment and resources they need to be successful," he said.

LaBrutta said he believes that JBSA can be "the lead" for all joint bases.

"I am aware there are skeptics regarding joint basing," he said. "My job is to find the problems and disconnects that are occurring, then figure out solutions that will make joint basing as effective at delivering installation support to our mission partners as possible. I firmly believe that if we can propel the 502nd Air Base Wing and Joint Base San Antonio into being more successful, then the other 11 joint bases will learn from our efforts and improve as well."

Along with streamlining processes and providing installation support, LaBrutta is dedicated to making sure all 502nd ABW and JBSA members are prepared for every situation.

Referring to the real-world active shooter


Photo by L.A. Shively

Brig. Gen. Bob LaBrutta, Joint Base San Antonio and 502nd Air Base Wing commander, said he looks forward to working with the professionals throughout JBSA.

incident June 10 at JBSA-Fort Sam Houston, LaBrutta said, "It was a real eye opener."

"However, our intense Exercise and Training programs prepare us to respond," he said. "This is the lifeblood of what we do in the military. We exercise and train so that we are ready to fight."

Even though LaBrutta had taken command for only a few days before the shooting, he said that he had total trust in the team who, together with their San Antonio Police Department partners, made great calls and appropriate response decisions that led to the quick apprehension of the suspect and proactive medical treatment for the victim.

"In my other wing and group command jobs, I had never dealt with a real-world active shooter, and it was certainly a different experience," he said. "Now that we have this incident under

our belts, we hope that it doesn't ever happen again, but it's actually reassuring to know that we are prepared if it does."

LaBrutta, while recognizing there will likely be a few bumps in the road, says he feels ready for this assignment.

"I am very fortunate, lucky, privileged and honored to be able to command again," he said.

"I know the challenges are significant, so we're just going to have to do things differently than we have in the past," LaBrutta said. "Because of the fiscal constraints, we'll have to be more creative, find alternative approaches to getting the job done and focus our limited resources on our highest priorities. The bottom line is that although we may have to do less, we are not going to execute our mission less well."

LaBrutta, who is an outspoken advocate of the Air Force core values,

says all uniformed and civilian members, regardless of service, should know they are leaders and should never lose the sense of pride they felt when they first raised their hand and swore to serve and support their nation.

"My definition of a leader is not rank," LaBrutta, a prior-enlisted Airman, said. "I believe a leader is a person who regardless of pay grade or position is someone I want to follow willingly because they are

passionate about their mission and people, and because they understand how critically important the mission is for our nation. Whatever level you're at in an organization, you're a leader and you can make a powerful, positive difference."

Determined to never stray from his definition of a leader, LaBrutta says he will always treat everyone with dignity and respect.

"I'm not the type to say 'I will give 110 percent,' because all I have is 100," he said, "but I can guarantee that I'm going to give every bit of that 100 percent every single day. I love what I do and I feel grateful to be serving in this capacity. I hope to bring a positive impact from a leadership perspective - encouraging and inspiring others to join me in executing this great installation support mission we have."



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News Briefs

Rambler 120 Teams

Joint Base San Antonio's premiere adventure race, the Rambler 120, takes place Oct. 5 and participants can register now through Sept. 20. Entry forms are available at the JBSA-Randolph Rambler Fitness Center, Building 999, and the Community Services Mall, Building 895. Participants can also print a registration packet, which is available online at <http://www.randolphfss.com>. For more information, call 267-7358.

AMEDD Regimental Social

The Fort Sam Houston Audie Murphy Club is sponsoring the U.S. Army Medical Department Regimental Social at 5 p.m. Thursday at the AMEDD Museum, 2310 Stanley Road, Building 1046. Cost is \$5 and dress is duty uniform for military and casual for civilians. Tickets can be bought from AMEDD representatives and at the door. Light snacks and beverages will be served. For more information, call 326-9421, 808-2179 or 808-0941.

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.

Commander's Action Line

The Action Line is your avenue for addressing issues you've been unable to resolve through your chain of command or an appropriate agency. It also allows you to give feedback and recognize outstanding people and units. Leave your name and telephone number or email address so officials can obtain more information to help resolve the issue. To submit an Action Line comment, email your local

See **INSIDE, P6**

Conservation critical: Stage 3 water restrictions in effect across JBSA

By **Steve Elliott**
JBSA-Fort Sam Houston
Public Affairs

The Bexar County index well J-17 – the official well for recording groundwater elevations in the San Antonio Pool of the Edwards Aquifer – fell to 640.2 feet mean sea level as of Monday.

This was the trigger that sent all three Joint Base San Antonio locations into Stage 3 water restrictions.

The J-17 well is actually housed in a nondescript building on Fort Sam Houston, just

off Harry Wurzbach and near the Fort Sam Houston National Cemetery. It serves as the official well for recording groundwater elevations in the San Antonio Pool of the Edwards Aquifer, according to the Edwards Aquifer Authority website (<http://www.edwardsaquifer.org>).

J-17 is the most cited and recognized in a network of observation wells maintained by the Edwards Aquifer Authority to monitor aquifer conditions in Uvalde, Medina, Bexar, Comal and Hays coun-

ties. Water level readings at J-17 are continuously recorded and monitored by the Edwards Aquifer Authority, the website stated.

The JBSA base civil engineer declared Stage III in accordance with the current JBSA Drought Management Plan and Biological Opinion issued by the U.S. Fish and Wildlife Service.

The biological opinion limits JBSA's water draw from the Edwards Aquifer in order to protect eight endangered species which live in the aquifer and its associated

springs. These species can only survive when aquifer levels and spring flows are adequately maintained.

The changes facing homeowners off base and residents of on-base housing from Stage 2 are substantial.

