

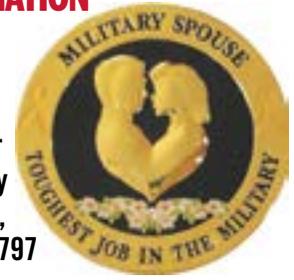
FORT SAM HOUSTON News Leader



MAY 10, 2013
VOL. 55, NO. 18

**MILITARY SPOUSE
APPRECIATION
DAY**

**FRIDAY
1-4 p.m.
Warfighter
and Family
Readiness,
Building 2797**



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



ROC DRILL

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VOLUNTEERS

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BAMC SOLDIERS INSPIRE

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ARSOUTH humanitarian effort



Photo By Sgt. Richard Frost

Air Force Capt. Alicia Catherine Prescott, a pediatrician with the 959th Medical Group, puts a Salvadoran child at ease before performing an examination at a clinic during Beyond the Horizon-El Salvador April 26. For story and more photos, turn to page 4.

San Antonio Recruiting Battalion Soldier a lifesaver at local event

By Bart A. Keyes
U.S. Army San Antonio
Recruiting Battalion Public Affairs

Thanks to the quick thinking and training of a local Army recruiter, a woman's life was saved at San Antonio's Siclovía Fitness Day event April 7.

Staff Sgt. Lee M. Meadowcroft of the San Antonio Recruiting Battalion was helping dismantle equipment at the health-related event when he heard a woman frantically calling out that her mother was in need of

medical assistance.

Meadowcroft, a trained combat medic, performed triage on the woman and noticed the symptoms of heatstroke.

He then checked her pulse, which was weak, directing nearby personnel to call 911.

The sergeant then moved the woman into an air-conditioned building, helped to loosen her clothing and continued to check her pulse. He also asked her daughter questions about possible pre-existing medical conditions.

While monitoring the woman,

Meadowcroft found her pulse had stopped, so he immediately began cardiopulmonary resuscitation.

Just a few minutes after initiating CPR, the ambulance arrived and was able to continue treatment.

The emergency medical technicians revived the patient and transported her to a hospital.

By quickly assessing the situation, Meadowcroft provided invaluable assistance to a member of the San Antonio community.

See LIFESAVER, P8

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Commentary: Are we extraordinary?

By Command Chief Master Sgt.
William D. Jones
688th Information Operations Wing
Joint Base San Antonio-Lackland



Did you watch the NCAA men's basketball championship game last month?

Regardless of whether you liked the outcome or not, it was an entertaining, hard-fought match between two great teams. The players were incredibly talented and were at the top of their game. When several key players were injured, others stepped up and made a huge impact on the outcome.

Personally, I'm more of a football fan than basketball, so let me cite a football anecdote.

Several years ago, the Indianapolis Colts won Super Bowl XLI in 2007. Their head coach at the time was Tony Dungy, a former NFL player with the Pittsburgh Steelers and best-selling author.

In his inspirational

book "Quiet Strength," Coach Dungy tells his players, "Extraordinary people do the ordinary things better than anyone else."

I shared this thought with several freshman classes at my former high school while I was home on leave in the great state of Georgia (I think it's a state law that you have to say "great state" before you say Georgia).

As the students and I conversed, I asked them, "What 'ordinary' things did you do today?"

Not surprisingly, they

responded with mundane day-to-day tasks such as taking tests, doing homework and studying.

I drove away from Southeast High School that day wondering what "ordinary" things I do here at Joint Base San Antonio every day.

More importantly, do I perform them better than anyone else? Am I extraordinary?

Regardless of your specific military specialty, we all have pretty common - dare I say "ordinary" - things that we do every day.

Many Soldiers, Sailors, Airmen or Marines may feel defending a post is ordinary, completing the proper paperwork is mundane, or following a technical order step-by-step is monotonous.

Additionally, many supervisors may feel completing or reviewing an annual performance report or hosting weekly training sessions is mundane and ordinary.

Perhaps they're all correct.

But what sets some Soldiers, Sailors, Airmen or Marines apart from others is the fact they do these "ordinary" daily tasks better than others. They take time and energy to ensure the technical order is followed to the letter, to ensure the information on performance reports is accurate, or to plan the training session so that it's interesting and value-added for the trainees (not just repeating the lesson plan).

It is sometimes easy to lose motivation and excitement when you do the same thing day after day.

One way to combat this loss is to maintain focus on the big picture - why we do the little things. Every day we're asked to comply with myriad military instructions or directives.

For example, military directives tell us we can't drive and talk on a cell

phone, we must wear the uniform correctly and salute staff cars.

We must tuck our shirt in while wearing the physical training uniform and ensure we wear white socks - not black or grey or, as seen too often, not wear any socks.

Again, it's ordinary, sometimes monotonous, things that we have to do every day.

And again I ask, "Are we doing these things better than anyone else? Are we extraordinary?"

I want to be the best Airman I can be in all areas of the game. That's why I'm constantly reminding myself to break from the status quo, put effort into the little things, and if I can, inspire others to do the same.

If you see me walking around base or having lunch at the Gateway Club, please don't hesitate to ask me if I'm extraordinary. I'll humbly say "I'm trying to be."

Texting fail: Perils of distracted walking

By Art Powell
U.S. Army Combat Readiness/
Safety Center

Thanks to smartphones and the Internet, videos of people walking and texting their way into an embarrassing adventure aren't difficult to find.

While they may provide a laugh, distracted walking accidents can hurt or even prove fatal.

According to Dr. Joe MacFadden, research psychologist, Human

Factors Directorate, U.S. Army Combat Readiness/Safety Center, Army data doesn't show a trend in texting while walking accidents. That doesn't mean, however, they don't happen.

"Pedestrian accidents may seem rare, especially when compared to privately owned vehicle and motorcycle accidents," MacFadden said. "But a number of incidents go unreported, so the issue isn't on the radar.

"Many pedestrians

who suffer minor injuries due to texting, talking or video streaming while walking may be embarrassed and not report the whole story to their safety office."

There's also an issue with reporting in the non-military population.

Nationwide, approximately 1,150 people are treated in hospital emergency rooms annually for distracted walking injuries, according to the U.S. Consumer Product Safety Commission.

They believe the total is probably higher, though, because patients might not admit they were using an electronic device. Many police departments don't collect that information in accident reports, either.

Since problems with distracted walking are still emerging, it's important to be proactive.

"Smart motorists know the best way to talk on their portable device is to get out of traffic and come to a stop so they can talk," said Walt Beckman, a safety

specialist in the Driving Directorate, USACR/Safety Center. "The same holds true with texting and walking. If you're in a busy area, stop and complete your texting in a safe place, then resume walking."

MacFadden echoed those thoughts.

"Pedestrian accidents are senseless occurrences and can easily be prevented if people pay more attention to their surroundings and potential hazards than the distraction of electronic devices," he said.



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<http://www.jbsa.af.mil>
<http://www.samhouston.army.mil/pao>

News Briefs

Post-9/11 GI Bill Changes

A briefing on changes to the Post-9/11 GI Bill takes place from 10 to 11:30 a.m. Friday at the auditorium in the Roadrunner Community Center, Building 2797, 3060 Stanley Road on Joint Base San Antonio-Fort Sam Houston. The briefing is open to all service members and their family members. After an initial briefing, the floor will be open for questions and answers. Call 221-2800 for more information.

Army Counterintelligence recruiting special agents

The U.S. Army's Counterintelligence Special Agent recruiting team will be at Joint Base San Antonio-Fort Sam Houston for two information briefings at 3 and 4 p.m. Wednesday at the Roadrunner Community Center, Building 2797 on Joint Base San Antonio-Fort Sam Houston. The briefings cover career field MOS 35L, CI Special Agent, including criteria for entry into the military occupational specialty and how to apply for reclassification, as well as the missions, assignments and training opportunities. The briefings are primarily for Soldiers in the grades of E4 and E5. For more information, call 520-533-2320 or 520-533-2317.

Air Force Assistance Fund Campaign Extended to May 17

The Joint Base San Antonio Air Force Assistance Fund campaign has been extended and now concludes May 17. The goal for JBSA is \$445,500. AFAF contributions help Airmen in need of emergency funds for things like basic living expenses, aid with vehicle repairs, funeral expenses, etc. For more information, contact the AFAF representatives at each JBSA location. For JBSA-Lackland, call 925-5721. For JBSA-Randolph, call 665-4340. For JBSA-Fort Sam Houston, call 228-377-2430.

Armed Forces Day at Hondo Airport

The Tex Hill Wing and the Commemorative Air Force celebrate Armed Forces Day at the South Texas Regional Airport from 9 a.m. to 5 p.m. May 18. Music is provided by the Air Force Band of the West Gateway Brass. The event recognizes the Hondo Army Airfield's role in training navigators and pilots from 1942 to present, as well as honoring the achievements of the American volunteer group, the Flying Tigers, during WWII. Vintage aircraft of all types will be on

See INSIDE, P6

Furloughed employees have numerous resources available

By L.A. Shively
JBSA-FSH Public Affairs

Leadership at Joint Base San Antonio understands a potential furlough may create additional stress or financial hardship on those who live and work here.

Resources are available on Joint Base San Antonio to support service members, civilians and family members during this time.

When planning for possible furlough, the first step is to ensure a cash reserve is on hand to help supplement lighter paychecks.

"Stop spending money," said Bill Sutton, a financial counselor with the 502nd Force Support Squadron. Sutton suggests keeping at least \$1000 in a savings account and working toward increasing that to six months worth of expenses as an emergency fund.

Sutton also advised establishing written financial goals that are "specific, measurable, attainable, realistic and timely," and recommended postponing large purchases and exotic vacations unless previously planned, budgeted and the cash is already available.

"Alternative income can be generated by a second, part-time job," said Patricia Rivera, 502nd Force Support Squadron's civilian personnel officer for the Civilian Personnel Sections, adding that a federal employee must inform his or her supervisor about outside

employment.

Rivera also suggested looking at the Thrift Savings Program as one solution to lack of funds during furlough. Federal employees may take a loan through TSP at a minimal interest rate and arrange for a repayment schedule that spans up to five years Rivera explained.

"An employee may only take loans out on an amount already in the account. All employees have an account, whether they are contributing or not. The government is still putting in one percent," she said.

Employees are able to access their TSP accounts at <http://www.tsp.gov>. Information about non-pay status and TSP accounts is at <http://www.tsp.gov/PDF/formspubs/oc95-4.pdf> and specific guidance regarding the impact of sequestration and furlough on TSP is at <https://www.tsp.gov/PDF/formspubs/oc13-7.pdf>.

A TSP service representative can be reached at 1-877-968-3778.

Financial readiness programs at all three locations offer financial counseling and classes on credit and debt management and are available to DOD civilians and contracted employees. JBSA-Fort Sam Houston programs and classes are listed on <http://www.fortsammwr.com/home-family.html> and may be reached at 221-2380. JBSA-Lackland programs and classes are listed on http://www.lacklandfss.com/airman_finance.html and may be reached at 671-3722.

JBSA-Randolph programs and classes are listed on http://www.randolphfss.com/cm/templates/outdoor_rec.asp?articleid=36&zoneid=21 and may be reached at 652-5321.

Other ideas to minimize the financial impact of furlough include working with landlords and child care providers who could temporarily reduce rent or fees, or allow changes in payment schedules. Call credit card and loan companies and request reduced interest rates.

Another approach to making the most of furloughed time off is to volunteer with a local hospital or an organization such as a pet rescue group. Help build a home for a needy family or join a committee at church. Volunteering expands a potential network of professional contacts and may help volunteers feel more positive about their own situations.

Rivera cautioned that employees may not volunteer for their duties during furlough days at their own agency. Federal civilian employees may appeal their furloughs in writing explaining his or her position's value to the Air Force within 10 days after receiving notification Rivera said. No form is necessary.

Counseling services for civilian appropriated and non-appropriated fund employees located at JBSA-Lackland and JBSA-Randolph are

available through the Employee Assistance Program on a range of subjects including stress, debt and credit management, elder care issues, substance abuse and many more situations. JBSA-Fort Sam Houston employees may receive services or referrals on a case-by-case basis. A counselor is available 24 hours a day, seven days a week by calling the hotline at 213-6454.

The Joint Base Substance Abuse Program supports all uniformed services under the Army Substance Abuse program and offers training and prevention services and risk reduction assessments to JBSA-Fort Sam Houston. Call 221-2988.

The Employee Assistance program, under ASAP, provides confidential assessments, counseling and referrals, as well as training on topics such as workplace violence, suicide prevention, ethics and employment risk management for civilian employees and their family members at JBSA-Fort Sam Houston. Call 221-0133.

Uniformed (active duty and reserve on active duty) service members needing substance abuse treatment services on JBSA-Fort Sam Houston call 295-4534 or 295-4094; at JBSA-Lackland contact the Alcohol and Drug Abuse Prevention and Treatment Clinic by calling 292-4452 or 292-4453; at JBSA-Randolph call the Mental Health/ADAPT Clinic at 652-2448.

Links to Other Resources

- The Federal Employee Education and Assistance Fund is available to federal employees for emergency assistance:
<http://www.feea.org>

- Civilian Advisory Center Furlough Call center on Joint Base San Antonio is at 466-3065 and 221-1425, or online:
<http://www.samhouston.army.mil/cpac/furloughmod.aspx>

- The Civilian Human Resources Agency website has information for handling financial matters, stress and other issues:
<http://www.chra.army.mil/hr/tools/gps/view.asp?ID=766>

- Office of Personnel Management's administrative furlough guidance:
<http://www.opm.gov/policy-data-oversight/pay-leave/furlough-guidance/guidance-for-administrative-furloughs.pdf>

- OPM's pay and leave furlough guidance:
<http://www.opm.gov/policy-data-oversight/pay-leave/furlough-guidance/#url=Administrative-Furlough>

- Department of Defense's furlough guidance:
<http://www.cpmos.osd.mil/Subpage/FurloughGuidance/>

- Furlough calculator:
[http://www.first.army.mil/S\(fn1awp-45zh35ncmubtwpkbf5\)/documents/pdf/Furlough-Pay-Calculator.xlsx](http://www.first.army.mil/S(fn1awp-45zh35ncmubtwpkbf5)/documents/pdf/Furlough-Pay-Calculator.xlsx)