"All the Stage 2 restrictions are still in place. In addition, irrigation is now once every other week with watering times from 3 to 8 a.m. and 8 to 10 p.m.," said Aaron Farmer, 502nd Civil Engineer Squadron. "This will be done with an irriga-

tion system, sprinkler or soaker hose, and only on your designated watering day.

In Stage 3, the watering days are:

- Address/facility number ends in 0 or 1, Monday is the watering day;
- Address/facility number ends in 2 or 3, Tuesday is the watering day;
- Address/facility number ends in 4 or 5, Wednesday is the watering day;
- Address/facility

See **WATER, P13**

Task Force 51 reaches out to National Guard partners

By **Randy Mitchell**
Army North Public Affairs

Response to devastating storms or catastrophic events requires not only an enormous effort, but a tremendous amount of teamwork

from local, state and federal agencies.

Preparation for catastrophic disasters – such as major hurricanes or man-made disasters – has been in the works for years.

The military, spe-

cifically U.S. Army North (Fifth Army), has a dedicated staff and mission built to foster relationships throughout the nation with the Federal Emergency Management Agency, state emergency management offices and

state officials as well as other military services and state National Guard units.

Task Force 51 is a dedicated staff of Army professionals, assigned to Army North, prepared to provide immediate aid

upon request of federal or state authorities. The unique unit provides command and control for any military forces requested to support a catastrophic disaster

See **TASK, P15**



Photo by Patti Bielling

Members of U.S. Army North's Defense Coordinating Element VII coordinate efforts with other agencies in the New York City emergency management operations center Nov. 7. The DCE VII team from Kansas City, Mo., was in New York City to coordinate federal military support for the five boroughs following Super Storm Sandy. The Department of Defense is part of the federal military team providing support to the states affected by the massive storm.

32nd Medical Brigade holds Best Warrior competition

By Esther Garcia
AMEDDC&S Public Affairs

Eleven noncommissioned officers and three Soldiers competed in the 32nd Medical Brigade Best Warrior Competition at Joint Base San Antonio-Camp Bullis June 28-29, with Staff Sgt. Seamus Bradley and Pfc. Rafael Martinez chosen to represent the brigade at the U.S. Army

Medical Command level competition.

Day one of the competition began with the Army physical fitness test, weapons qualification with the M16 rifle, daytime land navigation, a multiple-choice test and an essay. It wrapped up with the night land navigation which – for some – did not end until 6 a.m. the following morning.

After the second day began with a six-mile road march through hills and uneven terrain, the competitors were tested in their knowledge of medical skills, warrior tasks and battle drills.

Testing began with the assembling and reassembling of the M16 rifle, reacting to enemy indirect and direct fire, reacting to an explosive device and the treatment

and the evacuation of a wounded Soldier.

The next competition – a mystery event the competitors had no prior knowledge of – tested the knowledge of the components of a field ambulance.

The final test was an oral board that consisted of a five-member panel of senior NCOs that covered 23 subject areas and consisted of four situational questions from each area.

“It was very difficult. The hills were steeper than I thought they would be, the terrain was rougher and the rocks were bigger,” said Bradley, who finished the road march in 1 hour and 17 minutes. “After having been up for so long doing land naviga-

See WARRIOR, P5

WARRIOR from P4

tion, it was the hardest road march I've ever done."

Command Sgt. Maj. Jayme Johnson of the 32nd Medical Brigade presented various prizes and awards to the winners and certificates of appreciation to all the participants at a special ceremony held at Beethoven Halle und Garten July 3.

"I want to thank my company commander, my first sergeant and all the NCOs for always teaching me how to maintain myself and be a good soldier," Martinez said. "They showed me the right way to do things and taught me everything I need to know to be a good Soldier and how to conduct myself off duty."

"I want to thank my fellow competitors ... you



Photo by Esther Garcia

Staff Sgt. Seamus Bradley pulls a wounded Soldier to safety during Best Warrior competition at Joint Base San Antonio-Camp Bullis June 29.

definitely raised the bar," Bradley said. "I was chasing you the whole time, trying to figure out where I stood. Every

time I turned around, someone was doing something better. It was a team effort and a fun event."

News Briefs

Continued from P3

public affairs office at JBSA-Fort Sam Houston, usaf.jbsa.502-abw.mbx. fsh-public-affairs-office@mail.mil; at JBSA-Lackland, 502abw.paola.inbox@us.af.mil; and at JBSA-Randolph, randolphpublicaffairs@us.af.mil.

Pools implement swimming fees

All swimming pools throughout Joint Base San Antonio have implemented swimming fees, except for lap swimming and training. Fees are: \$2 for all-day child pass (10 years and under), \$3 all-day daily entry per adult, \$35 all-season military student pass, \$45 all-season individual season pass, \$85 all-season family pass (for three persons, \$10 each additional family member) and \$65 for eight swimming lessons. For pool parties of less than 50, cost is \$75 per hour, which includes two lifeguards. For 50 or more people, an addition \$25 an hour is charged, which includes an additional lifeguard. For more information, call the Aquatic Center at 221-4887 or the Jimmy Brought Fitness Center at 221-1234.

AFOSI Mobile App

Suspicious or illegal activity can be anonymously reported directly to the Air Force Office of Special Investigations using a mobile phone application or by texting 'AFOSI' and the tip to 274637 (CRIMES) in a text message. Of special concern to Air Force officials are violent crimes against Air Force members, sexual assaults and drug use. Once downloaded, a video describes the app's features to emphasize its secure use and value to the Air Force and law enforcement agencies. Individuals can find the app in both the Android and Apple store as "TipSubmit Mobile." The direct link to the anonymous Internet tip line is <https://www.tipsubmit.com/WebTips.aspx?AgencyID=1111>.

CPAC Furlough Call Center

The Joint Base San Antonio-Fort Sam Houston Civilian Personnel Advisory Center has a Furlough Call Center at 466-3065 or 221-1425. People can also send an email to usarmy.jbsa.hqda-cpac.mbx.inquiry@mail.mil or visit the CPAC website at <http://www.samhouston.army.mil/cpac/>.

717th MI Battalion changes commanders

By Gregory Ripps
470th Military Intelligence Brigade
Public Affairs

Underlining its designation as "Alamo Station," the 717th Military Intelligence Battalion conducted its change of command July 10 on the grounds of the Alamo.

In the traditional passing of the colors, Lt. Col. Jay Haley succeeded Lt. Col. Joseph Kushner as commander of the 470th MI Brigade's signals intelligence battalion. The brigade's commander, Col. Pierre Gervais, served as presiding officer for the ceremony.

"Lt. Col. Kushner's mastery of mission command and ability to think asymmetrically has created an agile intelligence unit," Gervais said. "Through his superb leadership,



Photo by Gregory Ripps

Lt. Col. Jay Haley receives the colors of the 717th Military Intelligence Battalion from Col. Pierre Gervais (right), 470th MI Brigade commander, in a change of command ceremony on the grounds of the Alamo in downtown San Antonio July 10.

unparalleled dedication and unrelenting tenacity, he routinely and

effectively identified, trained, deployed and reintegrated highly

specialized individuals and small teams in direct support of special operations and conventional forces with zero loss or incident."

In describing the incoming commander, Gervais said Haley comes well prepared and exceptionally qualified for this command.

"He has served in several key and developmental positions, to include at higher-level headquarters," Gervais noted.

"Most recently he served as the SIGINT officer for Army South G2 (intelligence staff) and was tasked with the revision of SIGINT policy as it applied to expansion of military-to-military relationships with partner nations."

More than 400

Soldiers are assigned to the 717th MI Battalion, making it the largest battalion within the 470th MI Brigade, whose headquarters are located at Joint Base San Antonio-Fort Sam Houston.

The 717th MI Battalion executes its SIGINT mission at various sites, but maintains its Soldiers' barracks at JBSA-Lackland's Medina Annex, where the unit operated until last year.

The unit, which traces its lineage to World War II, relocated from Vint Hill Farms Station, Va., to San Antonio as the 317th MI Battalion in 1974, at which time it requested and received permission from the Daughters of the Republic of Texas, for the "Alamo Station" designation.

MICC stands up 418th Contracting Support Brigade at Fort Hood

By Daniel Elkins
Mission and Installation
Contracting Command
Public Affairs

Officials from the Mission and Installation Contracting Command activated the 418th Contracting Support Brigade during a ceremony July 10 at Fort Hood, Texas.

The 418th CSB activation ceremony was officiated by Brig. Gen. Kirk Vollmecke, the MICC commanding general, who helped uncase the organization's colors with Col. Timothy Starostanko, who assumed command of the brigade as part of the ceremony.

The 418th CSB will be made up of more than 50 Soldiers assigned to 901st Contingency Contracting

Battalion as well as subordinate contingency contracting teams and a senior contingency contracting team.

Starostanko also leads the MICC field directorate office at Fort Hood, which is responsible for subordinate contracting offices aligned to support customers throughout the country.

The activation follows attachment of contracting Soldiers to the MICC in April as part of an integration with contracting centers and offices throughout the Army Contracting Command and MICC that began in March.

The attachment of Soldiers to the MICC and activation of the brigade signal important milestones in the profession-



Photo by Daniel Cernero

Col. Timothy Starostanko (left) and Brig. Gen. Kirk Vollmecke (right) unfurl the colors of the 418th Contracting Support Brigade during an activation and assumption of command ceremony July 10 at the Community Events Center at Fort Hood, Texas. Starostanko assumed command of the 418th CSB and Vollmecke is the commanding general of the Mission Installation Contracting Command at Joint Base San Antonio-Fort Sam Houston.

al development efforts of contracting Soldiers who

work alongside civilian acquisition professionals

and benefit the Army contracting workforce.

Critical Days of Summer campaign highlights boating safety prep, rules

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

Highlighted in this year's Critical Days of Summer campaign, safe boating depends on preparation and following common rules.

"Boating activities involve anything using a watercraft, to include kayaking, fishing, knee boarding and jet skiing," said Marvin Joyce, 502nd Air Base Wing safety and occupational health specialist.

Dangers associated with boating include inclement weather, navigational problems, collisions and drowning, according to Staff Sgt. Gary Lund, 502nd ABW

ground safety technician.

In order to avoid small mistakes that could cost lives, "make a plan," Joyce said. "It's always important to let someone know where you will be."

"Make sure you get training and have a good first aid kit on the boat," he said. "Whether you are on a motorized or non-motorized boat, it's recommended that everybody takes a boater's safety course."

Other essential safety items include life jackets, lights, horns or bells, maps, drinking water, sunglasses, hats and sunscreen, Lund said.

To maintain safety, alcohol should always be avoided during water

activities.

While boating, people are usually exposed to a lot of wind and sun, contributing to the risk of dehydration, Joyce said. A small amount of alcohol can be a dangerous addition to these factors.

With or without alcohol, there are times when it is less safe to go boating; there is also a limit to how long the human body can handle the recreational stresses of boating.

"It takes three to nine hours on the water to tire most people, so make sure to plan outings accordingly," Lund said.

See BOATING, P16

Department of Combat Medic Training prepares Soldier medics for battlefield trauma care

By Lori Newman

JBSA-Fort Sam Houston News Leader

The Department of Combat Medic Training at Joint Base San Antonio-Fort Sam Houston is responsible for training the Army's 68-Whiskey health care specialists, more commonly referred to as combat medics.