- Budget worksheet:
http://www.freddiemac.com/homeownership/pdf/monthly_budget.pdf

- More information and links to resources for DOD contractors:
<http://www.dfas.mil/contractorsvendors.html>

- More information and links to resources for DOD employees:
<http://www.dfas.mil/civilianemployees.html>

- The San Antonio Food Bank can be reached at 337-3663 or online:
<http://www.safoodbank.org>

- For urgent assistance contact the Texas Health and Human Services Commission at 211 or online:
<https://www.211texas.org/211>

Air Force pediatrician supports Army South's humanitarian effort in El Salvador

By Sgt. Richard Frost
Joint Task Force Jaguar
Public Affairs

A joint, multi-national effort providing free medical care to residents of El Salvador wrapped up April 26, with military medical professionals from the United States, Canada, Colombia and El Salvador each playing a vital role during the two-week clinics in Caluco and Guacamaya, providing care to residents in rural and underprivileged communities.

This medical exercise is just one component of Beyond the Horizon-El Salvador, which continues until late June.

The overall mission, while working alongside

the host nation service members, is to provide medical, dental, veterinary and engineering support to remote areas of the country.

Air Force Capt. Alicia Catherine Prescott, a pediatrician with the 959th Medical Group at Joint Base San Antonio-Lackland, was the only pediatrician at this exercise and her expertise played a critical role.

"We're doing a lot of preventative medicine and well-baby checks, but we're also seeing a lot of acute issues like heart murmurs and gastrointestinal disorders as well," Prescott said. "It's really interesting medicine."

Many families traveled to these clinics on foot,

walked great distances and stood in long lines, just for the chance to be seen by a physician. Many children were seen for the first time in their lives.

"The numbers were slightly more than we thought they'd be," Prescott said. "I was the only pediatrician, but a lot of the general practitioners jumped in to help."

The number of clients was significantly higher than expected. The clinics in both Caluco and Guacamaya saw a total of more than 7,500 patients. Of those, more than 2,300 were seen by the pediatric clinic.

"This is busier than I've ever been," Prescott said. "On an average

day, I see about 20 kids in the clinic. But I'm enjoying every minute of it. The kids and the families are wonderful and I feel like we're doing some really great things here."

Prescott worked alongside many other doctors, nurses, support personnel and other medical professionals from across the U.S., Canada, Colombia and El Salvador.

The efforts they've put forth have made a lasting impression on the people of El Salvador, according to Salvadoran representatives and it's clear that Prescott's efforts won't stop with this exercise.

"I love my job. Why wouldn't I love my job? I'm a relatively new pediatrician, I'm still



Photo By Sgt. Richard Frost

Air Force Capt. Alicia Catherine Prescott, a pediatrician with the 959th Medical Group, checks the vital signs of a Salvadoran child at a clinic during Beyond the Horizon-El Salvador April 26.

young and I still have a long way to go in the Air Force, but I absolutely love this," she said.

News Briefs

Continued from P3

display and attendees will have the opportunity for a ride on a WWII bomber. Event is open to the public. Entry is \$10 for adults and free for military personnel in uniform and children 12 and under. For more information, call 830-741-1162.

Asian American Pacific Islander Heritage Month

The Army Medical Department Center and School will host the Asian American and Pacific Islander Heritage Month celebration in Blesse Auditorium, Willis Hall, from noon to 1 p.m. on May 23. Maj. Gen. M. Ted Wong, commanding general of Southern Regional Medical Command, is the guest speaker. For more information, call 445-0835.

MRI Brain Study

The Wilford Hall Ambulatory Surgery Center is seeking volunteers to take part in an MRI brain study sponsored by the Air Force Surgeon General's office. Applicants need to be active duty, between 26 and 50 years old and have a doctorate-level education. The study will provide a normative baseline allowing comparison to high-resolution MRI abnormalities already detected in Air Force pilots. Call 292-0476 for more information.

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 an SMS text message. Of special concern to Air Force officials are violent crimes against Air Force members, sexual assaults and drug use. 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>.

Military Clothing Sales Offer Free Alterations For Wounded Warriors

The Army and Air Force Exchange Service offers free alterations and modifications for severely wounded, ill and injured Soldiers at all 79 Army Military Clothing stores around the world. Eligible Soldiers must present an

See NEWS BRIEFS, P21

ROC drills ensure success of 502nd ABW transformation

By Steve Elliott
JBSA-Fort Sam Houston
Public Affairs

The 502nd ABW is the organization charged with providing installation support services across Joint Base San Antonio. The transformation of the 502nd Air Base Wing has been a major undertaking. Hundreds of people have put in thousands of hours worth of effort to bring the support functions of four unique locations under a single entity. The transformation included changes in organizational structure along with changes in leadership roles and responsibilities.

The purpose of this transformation is to align similar processes across the wing and maximize efficiencies needed to continue to provide the highest level of support to the customer, regardless of Joint Base San Antonio location or branch of service. Although the office and phone numbers of some support functions may change, the quality of support will stay the same.

"We are collapsing layers of management to provide unity of command and effort, driving the decision authority to the lowest level possible, while maintaining our existing touch points with customers at our various JBSA locations," said Brig. Gen. Theresa C. Carter, JBSA and 502nd ABW commander.

"Customers should expect nothing but continued world-class support at each of the JBSA



Photo by Melissa Peterson

Members of the 502nd Air Base Wing and representatives from mission partner organizations from throughout Joint Base San Antonio attended a rehearsal of concept drill for wing transformation at the JBSA-Fort Sam Houston ROC Drill Center April 25.

locations," Carter added. "Support functions may be structured differently and look slightly different on paper, but support will continue to be top notch."

To this end, the 502nd ABW has been holding a number of practical, hands-on exercises to demonstrate how the wing is organized, who the key players are along with their roles and responsibilities are, how the wing executes critical processes, and how mission partners influence the critical processes.

"Whenever you are developing a concept of operations, you want to be able to validate that concept," said Dale Roth, chief of operations for Joint Base San Antonio and the 502nd Air Base Wing. "This will identify whether or not you are on track with the concept, as it relates

to different functional areas throughout the wing."

This is where the Rehearsal of Concept, or ROC, Drill comes in. It is a real-world, real-time representation of the transformation that the 502nd ABW has been going through for the past three years. The primary objective of the drill was to demonstrate how the wing operates in its transformed state.

Senior leaders from across JBSA convened at the JBSA-Fort Sam Houston ROC Drill Facility in Building 4196, on April 25.

"Because of the significant changes, we felt it necessary to not only tell our customers that we have a plan to maintain our levels of customer service, but also to show them," said Chris Sharp, 502nd ABW Director of Plans, Programs and Integra-

tion. "The wing transformation is structured to minimize impact on our personnel as much as possible, while maintaining the ability to accomplish our support mission.

"After accessing two years of joint basing at full operational capability, some changes have become necessary with the 502nd ABW," said Col. James H. Chevallier, 502nd ABW vice commander.

"Senior leaders and supervisors will do their absolute best to ensure that communication lines are open," the colonel said. "It is a top priority of senior leaders to create minimal impact on employees or to their support to the mission.

"Change can be difficult, but we expect to see great progress and cost-saving results as we move forward," Carter

added. "The transformation should have minimal impact on employees and supervisors should be communicating necessary changes as soon as possible.

Sharp said the ROC Drill provided a forum to explain the necessary changes to the mission partners and to get feedback back from them.

"One of the key things about a ROC Drill is that you're not just producing a PowerPoint slide and trying to explain a concept off a slide. You are actually demonstrating a concept and tying it to a visual representation," Roth said.

The drills helped the wing identify friction points – things which were not aligning well or not performing up to expectation. "We are eliminating deficiencies, redundancies and obstacles to getting services to our customers and mission partners," Roth said.

Solving all the internal friction points in the previous practices helped the wing in explaining concepts to the mission partners.

"In the external drill, we were able to show – through a variety of vignettes – the major areas the mission partners were concerned about," Roth said.

The vignettes would be displayed on a large screen for all to see and at that moment the participants who would have an actual part in rectifying the particular situation would stand and take turns explaining who they were, where they worked and the specific part that they played in the given scenario.

Some of the desired

See ROC, P19

Smucker's donates free breakfast to JBSA-Fort Sam Houston

Active duty service members, retirees and their families at Joint Base San Antonio-Fort Sam Houston can enjoy a free breakfast at the Johnson Track, located by the MacArthur Parade Field Thursday.

"Mission: Breakfast" is a free breakfast event donated by the J.M. Smucker Company. Breakfast is from 6:30 to 9:30 a.m. or until the food runs out. The menu includes pancakes, sausage, biscuits, fruit spreads, muffins, juice and coffee.

While feasting on breakfast, guests can enjoy a performance by Grammy Award-winning bluegrass artist Rhonda Vincent. In addition to the food and music, door prize tickets will be given to each patron for a chance to win premium Smucker's gift baskets or a tailgating grill.

A challenge was issued by Smucker's to military commissaries nationwide to build the best and most creative display representing their company last September during National Breakfast Month.

The JBSA-Fort Sam Houston Commissary won the competition for their display derived from the television commercials depicting Tim and Richard Smucker as young boys walking and riding bikes through the family orchards. The display included several antiques, a make-shift barn, wishing well and several other props.

502d Force Support Squadron

MISSION BREAKFAST

Event

Donated by The J.M. Smucker Company





Congratulations, Ft. Sam Houston!

Please join us for breakfast on
Tuesday, May 14th, 2013
from **6:30 - 9:30 AM**
at **MACARTHUR PARADE FIELD**













Courtesy photo

Col. L. Wayne Magee Jr. (left), 5th Recruiting Brigade commander, tells his staff about the lifesaving actions taken at a recent local event by Staff Sgt. Lee M. Meadowcroft (right), a recruiter at the San Antonio Recruiting Battalion on Joint Base San Antonio-Fort Sam Houston.

LIFESAVER from P1

The patient's daughter later sent an email to Meadowcroft stating, "I sincerely appreciate all you did for my mother. My entire family is so grateful for your

assistance to save my mother."

For serving beyond his daily scope of duties and using the skills he obtained in his secondary military occupational specialty as a combat

medic, Meadowcroft was awarded the Army Commendation Medal by Col. L. Wayne Magee Jr., 5th Recruiting Brigade commander.

IRS warns donors about Boston, Texas charity scams

Following major disasters and tragedies, scam artists impersonate charities to steal money or get private information from well-intentioned taxpayers.

Fraudulent schemes involve solicitations by phone, social media, email or in person.

Scam artists may also operate bogus charities that contact people by telephone to solicit money or financial information.

Others use emails to steer people to bogus websites which mimic the sites of legitimate charities or use names similar to legitimate charities.

The IRS offers the

following tips to help taxpayers who wish to donate to victims of the recent tragedies at the Boston Marathon and a Texas fertilizer plant:

Donate to qualified charities. Use the Exempt Organizations Select Check tool at <http://www.irs.gov> to find qualified charities. Only donations to qualified charitable organizations are tax-deductible. Find legitimate charities on the Federal Emergency Management Agency website at <http://www.fema.gov>.

Don't give out personal financial information. Do not give a Social Security number, credit card and bank

account numbers or passwords to anyone soliciting contributions. Scam artists use this information to steal an identity and money.

Don't give or send cash. For security and tax record purposes, contribute by check or credit card or another way that provides documentation of the donation.

Report suspected fraud. Taxpayers suspecting tax or charity-related fraud should visit <http://www.irs.gov> and perform a search using the keywords "Report Phishing."

(Source: Internal Revenue Service)

338th MI Battalion Reserve Soldiers bond with Boerne VFW post

By Gregory Ripps
470th MIB Public Affairs

Reserve Soldiers from the 338th Military Intelligence Battalion and members of Veterans of Foreign Wars Post 688 gathered for a barbecue at Joint Base San Antonio-Camp Bullis April 26 as part of their ongoing relationship.

Post members and their families served the barbecue, which marked the conclusion of a week of training for the battalion's Soldiers as they prepare for an overseas deployment.

An operationally aligned Reserve Component of the 470th Military Intelligence Brigade, headquartered on JBSA-Fort Sam Houston, the 338th MI Battalion includes Soldiers from

states across the country.

The VFW post, based in Boerne, Texas, along with the City of Boerne and the Boerne Chamber of Commerce, "adopted" the 338th MI Battalion several years ago.

While introducing Boerne's mayor pro tem and key post members, post commander Dave Judson explained that a former 338th MI Battalion commander and VFW member helped set up the partnership many years ago.

"The VFW and the 338th represent a chain (between active duty military and retired veterans) that extends across all generations of the U.S. military back to the American Revolution," said battalion executive officer Maj. Bill Putnam in describing

the significance of the relationship.

"Each link in the chain represents a different group that overcame difficult challenges," he added.

Putnam explained that the 338th MI Battalion was a new link in the continuously building chain and that one day the battalion's members will be where the VFW members are today, supporting other service members.

"The picnic was a big hit for the battalion's Soldiers," Putnam said.

"They enjoyed great food, tug-of-war matches, volleyball games and the opportunity to relax and get to know each other more and to interact with the VFW members and the civic officials from Boerne."



Photo by Gregory Ripps

Family members of Veterans of Foreign Wars Post 688 serve meals to Soldiers of the 338th Military Intelligence Battalion at Joint Base San Antonio-Camp Bullis April 26. The VFW post, based in Boerne, Texas, has maintained a special relationship with the Reserve battalion, which conducted training on JBSA-Camp Bullis and JBSA-Fort Sam Houston during the previous week.

'Every Dollar Counts' campaign launches

Airmen can now submit their cost-reducing ideas via the Airmen Powered by Innovation website while at home, the office or on their smartphones.

With budgets shrinking, Air Force leaders are calling on Airmen to share their best money-saving ideas through the "Every Dollar Counts" campaign at <http://every-dollar.dodlive.mil>, which began May 1.

In the wake of sequestration, the initiative marks a cultural shift that empowers Airmen to find and recommend areas for savings that may be used to support readiness needs, said Air Force Vice Chief of Staff Gen. Larry Spencer.