Although the Army-specific course is taught through the Medical Education and Training Campus, the curriculum comes from the Army Medical Department Center and School.

Second only in numbers to infantry, there are about 39,000 active duty, Reserve and National Guard combat medics in the Army today. About 6,800 Soldiers will cycle through the DCMT this year.

"Combat medics do everything from morning sick call to treating the most severe battlefield injuries," said Col. Roberto Hennessy, director of DCMT. "Our course is geared around battlefield trauma, because that's what the Army needs."

Once the Soldier medics complete the course, many of them will be assigned to an infantry unit down-range.

"If a casualty can make it from the battlefield to a combat support hospital, they have a 98 percent chance of survival," said Donald Parsons, DCMT deputy director. "Combat medics play a key role in battlefield injury survival."

"Saving people's lives, you can't beat that," said Pfc. Andrew Hardaway, who is currently training to become a combat medic.

Fellow student Pvt. Jessica Elder agreed. "I chose to be a medic because I think the best job is saving people's lives. The Army always needs medics."

Elder said she would like to eventually become a physician assistant and this course will help her progress in her career.

In the first seven weeks of the course, Soldiers learn to become



Photo by Lisa Braun

Students participate in trauma lanes at Joint Base San Antonio -Camp Bullis the final two weeks of the course at Forward Operating Base Courage.

emergency management technicians. This is the same training a civilian would go through to become an EMT.

Before the student can move onto the next phase of the course, they must pass the National Registry EMT exam.

"Our pass rates [for the National Reg-

istry exam] are pretty phenomenal," said Hennessy.

Eighty-five percent pass the initial exam, the colonel explained. The students get three attempts, after that the pass rate goes up to 97 percent.

"The national average [for civilians] is

between 17 to 21 years old, which is the bulk of our students, is 64 percent."

The second part of the course concentrates on tactical combat casualty care. During this phase, students receive a check list of all the different skills they need to master.



Photo by Lori Newman

A student medic studies for the National Registry Emergency Medical Technician exam. The students must pass the exam before advancing to the tactical combat casualty care portion of the course.



Photo by Lori Newman

A student treats a simulated casualty in one of two training rooms. Student medics learn tactical combat casualty care as part of a 16-week course.

"It gives them the step by step by step instructions of how to treat the patient," Parsons said. "The sheet tells them how to treat the injury, and it gives them a timeframe to complete the treatment."

The Soldiers practice these skills on human patient simulators. These simula-

tors cost about \$50,000 each and can move their eyes, legs, talk, breathe and even bleed.

"The simulators replicate real battlefield injuries that they wouldn't be exposed to otherwise, because we can't get them all into a trauma room at Brooke



Photo by Dwite Wehrman

Students treat a mock casualty at Forward Operating Base Courage at Joint Base San Antonio-Camp Bullis. During the final two weeks of the course, students must go through a graded trauma lane to pass the course. Each student must be able to assess and treat a severely wounded simulated casualty within a specified amount of time and do it correctly.



Photo by Lori Newman

A future combat medic practices his skills in one of the two re-vamped training rooms at the Department of Combat Medical Training. The students must learn to complete a combat casualty assessment, how to apply a tourniquet, initiate a direct IV and dress severe battlefield wounds.

Army Medical Center," Hennessy said.

The DCMT recently revamped the two training areas set up to emulate the environments Soldiers may encounter when they deploy.

One of the areas resembles an Iraqi village. The other is like the mountainous

terrain in Afghanistan.

"The set designers for SeaWorld helped design these training areas," Hennessy said.

"It's more realistic," said instructor Sgt. 1st Class Chimere Richardson. "It puts them in a mind frame of what they are going to see on the battlefield. They come in here and actually get hands-on experience."

The room is dark and full of smoke, loud music is playing and strobe lights are flashing while the students are working on the human patient simulators strewn throughout the rooms, as intermittent gunfire rings in their ears.

"The simulators are automated. It gives the students a sense of working on a real person," said instructor Staff Sgt. Alex Jensen.

Students must learn to complete a combat casualty assessment, how to apply a tourniquet, initiate a direct IV and dress the most severe battlefield wounds.

The medics also learn complex medical procedures such as how to perform an emergency cricothyroidotomy, cutting an airway into the patient's throat, as well as needle chest decompression.

The Soldier medics practice the skill sets multiple times, then they are tested on each one. Testing is conducted on a one-to-one basis, one instructor per student.

"If they don't pass the first time, an instructor will train them up on the skill set and they will try again. They get three tries to perform the skill correctly," Parsons said.

The final two weeks of the course, the students go to a mock forward operating base called "FOB Courage" at JBSA-Camp Bullis.

"That's where they put everything together," Hennessy said. "They participate in mass casualty exercises to learn how to work as a team."

In order to graduate, the students must pass a trauma lane. They must be able to assess and treat their patients in a certain amount of time and do it correctly, Hennessy explained.

The students have three tries and if they don't pass, they can take the course one more time. The course currently has an 88 percent pass rate.

"It's easy to teach someone a skill, but it's harder to teach them to think," Hennessy said. "They need to learn not only how to do them, but when they need to be done."

White-tailed deer stand drawing coming up at JBSA-Camp Bullis

By Steve Elliott
JBSA-Fort Sam Houston
Public Affairs

The annual white-tailed deer stand drawing at Joint Base San Antonio-Camp Bullis is scheduled for 9 a.m. Aug. 3 at the Air Force Reserve Command drill hall, Building 5044.

"This is a single consolidated archery and rifle drawing," said Bryan Hummel, a natural resource technician with the 502nd Civil Engineer Squadron. "Anyone interested in hunting white-tailed deer must be present on this drawing date to assign individual hunting areas."