Both uniformed and civilian Air Force members can participate in the month-long open call

for ideas and share their creative and efficient ways to save money and time.

"When things get tough, Airmen figure out a way to get it done," Spencer said. "We have some of the most innovative folks in the world."

Because of Spencer's resource management and budget-related background he understands the urgency to mine those ideas.

"We stopped flying one-third of Air Force active-duty, combat-coded fighter squadrons in April. We're projected to slow down or stop the flow of aircraft and engines in the depots," Spencer said.

Furthermore, he said, the Air Force must trim about \$11 billion in the last half of fiscal 2013. Additionally, our overseas

contingency operations funding is almost \$2 billion short, so we have to make up that difference as well.

And the challenge is compounded by the sequester timeline.

"We have to squeeze a year's worth of cuts into about six months," Spencer said of the Air Force budget. "There's a lot of money to be taken out of our budget in a short period of time. I've never seen anything quite like it."

Airmen at every level should feel less encumbered by perhaps dated or unnecessary Air Force instructions or guidelines when brainstorming cost-cutting measures, Spencer said.

"Go into that file of good ideas that were maybe 'too hard to do,' pull them out and submit

them," Spencer declared. "If it's a good idea and requires an Air Force Instruction change, then we'll see if we can do that."

Spencer wants Airmen to submit their ideas regardless of the idea's potential savings.

"Whether it's \$500, \$1 million or \$30 million, we want to hear it. Those dollars add up," he said. "We're taking every angle we can to manage our money and 'buy' as much mission as we can. Every Airman, whether they're at a wing or headquarters can help."

Spencer said the Every Dollar Counts campaign does not just focus on our wings but includes those large, centrally managed accounts as well.

"The Centralized Asset Management Office at Wright Patterson (Air



Graphic by Robin Meredith

Force Base, Ohio) manages the money we spend on flying hours, sustaining space operations and depot operations – more than \$16 billion – so we're taking a close review of that account to determine how we can stretch those dollars.

"This is an opportunity to not only look at homegrown ideas, but broader ideas that affect the larger Air Force as well."

The general expressed optimism in quickly finding solutions through ideas.

"Innovation is what we're all about," Spencer said. "This is our family and we're going to get through this because we've got great Airmen to help see us through this."

(Information courtesy of Secretary of the Air Force Public Affairs)

JBSA community honors volunteers for selfless service

By Lori Newman
JBSA-Fort Sam Houston Public Affairs

The community came together May 1 to honor a very special group of volunteers who have donated their time and talents to several organizations throughout Joint Base San Antonio-Fort Sam Houston.

The festive ceremony, co-hosted by Lt. Gen. William B. Caldwell IV, commanding general, U.S. Army North (Fifth Army) and senior Army commander, and Brig. Gen. Theresa C. Carter, commander of Joint Base San Antonio and the 502nd Air Base Wing, celebrated the service of youth, individuals, families and groups who volunteered thousands of hours in 2012.

Master of ceremonies Judith Markelz, Warrior and Family Support Center director, kept the ceremony lively and entertaining as the volunteers were introduced and presented certificates of appreciation signed by Caldwell and Carter.

Carter began her remarks with a quote from American author Edward Everett Hale, "I am only one, but I am one. I cannot do everything, but I can do something and I will not let what I cannot do interfere with what I can do."

"[These volunteers] clearly embody that sentiment," she said.

"You truly keep many of the organizations that you support going. Without your efforts,

we could not do what we do," Carter said to the volunteers.

Caldwell also praised the volunteers for their efforts. "Every day of the week you all are out there providing a critical, vital service," he said.

"Each and every one of you do it because you want to give something. You want to give to somebody else with absolutely nothing expected in return."

Although several volunteers were nominated in each category only one Volunteer of the Year Award was presented to an outstanding youth, individual, family and group.

Special Agent Jacqueline Priessman, Air Force Office of Special Investigations, received the Individual Volunteer of the Year award. She is a volunteer child advocate who has served more than 480 hours to be the voice for children who are the victims of abuse or neglect.

"She is a true community ambassador whose selfless dedication to the needs of abused children deserves recognition," said Special Agent John Crowe, who nominated her for the award.

The youth award went to Christian Schreckhise, son of Lt. Col. Clinton Schreckhise, commander, 5th Medical Recruiting Battalion.

"Since moving to Joint Base San Antonio-Fort Sam Houston, Christian has been the epitome of a selfless youth and has set an example for his peers to emulate," his father said.

"He leads by example in his community, classroom and in the competitive area by cheering teammates and encouraging everyone."

Schreckhise is an "A" student and a varsity letterman in cross country, swimming and track and field. He also participates in Cole High School's Fellowship of Christian Athletes.

The Volunteer Family of the Year Award was presented to the Borgkvist family. They are the founders and operators of the non-profit organization, "Medical Miracles of Texas." They also created "Operation Healing Heroes," an organization that pairs wounded warrior mentors with special-needs children to facilitate recreational therapy.

The Borgkvists have provided full-time foster care to three children with special needs and accumulated more than 8,000 volunteer hours.

"The Borgkvist family sets the example for all other volunteers to emulate," said Maj. Jeffrey Rumfield, who nominated the family for this award.

"When resources were difficult to acquire for their son with cerebral palsy, they took the initiative to create an organization that would provide these resources to any child with special needs."

U.S. Army Institute of Surgical Research Intensive Care Unit information desk personnel received the Volunteer Group of the Year Award.



Nominees for the JBSA-Fort Sam Houston Family Volunteer of the Year Award are (in alphabetical order): the Borgkvist, Crown, Green, Masten and Snow families.

Volunteers in the burn center are often the first and most frequent contact that family members encounter navigating the overwhelming complexities of dealing with devastating burn injuries.

The volunteers provided more than 4,600 hours of service that would have cost the USAISR about \$100,000.

"I have never met a group of people so committed to listening and being non-judgmental," said Paul Mittelsteadt, chief nurse at USAISR. "There are many instances where they diffuse tense situations or explain issues."

Volunteer Excellence Awards were presented to retired Col. Norman Ess, Phillip Lewis and Charles Shelby. Unfortunately, Ess passed away before receiving his award.

The Volunteer Excellence Award is a lifetime achievement award authorized by the U.S. Air Force chief of staff.

The award recognizes federal civilians, family members and military or federal retirees who perform outstanding volunteer community service of a sustained, direct and consequential nature. The VEA is intended to recognize exceptional long-term

community support and not a single act or achievement.

To read more about these dedicated VEA winners, see page 17.

The Alamo Chapter of the Military Officers Association of America was also recognized with a special award for their service to the community.

"The awardees were judged by a blind-sight judging panel," explained Daniel Hutson, acting volunteer coordinator. "This means all identifying information on the packets was removed before the judges looked at them."

The judges were a cross section of the community – an officer, senior noncommissioned officer, family member, senior civilian and civilian. All judging was done independently, so judges were not aware of each other's decisions.

"To all of you, on behalf of all of us who live here, my sincere thanks and gratitude for your gracious, loving hearts that you display every day, touching so many people's lives," Caldwell said.

"You have made a world of difference," Carter said. "Thank you on the behalf of a grateful community across Joint Base San Antonio for what you have done for the community."



Nominees for the JBSA-Fort Sam Houston Youth Volunteer of the Year Award are Landra Rae Doggett, Matthew Arnold and Christian Schreckhise. Photos by Josh Rodriguez



Nominees for the JBSA-Fort Sam Houston Individual Volunteer of the Year Award are (in alphabetical order): Gretchen Armstead, April Arnold, Bambi Attleson, Gretchen Barrett, Anthony Ciaravino, Mavis Cleary, Clifford Doggett, Amy Gatzemeyer, Elizabeth Hanapole, Robert Hansen, Alice Holt, Santonia Johnson, Lia Petty, James Poole, Jacqueline Priessman, Melissa Rangel, Elizabeth Samuels, Michael Snell, Johnny L. White and Estelle "Woopsie" Willis.

Nominees for the JBSA-Fort Sam Houston Group Volunteer of the Year Award are (in alphabetical order): IMPACT (Inspiring Miracles: Parents and Children Together), U.S. Army Institute of Surgical Research Intensive Care Unit Information Desk Personnel and the Warrior and Family Support Center Breakfast Crew.



GIRL SCOUT TROOP HELPS BEAUTIFY JBSA-FORT SAM HOUSTON



Photo by Dan Burgess

Volunteers from Joint Base San Antonio-Fort Sam Houston Girl Scout Troop 424 spent the afternoon of April 28 picking up trash near the youth center and bike path as part of their Girl Scout duties. Picking up trash (from left, in front) are Gracie Burgess, adult volunteer Erica Boller, Alana Love and Leah Krompecher. Other Girl Scouts participating were Kaylee Burgess, Anne Krompecher, Evelyn Attleson, Genise Love and troop leader Bambi Attleson.

LOCAL STUDENT HONORED AT MTTF MEETING

Brig. Gen. Theresa C. Carter, Joint Base San Antonio and 502nd Air Base Wing commander, pins an Air Force medal on Jayci Derby during the Military Transformation Task Force meeting May 1. The 12-old-year Northside Independent School District student recently received a Points of Light Award for honoring veterans by starting a local organization called Jayci's Wreaths for Heroes to place wreaths on the gravesites of fallen service members.



Photo by Todd White

Wounded Soldiers share journey to inspire Boston victims

By Elaine Sanchez
BAMC Public Affairs

Wounded Soldiers recovering at Joint Base San Antonio-Fort Sam Houston have a message they'd like to pass on to the Boston bombing victims: You're not alone.

They can relate to the devastating aftermath of an explosion and the emotional and physical pain of lost limbs. And they know firsthand the courage and strength required to heal after blast injuries like those at the Boston Marathon.

Still, they have a message of hope to deliver.

"Keep your head up and don't quit," said Army Sgt. Christopher Haley.

Haley lost his leg and damaged the other when a roadside bomb exploded

in Afghanistan in September 2011. He remembers the moments after – the shock and disbelief and the quick ride to Kandahar. The doctors induced a coma, and when he woke up in Bagram, he took one look at his legs and cried.

"I thought it was all a terrible dream," he said. "When I realized it actually happened ... that was rough."

Haley was flown to San Antonio Military Medical Center to recover. A few weeks later, an amputee walked into his hospital room and delivered something he'd been lacking in recent days – hope.

"I thought to myself, 'If he can do it, there's no reason I can't,'" he said. "And I realized my life wasn't over; I still have a lot of potential."

This is the exact message he'd like to convey to the Boston bombing victims. "I can't imagine what you're going through," he said. "But plenty of people want to see you succeed. I want to see you succeed."

Army Sgt. Jordan Sisco said he was shocked and horrified when he saw the Boston bombings on the news. The incident that robbed him of his legs and his left thumb last summer was still fresh in his mind.

"I have an idea of what the Boston victims are going through," he said. "I don't know, but I have an idea."

Like Haley, Sisco vividly recalls the moment the blast hit. He was leading his squad on a surveillance mission near the site where his best friend had been injured just hours earlier. He jumped into a ditch and landed on a bomb. Time stopped at that moment, he said.

The explosion lifted him into the air "like a tornado," and a dark wall of sand surrounded him. He landed on his face and his first thought was a calm one, "I'm OK. I'm alive."

Moments later the "unbearable" pain set in, and he began to pray. "God, let me see my mom one more time."

While on the chopper being rushed to care, he



Photo by Rod Brodman

Army Sgt. Jordan Sisco (left) acclimates to a surfboard during a surfing trip to Santa Cruz, Calif., sponsored by Operation Surf, April 22. A surfer when he was growing up, Sisco rediscovered his passion for the sport calling the trip "pure bliss."

last remembers reaching out to hold the hand of a female medic. When he next woke up, he was in the hospital and the first person he saw was his mom.

While glad to be alive, those early days of recovery were dark ones.

"When I woke up in the hospital and discovered I had no legs ... I was devastated. I didn't think there would be a girl out there for me."

And if there was, Sisco worried about being able to support and protect a wife and family.

"It took a lot to get me out of that," he said. "That was a very dark

period for me."

Sisco slowly pulled out of his depression by leaning on his family, friends and caregivers at the Center for the Intrepid, Brooke Army Medical Center's outpatient rehabilitation center here.

Talking about his situation helped, he said. "It's good to talk and hang out with people," he said. When alone, he rediscovered his love of movies and classic rock.

Sisco began setting goals for himself – new prosthetics, walking again – and recently decided to again take up surfing, a sport he fell in love with while growing up along

the coast of California.

He was nervous and scared at first, but when he got on the board and caught the first wave, he popped up and rode inland.

"It was absolutely amazing," he said. "Pure bliss."

While he's overcome one challenge after another, his biggest accomplishment, Sisco said, is never giving up.

"There were so many times when I felt like life was over," he said. "But it's not the end of the road yet."

"Many people have

See BAMC, P19

Volunteer Excellence Award hails three exemplary veterans



Courtesy Photo

Retired Col. Norman Ess drove the Caremobile at San Antonio Military Medical Center three days a week transporting more than 43,000 patients, family members and staff to the hospital entrance or back to their vehicles.

By Cheryl Harrison
Warfighter and Family
Readiness, Marketing

The Volunteer Excellence Award is a lifetime achievement award authorized by the U.S. Air Force chief of staff that recognizes persons who perform outstanding volunteer community service of a sustained, direct and consequential nature.

To be eligible for the VEA, a volunteer must have performed within the local civilian community or in the military family community. It is intended to recognize exceptional long-term community support and not a single act or achievement.

The nominee must have performed services on a volunteer basis, not

as a part of a tasking and must not have resulted in personal gain.

This year's Joint Base San Antonio VEA nominees are three men who have demonstrated exemplary volunteer service, far above the norm.

They are a World War II veteran, a Korean War veteran and a Vietnam veteran, each of whom demonstrates the acts of giving, caring and unselfishness.

These three veterans of foreign wars exemplify the true meaning of excellence. They continue to give their time, after retiring from years of military government service and even, in some cases, retiring from second careers.