Individuals will be issued a unique identification number between 8 to 8:45 a.m. Those who don't have a ticket

by 8:45 a.m. will not be allowed to participate in the drawing. The natural resource manager will keep the official time.

"In the event of inclement weather or training priority, the drawing will still continue, rain or shine," Hummel said. "An alternate building location will be determined based on availability at that time."

To hunt at JBSA-Camp Bullis, a person needs to have a valid Department of Defense identification card, a hunter's education certificate, a valid Texas hunting license and a JBSA-Camp Bullis annual permit and activity card.

Texas Parks and Wildlife offers bow and gun hunter's education courses. For class schedules and locations, check their website at <http://www>.

tpwd.state.tx.us/outdoor-learning/hunter-education or call 800-799-1112 or 512-389-4800.

Individuals may draw for no more than one hunting stand location per year. Youth hunters between 12 and 16 years of age may draw for their own individual stand at their parent or legal guardian's discretion. All youth hunters under 12 years of age will hunt from their parent or legal guardian's stand.

In the event a hunter cannot attend, they may designate a proxy to select their location, providing that the proxy has the proper identification.

Once an individual stand is assigned, it remains that individual's for the entire white-tailed deer season unless they voluntarily turn it in or

if it is forfeited due to a violation.

Hunters drawn for a gun or archery stand must purchase their permit no later than Sept. 1. Any stand not paid for by this date will be offered to persons on the standby list starting Sept. 2.

"If a stand is offered to a standby hunter they will have 21 days from the notification date to pay or that stand will be offered to the next person on the list," Hummel added.

Additional information on this and other hunting opportunities can be found in the complete hunting guide available by contacting the Outdoor Recreation Center at 295-7577.

The Armed Forces Reserve Center is located building number 5044. Parking will be in the

"G" designated parking lot immediately in front of the building. Hunters can enter through the main entrance facing the parking lot and follow the signs to the drill hall.

Numbers will be drawn in random order until all stands are issued. As an individual's number is drawn, they will choose from the remaining stands identified on a single map.

Individuals can choose either a rifle or an archery stand from the ones available, but may only hunt with the weapon type for the stand selected. There is no archery hunting in rifle designated areas or vice versa.

Once an individual stand is assigned, that person keeps it for the entire white-tailed deer season, unless they

voluntarily turn it in or if it is forfeited due to a violation.

If more than 218 individuals are present, an additional 25 numbers will be drawn to determine a standby order in the event a stand goes unclaimed or becomes available later in the season.

In the event there are more than 25 unclaimed stands, they will then be offered on a first-come, first-serve basis until all are filled.

Permits will not be sold on the day of annual drawing, but they will be sold during the dates and timeframes identified previously in the hunting guide. Hunters drawing for a gun or archery stand must purchase their permit no later than Sept. 1.

WATER from P3

number ends in 6 or 7, Thursday is the watering day;

- Address/facility number ends in 8 or 9, Friday is the watering day.

"Use of portable yard pools is prohibited, as well as fire hydrant and sewer flushing," Farmer added. "Government-operated vehicles are allowed to be washed once per month and no new planting is allowed."

Additionally, there will be no watering on weekends with a sprinkler, soaker hose or irrigation system.

According to the SAWS website (<http://www.saws.org/conservation/drought-restrictions/StageThree>.cfm), use of fountains, waterfalls, or other aesthetic water features – outdoors or indoors – is prohibited, unless a variance has been granted for

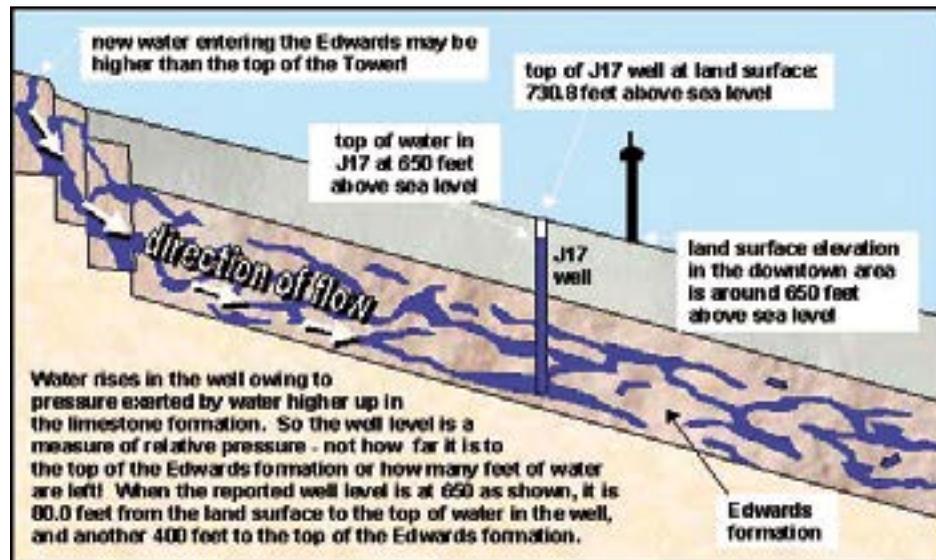


Illustration courtesy Edwards Aquifer Authority

100 percent non-potable water use.

Watering rules must be strictly adhered to and people found in violation of these measures will be held accountable, Farmer stressed.

The Joint Base San Antonio Drought Man-

agement Plan is on the 502nd Air Base Wing website at <http://www.jbsa.af.mil/shared/media/document/AFD-120516-024.pdf>.

"JBSA personnel should not confuse the JBSA water restrictions with the SAWS restriction

levels," Farmer stressed. "The JBSA water restrictions are more stringent and begin sooner than SAWS restrictions.