Retired Col. Norman Ess could usually



Photo by Cheryl Harrison

Charles Shelby, volunteers three days a week at Warfighter and Family Readiness, Building 2797. Shelby has been volunteering there for more than 24 years, helping out at the front desk, answering phones, greeting and directing customers.

be found driving the famous Caremobile at the San Antonio Military Medical Center three days a week. His volunteer service began in 2006 and he logged in more than 4,000 volunteer hours and transported more than 43,000 patients, family members and staff to the hospital entrance or back to their vehicles.

Ess, at 88 years of age, continued to serve his "brother in arms," living the SAMMC motto, "Duty, Service, Dedication" until April 26 when he passed away. His presence will be sorely missed by those he served.

Phillip Lewis began his volunteer service 19 years ago. Filling a vital position within the Department of Minis-

try and Pastoral Care, Lewis provides care to both the staff and patients of the SAMMC post-anesthesia patient care unit.

A Vietnam veteran and a retired 25-year government federal agent, Lewis sensed a calling to a ministry working with the sick, dying and lonely. Lewis' mentor, an Army chaplain, told him "the new BAMC was a huge hospital and would need lots of help."

"That was about 19 years ago and I am the one who is truly blessed," Lewis said. "I feel very fortunate to work with the families and patients."

It is said by those who work within the confines of Building 2797, that Charles



Photo by Robert Shields

BAMC Pastoral Volunteer Philip Lewis (left) talks with James LeFurgey before his surgery at SAMMC, as registered nurse Stephanie Bankston takes blood.

Shelby is not only a terrific volunteer, he is a fixture.

Shelby's volunteer service began in 1988, following 31 years of military service in the Army and seven years with the U.S. Postal Service as a mail carrier in the city of Alamo Heights.

Shelby has volunteered more than 22,000 hours at the former Army Community Service, now known as Warfighter and Family Readiness.

"I started working four days a week, Monday, Wednesday and Friday mornings and Thursday afternoons," Shelby said. "But the traffic got so bad going home in the afternoon, I dropped Thursdays.

"I don't get paid for

volunteering, I don't need the money, and I get all the coffee I can drink," Shelby said when asked why he enjoys his volunteer career. "But my goal is to match my active duty time. I only need a little over six more years to do that. I will be 93 then!"

According to studies by Good Housekeeping, the habit of volunteering our time and energy gives a boost to a person's happiness, which can lead to a happier and healthier life, with fewer aches and pains and even sometimes results in living longer.

And it's not just that helpful people also tend to be healthier and happier, studies show that helping others in itself causes happiness.

Healthy Vision Month: Protect your vision for a lifetime

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

Everyone knows how important your eyes are for your quality of life.

It is estimated that millions of people in the United States have undetected vision problems, eye diseases and conditions that affect their ability to see clearly and effectively or can result in future permanent damage to the eyes.

May has been designated by the National Eye Institute as Healthy Vision Month to help educate people and to promote the early diagnosis and treatment of visual and ocular conditions.

So, what are the keys to healthy vision?

Getting a comprehensive dilated eye exam is probably one of the best things that you can do to

maintain healthy vision.

More than just checking your eyeglasses, during this procedure an eye care professional examines the eyes more thoroughly to look for common vision problems and eye diseases, many of which have no signs or symptoms until the condition has progressed.

This comprehensive examination enables you to detect eye conditions and diseases early and can often prevent any subsequent loss of vision.

How often someone should have a comprehensive eye exam depends on age, overall health and family history.

As a person grows older, they should have more frequent exams. Some medical conditions, such as diabetes, make annual exams a must.

Everyone has heard



Courtesy photo

about eating certain foods to improve health.

This is true for the eyes as well. Eating a diet with fruits and vegetables – especially leafy greens – especially leafy greens like spinach – are important for eye health, too.

There is also recent research showing the benefit for the eyes from eating fish high in omega-3 fatty acids, such as salmon and tuna.

Maintaining a healthy

weight helps prevent you from developing high blood pressure and diabetes, which can also affect the eyes and lead to blindness.

Research has also linked smoking with the risk of developing age-related macular degeneration, cataracts and optic nerve damage. If you smoke, quit. If you do not smoke, don't start.

Remember to give

your eyes a break, since almost everyone works with a computer, which can cause the eyes to dry out and become fatigued.

Rest your eyes occasionally and remember the 20-20-20 rule: every 20 minutes or so, look up and away from your computer at something at least 20 feet away for 20 seconds. This can help reduce the effects of eyestrain.

Finally, protect your eyes. It is you and your employers' responsibility to protect your eyes at work and yet, it is estimated that 90 percent of all eye injuries occur because eye protection was not used.

Make it a habit to wear the appropriate type of eye protection at all times and encourage your coworkers to do the same.

When eye injuries do occur, report it to your supervisor. Not only does this make a record of the event that may protect you, it can also result in lessons learned that will prevent similar injuries from happening in the future.

Wearing protective eyewear should not stop when you leave work. Wearing protective eyewear when playing sports or doing potentially dangerous activities around the house is just as important.

Don't forget to wear proper sunglasses that block ultraviolet light when you spend time in the sun. As always, a little prevention goes a long way.

Your eyes are a precious gift and you only have two of them. Give them the care and consideration they deserve, so they last a lifetime.



Courtesy photo

Army Sgt. Jordan Sisco lost his legs and his left thumb last summer when he stepped on a homemade bomb in Afghanistan. Today, he shares his story in hopes of inspiring others facing the same types of injuries.

BAMC from P16

gone on from here to live happy and healthy lives after a horrible injury," he added. "If I can do it, if the people in front of me can do it, I know the Boston victims can too."

Haley has found healing in talking about his experiences and taking up sports such as running and wheelchair basketball. He began to run, not because he enjoys it,

he said, but because he can.

Today, the Soldier's new goal is finding that one thing he can't do. "I haven't found it yet," he said with a smile.

Haley said he has every confidence that the Boston victims will move forward from this difficult time.

"They didn't deserve it," he said. "But the one thing they can do now is come out on top."

ROC from P6

results of the ROC Drill were to demonstrate improved command and control, eliminated redundancies, improved efficiencies by applying best practices across JBSA and standardized services.

While several of the missions were tested during the ROC Drill, several units and agencies had already been

operating under their transformed configuration since Feb. 1.

"As with any change, we strive to make the impact of that change as easy on the customer as possible," Carter said. "We expect that service will continue to be superb, even during our transformation. We must transform in order to increase efficiencies and make joint basing a successful endeavor."

Joint Base San Antonio security forces unite for National Police Week

By Robert Goetz
Joint Base San Antonio-Randolph
Public Affairs

Security forces members throughout Joint Base San Antonio are collaborating on the first-ever JBSA-wide National Police Week observance.

Activities planned for next week's observance are a memorial run Monday at JBSA-Lackland, a four-person combat obstacle course Wednesday at JBSA-Randolph, a four-person scramble Thursday at the Randolph Oaks Golf Course, a luncheon May 17 and a softball tournament May 18 at JBSA-Lackland. All members of the JBSA community are invited.

"We want the JBSA community to know what National Police Week is all about," said Master Sgt. Kerry Thompson, 902nd Security Forces Squadron NCO in charge of installation security and National Police Week committee co-chairman.

"The purpose is to honor all law enforcement officers who have fallen in the line of duty.