"JBSA Stage IV of water restrictions will occur when the J-17 level reaches 640.5 feet," Farmer added. "As we get

into these more severe stages, we'll need everyone's help to conserve."

JBSA is currently in consultation with the U.S. Fish and Wildlife Service to make updates to the Biological Opinion and JBSA Drought Management Plan.

The updated documents will better align with the surrounding community's trigger levels and drought management plans to reduce confusion and provide unity of effort across the region.

The JBSA Hotline Conservation Hotline at 466-4H2O (466-4426) allows for reporting of water abusers and will bring potential disciplinary measures to violators, Farmer said.

This water point of contact will respond to calls, investigate, annotate abuse and inform the resident, facility manager or responsible individual

of the problem, Farmer said. The POCs will then report the problem to the 502nd ABW, with further action coordinated from this point.

For people who live off base, SAWS has an online form to report water wasters at <http://www.saws.org/conservation/waterwaste/reportform>.cfm. These offenses can lead to citations and fines for homeowners and businesses not following the rules.

To report off-base water and sewer emergencies, including main breaks, any time of day or night, call 704-SAWS (7297) for an immediate response.

For more water-saving tips, check out these websites: <http://www.WaterUsetWisely.com> (111 ways to conserve), <http://www.E-PA.gov> and <http://SAWS.org> (more information on water conservation).

Alamo serves as backdrop for 5th Recruiting Brigade change of command

By L.A. Shively
JBSA-Fort Sam Houston
Public Affairs

Bright sunlight shot across the Alamo courtyard in downtown San Antonio July 12, highlighting a change of command ceremony for the Army's 5th Medical Recruiting Battalion as Lt. Col. Bernita Hightower accepted the battalion colors from Col. Kerrie Fristoe, signaling her acceptance of command.

Fristoe, commander of the U.S. Army Medical Recruiting Brigade, received the colors

from outgoing battalion commander, Col. Clinton Schreckhise as he relinquished his responsibility for the battalion, then passed them on to Hightower.

"Bernita is another seasoned leader with a tremendous background. She fully understands the needs of the Army and that it takes an entire health care team to serve our patients," Fristoe said.

"There is no doubt, that under the leadership of Lt. Col. Hightower, the 'Titans' will achieve even greater

mission success."

"The Alamo is an appropriate location," said Schreckhise, alluding to the 13-day standoff the volunteer Texians and Tejanos held in 1836 against Mexican Gen. Antonio Santa Ana during the Texas Revolution.

"They did so because they believed in their cause. They came together and committed to one another."

"I'm not saying medical recruiting is engaged in the same kind of fight, but every day our

See 5TH, P16



Photo by L.A. Shively

Col. Kerrie Fristoe, left, commander of the U.S. Army Medical Recruiting Brigade, passes the 5th Medical Recruiting Battalion colors to Lt. Col. Bernita Hightower signaling Hightower's acceptance of command for the battalion. The change of command ceremony took place July 12, at the Alamo Plaza in downtown San Antonio.

WIRED from P1

information technology that protects patient data and optimizes patient flow and communications,” Broyhill added.

“BAMC’s designation as ‘Most Wired’

for the second year in a row underscores our continued commitment to leverage information management/information technology tools and resources to enable, transform and support our healthcare team to

provide exceptional and first-class care to our beneficiaries and wounded warriors,” said Maj. Richard Clark, BAMC chief medical information officer.

“This is a great recognition for the hard

work done by numerous individuals,” said BAMC Commander Col. Kyle Campbell.

“It is a well-deserved acknowledgment in keeping up with the constant change and improvements in information

technology, with patient satisfaction in mind at all times.”

Other Army facilities selected include Madigan Army Medical Center at Joint Base Lewis-McChord; Wash., Womack Army Medical Center at

Fort Bragg, N.C.; and Tripler Army Medical Center located near Fort Shafter, Hawaii.

The University Health System, a civilian hospital in San Antonio, was the only other local hospital selected.

TASK from P3

within the United States or its territories.

Maj. Gen. Charles Gales Jr., TF51 commander, has been taking that message to various state Guard leaders since January. Gales – a National Guardsman himself – and members of his staff have met with Guard general officers from Alabama, Louisiana, Mississippi and Texas.

“The opportunity to meet face-to-face with these various leaders provides an excellent opportunity to not only get to know one another on a personal level but to talk through the disaster response process while developing an understanding of each other’s capabilities,” Gales said.

Building relationships such as this can pay huge dividends in the event the forces are called upon in time of need.

“We have a great working relationship with ARNORTH and it always helps to have a familiar face with whom to work and plan,” said Maj. Gen. Perry Smith, the Adjutant General for Alabama.

These meetings provide the Guard, as military first responders, the opportunity to understand how unique active-duty military capabilities can be brought in to support them during a catastrophic disaster – if needed.

Those capabilities range from medical support, to aviation assistance in moving equipment, people or patients,

to getting needed life-sustaining supplies to people in need.

“Louisiana knows firsthand the importance of working with local, state and federal partners when it comes to emergency response,” said Maj. Gen. Glenn Curtis, the Adjutant General for Louisiana.

TF51 also has the ability to bring joint forces in to help during a disaster, meaning it can request assistance from the Army, Air Force, Navy, Marines or Coast Guard.

“We discuss the process in requesting federal assistance, what capabilities we can bring to help, and how to receive them in an expedient manner to assist in life-saving and life-sustaining operations to help the communities affected by a disaster,” Gales said.

“Building relationships and understanding the capabilities of what each partner brings to the response effort is critical to ensuring that our efforts are synchronized, deliberate and capable of responding during the most difficult of situations,” Curtis said.

Managing expectations at all levels is important during a catastrophic event.

“We want to ensure we’re not only providing the right capabilities needed, but that we’re also getting the right people to the right place at the right time,” Gales said.

“We all have one common goal – employ forces



Photo by Sgt. Edward Garibay

Maj. Gen. Charles Gales (left), commander, Joint Task Force 51, speaks to staff members at the Tactical Operations Center at Fort Bliss, Texas, during a situational brief May 22. JTF-51 is part of U.S. Army North (Fifth Army) and is based out of Joint Base San Antonio-Fort Sam Houston.

“Hurricane Sandy was an example of how we have moved forward in working with our local, state and federal partners in planning and anticipating needs for future catastrophic disasters.”

Maj. Gen. Charles Gales, commander, Joint Task Force 51

to help those affected in the most efficient and expedient way we can.”

One of the most effective ways Gales said he provides to help state Guard leaders understand the assistance TF51 can provide is by observing the states during a disaster exercise. It allows him to understand not only what forces can be brought into help but how to request them.

“TF51’s participation in our annual hurricane disaster preparation enables the Alabama National Guard to review how it would access federal ca-

pabilities in the wake of a truly catastrophic event,” Smith said.

“We’ve worked with many different agencies – local, state and federal – for so many disaster responses over the years; it is the working relationships we’ve developed in those disasters and in countless exercises that make a response and recovery effort seamless and effective for the people of the State of Alabama.”

The active-duty military has robust capabilities that always prepared to assist. However, they must

be requested to provide support in the event of a disaster.

The request typically comes through FEMA, to the Department of Defense, and then is worked through several channels for approval before TF51 can provide support, Gales said.

“Although the process may seem wieldy,” he said, “it actually flows quickly when all agencies work together.”

Hurricane Sandy was a good example of how the U.S. Army Corps of Engineers worked closely with local, state and federal

agencies to rapidly identify the need for pumping assets to get the water out of affected areas.

The military was able to facilitate the mobilization of 100 pumps from across the Department of Defense within 12 hours, bringing 630 Soldiers, Sailors, Airmen and Marines to remove nearly 13 million gallons of water out of critical infrastructure and public housing areas – while moving more than 4.9 million pounds of debris to get the pumps in place.

“Hurricane Sandy was an example of how we have moved forward in working with our local, state and federal partners in planning and anticipating needs for future catastrophic disasters,” Gales said.

“The goal continues to be building trusting relationships among all first responders at local, state and federal level to ensure Americans affected by disasters are taken care of immediately. Supporting those folks in saving lives is our top priority.”

Building those trusting relationships also enhances relationships within local communities.

“I have no doubt that Louisianans have confidence that their civilian and military leadership are ready and able to assist them in times of need,” Curtis said.

Plans are under way for TF51 leadership to continue visiting as many State Guard leaders as possible to meet that goal.



De-Stress for Success

Monday, 2-4 p.m., Military and Family Readiness Center, Building 2797, Training Room 1. Call 221-0349.

H.U.G.S. Playgroup

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

Credit and Debt Management

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

Consumer Awareness

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

Using Strengths in Challenges Resiliency Training

Wednesday, 9-11:30 a.m., Education Center, Hood Street. Call 221-0946 or 221-2418.

Web-Based First Term Financial Readiness

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

Employment Orientation

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

Hearts Apart Support Group

Wednesday, 1-2:30 p.m., Military and Family Readiness Center,

Building 2797. Call 221-0946 or 221-2418.

Trails and Tales

Thursday, 9 a.m.-12:30 p.m., Military and Family Readiness Center, Building 2797. Call 221-1372 or 221-9698.

Back 2 School Health Fair

A health fair and on-site immunization clinic will be held 10 a.m.-2 p.m. July 26 in the pediatric hallway, first floor, new tower at San Antonio Military Medical Center. All military kids are invited to this free event featuring entertainment, treats and face painting. Call 916-5118 or 916-5142.

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 and 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 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.

PGA Junior Golf League

Registration is open at the Fort Sam Houston Golf Club for junior golfers, ages 9-13, for the summer PGA Junior Golf League. This is a team scramble format open to all skill levels. The fee is \$50 and

includes range balls, team jerseys, golf balls, PGA bag tags, a weekly practice session and tournament. Call 222-9386.

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, June 24-July 5, July 8-19 and July 22-Aug. 2. For rates and registration, call 221-4887.

Moms and Tots Stroll

Monday, Wednesday and Friday, 9-11 a.m., Fitness Center on the Medical Education and Training Campus, stroll on the indoor track and win prizes. Mondays from 9-10 a.m., a fitness trainer is available for assistance and instruction. Call 808-5709.

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.

Cheer Coaches Needed

JBSA-Fort Sam Houston Youth Sports is looking for volunteers to coach children 5-12 years of age for the 2013 cheer season. Volunteer coaches must be at least 21 years old and willing to commit for the entire season, August through November. All volunteer coaches are required to complete an application and consent to a background check. Call 221-5519 or 221-4492.

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, noon-6 p.m., JBSA-Camp Bullis, cost is \$3 per pound. Call 295-7577.

Bowling to Win

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.

Fort Sam Houston Museum

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

JBSA-Fort Sam Houston Ticket Office

The ticket office, located in the Sam Houston Community Center, offers discounted tickets for Schlit-

terbahn water parks, Six Flags Fiesta Texas, SeaWorld, Aquatica and Universal Studios Orlando. The ticket office is open 10 a.m.-5 p.m. Tuesday through Friday and 10 a.m.-2 p.m. Saturday. Call 808-1378.

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. The range may close unexpectedly because of weather or troop use. Range users should call before coming out for target practice. 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.

Parent Central Customer Service

JBSA-Fort Sam Houston Parent Central assists walk-in patrons from 8 a.m. to noon and 2 to 4 p.m. for registration and 12:30 to 1 p.m. for out processing and payments. 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.fortsammmwr.com/youth/slo.html> or call 221-2214 or 221-2256.

Story Time at the Library

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.

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, will be closed the month of July. 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.

BOATING from P9

Despite how careful one might be, accidents still can happen, he said.

5TH from P14

mission is extremely dedicated to the welfare of the Army Medical Department," Schreckhise said.

"Lt. Col. Hightower, I

If involved in a boating accident, the first priority is to call 911 to get in contact with emergency personnel, such as har-

wish you absolutely the best. I know you will take care of the 'Titans.' Titan Six out."

"I believe in one mantra: leave it better than you found it," Hightower said during her

bor police or the Coast Guard, Lund said.

Once ashore, the process is similar to an automobile accident;

remarks to the crowd of military guests, friends and family.

Originally from Detroit, Mich., Hightower was raised in Birmingham, Ala., coming to San Antonio from Aberdeen

insurance companies need to be contacted and the first sergeant of the member's unit should be notified of the situation.

Proving Ground, Md., where she was the executive assistant to the commanding general, Public Health Command/Chief, Army Nurse Corps.

Service is the crux of leadership

For more information on needed supplies, boating laws and boating qualification sources, visit <http://www.tpwwd>.

Hightower said. "We are here to serve. Regardless of what your capacity is, you are always serving somebody, be it the nation, the soldiers that you lead or your fellow co-workers,"

state.tx.us/fishboat/boat, <http://www.boaterexam.com/usa/texas> and <http://checklist.com/boating-checklist/>.

she said, adding that leadership is leading by example.

The 5th Recruiting Brigade has also earned honors as the top recruiting battalion for the Army.

OUTSIDE THE GATE

Woman's Survivor Group

A woman's survivor group has been created for women who have experience sexual trauma. The goal is to increase survivors' understanding to their response to victimization and the impact on their lives. The group offers a safe, open atmosphere for discussion and support to facilitate understanding of sexual victimization and the healing process. The group meets from 6:30 to 8 p.m. Mondays at the Rape Crisis Center group room at 7500 U.S. Highway 90 West, Building 2, Suite 201. Call 521-7273 for more information.

Teen Survivors Group

A teen survivors' group has been created for teens who have been victims of sexual trauma. The group's goal is to help teens learn

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

SeaWorld Offers Waves of Honor

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

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

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month at the Longhorn 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.

Festival People en Español

Festival People en Español brings fans an exciting Labor Day Weekend with the hottest stars and music Aug. 31 and Sept. 1 at the Henry B. Gonzalez Convention Center, 200 E. Market St. from 9 a.m. to 5 p.m. each day. Free activities include telenovela stars, autograph signings, beauty makeovers, a kid's zone and more. Concerts by Gloria Estefan, Alejandro Fernandez, Demi Lovato, Wisin Y Yandel, Frankie J, 3BallMTY and more take place at the Alamodome, 100 Montana St., starting at 6 p.m. each day. Military members and their families receive 15percent off their concert ticket purchases with discount code F13MIL at TicketMaster.

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

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

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. - Jummah, Friday,
AMEDD

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>.

Protect your eyes from ultraviolet light

By Dr. Michael D. Pattison
U.S. Army Public Health
Command

July is Ultraviolet Light Safety Month, and anyone who has been sunburned in the past knows the effects of too much sun and UV light exposure.

Most are aware that prolonged UV exposure can cause skin cancer and speed up the aging process of skin. Some are aware that UV light is needed by our bodies to produce vitamin D, which helps strengthen bones, muscles and the immune system and helps improve our mood.

Yet many are not aware that prolonged UV exposure damages the tissues of the eye and can lead to cataracts and other eye con-

ditions such as the loss of central vision due to macular degeneration.

In fact, most do not recognize the importance of UV protection for their eyes to prevent visual impairment. A recent study by the American Optometric Association stated that only 47 percent of Americans thought that UV protection was the most important factor when selecting sunglasses.

So what is UV light? UV is that invisible part of the light spectrum below blues and violets. While the primary source of UV light is the sun, other sources include welder's flash, fluorescent lighting, high-intensity mercury vapor lamps, xenon arc lamps and UV lamps and devices used in

certain occupations.

Those who spend a lot of time or work outdoors or spend prolonged hours working with UV-emitting light sources and children are at greatest risk.

While the Occupational Safety and Health Administration does not have a standard for exposure to UV light, other agencies have established thresholds for exposure. Most types of UV lighting result in exposure levels well within acceptable exposure thresholds however, if at all concerned, protect your skin and your eyes.

For the eyes, use eyewear that provides as close to 100 percent eye protection from UV exposure as possible. Be aware that the tint of the lens has nothing to

do with the UV protection of the lenses.

A clear lens with 100 percent protection is better for your eyes than a dark, tinted pair without UV protection.

In fact, dark lenses without UV protection can be even worse for your eyes because they allow more UV light to get into your eyes due to your pupils being larger. There are many safety glasses on the market that protect eyes from UV exposure, and all Military Combat Eye Protection, even with the clear lenses in place, "block 99.9 percent of all UVA and UVB light."

The answer is simple - preserve your sight to fight. Wear proper UV protection whenever exposed for prolonged levels of ultraviolet light.

Edwards Aquifer Level

in feet above sea level as of July 17

CURRENT LEVEL * = 641.6'

*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

	Jul 19	Jul 20	July 21	Jul 22	Jul 23	Jul 24
San Antonio Texas	93° Partly Cloudy	94° Mostly Sunny	94° Partly Cloudy	97° Mostly Sunny	98° Partly Cloudy	98° Sunny
Kabul Afghanistan	97° Sunny	96° Sunny	94° Sunny	91° Sunny	93° Sunny	93° Sunny

(Source: The Weather Channel at 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>.