"We have defenders out there putting their lives on the line and making the ultimate sacrifice for our freedom," he added. "We have lost nine security forces members in Operation Enduring Freedom and Operation Iraqi Freedom."

Thompson said the observance quickly expanded from a JBSA-Randolph event to one that included all of JBSA. The committee held its first meeting April 17.

"Once word got out to security forces at JBSA, everybody wanted to pull

together," he said. "It was impressive that we were all able to meet and get everything done."

Units hosting the event are the 502nd SFS at JBSA-Fort Sam Houston, the 802nd SFS at Lackland, the 902nd SFS at Randolph, the 341st and 343rd Training Squadrons at Lackland, the Air Force Security Forces Center at Lackland and Air Education and Training Command A7S.

Thompson also noted the contributions of the Randolph Chiefs Group, the Air Force Sergeants Association Alamo Chapter, the Randolph Top 3 and the Randolph Rising 5/6.

"We would not have been able to put this together without their generous sponsorship," he said.

Thompson said the highlight of the week will be the National Police Week luncheon at noon May 17 at the Lackland Gateway Club, which will feature retired Chief Master Sergeant of the Air Force Robert Gaylor, the only security forces member to serve in the Air Force's highest enlisted position.

The combat obstacle course at the Randolph Rambler Fitness Center, which will require a \$10 entry fee, will feature a \$400 grand prize and include a 50-meter swim, a tire flip, barrier jumps, a mud pit low crawl and a cracker challenge in which contestants will have to eat a sleeve of crackers at the finish line, Thompson said.

Prizes at the four-person golf scramble will be given for first place,



JOINT BASE SAN ANTONIO NATIONAL POLICE WEEK EVENTS

National Police Week Memorial Run at JBSA-Lackland
7 a.m. Monday at the Security Forces Museum
671-7858

Four-person combat obstacle course
4:30 p.m. Wednesday at the JBSA-Randolph Rambler Fitness Center
\$10 entry fee/\$400 grand prize
652-1697

Four-person scramble
11:30 a.m. Thursday at JBSA-Randolph Oaks Golf Course
\$35 entry fee
652-1648

Luncheon
Noon May 17 at JBSA-Lackland Gateway Club
\$14 cost
652-1648

Softball tournament
8 a.m. May 18 at JBSA-Lackland softball fields
473-2018 or
473-2018.

longest drive and closest to the pin; entry fee is \$35.

National Police Week dates back to 1962, when President John F. Kennedy proclaimed May 15 at National Peace Officers Memorial Day. That same year, National Police Week was established

by Congress.

"We have more than 1,400 defenders assigned to various organizations around JBSA, and that doesn't include an additional 1,400 or so security forces technical school students, so this will be a worthwhile event," Thompson said.



Military Spouse Appreciation Day

Friday, 1-4 p.m., Warfighter and Family Readiness, Building 2797, enjoy light refreshments, informational booths, prizes, giveaways and children's activities. Call 221-0946.

Mission Breakfast

A free pancake breakfast for all DOD ID cardholders will be held Tuesday, 6:30-9:30 a.m. at the JBSA-Fort Sam Houston MacArthur Parade Field. Call 221-1718.

Rear Detachment Training

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

H.U.G.S. Playgroup

Tuesday, 9-11 a.m., Middle School Teen Center, Building 2515. Call 221-0349.

Credit and Debt Management

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

Immigration Services

Tuesday, noon-2 p.m., Warfighter and Family Readiness, Building 2797. Call 221-1372 or 221-9698.

Consumer Awareness

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

CARE Team Training

Wednesday, 10 a.m.-noon, Warfighter and Family Readiness, Building 2797. Call 221-0626 or 221-0946.

Unit Service Coordinator Quarterly Meeting

Wednesday, noon-1:30 p.m., Warfighter and Family Readiness, Building 2797. Call 221-1868.

First Term Financial Readiness

Wednesday, noon-6 p.m., Warfighter and Family Readiness, Building 2797. Call 221-2380

Key Caller Training

Thursday, 8 a.m.-4 p.m., Warfighter and Family Readiness, Building 2797. Call 221-0946.

Exceptional Family Member Program Support Group

Thursday, 11:30 a.m.-12:30 p.m., Warfighter and Family Readiness, Building 2797. Call 221-2962.

MOAA Scholarship Luncheon

The Alamo Chapter of the Military Officers Association of America will hold a scholarship luncheon at noon Thursday at the JBSA-Fort Sam Houston Golf Club. Register by Monday at <http://www.alamomoa.org/index.cfm>.

Safety Seat Clinic

Thursday, 1-3 p.m., JBSA-Fort Sam Houston Fire Station, Building 3830. Call 221-0349.

Sponsorship Training

Thursday, 2-3 p.m., Warfighter and Family Readiness, Building 2797. Call 221-1372 or 221-9698.

Fort Sam Houston Preservation Society

The Fort Sam Houston Preservation Society will meet at noon May 16 at the Stilwell House, 626 Infantry Post. Refreshments will be served before the meeting at 11:30 a.m. The guest speaker is Martin Callahan, Fort Sam Houston Museum, who will talk about Texas in the Civil War. All are welcome to attend. Call 824-1917 or 646-5704.

Hearts Apart

May 17, 11:30 a.m.-12:30 p.m., Warfighter and Family Readiness, Building 2797. Call 221-9079 or 221-0946.

Fort Sam Houston ISD Seeks Board Members

The Fort Sam Houston Independent School District is soliciting for nominees for three openings on the board of trustees. Candidates, civilian or military, must live or work on JBSA-Fort Sam Houston. Trustees must take an official oath of office and serve without compensation. Interested applicants must submit a resume to the School Liaison Office, Building 2797, by May 17. For more information, call 221-2214 or 221-2256.

Teen Resilience Workshop

Comprehensive Soldier and Family Fitness will hold a resilience workshop for high school age teens 5-6 p.m. May 21 at the CSF2 Training Center, Building 2620. Call 808-6089.

Asian Pacific American Heritage Month

The 32nd Medical Brigade will host an Asian Pacific American Heritage Month observance noon-1 p.m. May 23 at Blesse Auditorium, Building 2841. Maj. Gen. M. Ted Wong, commander, Southern Regional Medical Command is the guest speaker. Call 221-0417.

End of the Year School Party

May 24, afterschool-6 p.m. at the JBSA-Fort Sam Houston Youth Center. There will be lots of food, games and water fun.

JBSA Military Golf Classic

Joint Base San Antonio is hosting the three-day Military Golf Classic Memorial Day weekend. Round 1, May 25, JBSA-Lackland, Gateway Hills course; Round 2, May 26, JBSA-Fort Sam Houston, Salado-Del Rio course; Round 3, May 27, JBSA-Randolph, Oaks course. The cost is \$130 for advanced greens fee payers, \$170 for non-advanced greens fee payers and \$185 for civilian players. Entry fee includes greens fee, cart, refreshments and prizes. Awards tournament held the last day. Deadline to register is May 17 and no refunds will be given within 48 hours of the start of the tournament. Call 222-9386.

Last of the Red Hot Lovers

Thursday, Friday and Saturday through June 8, 8 p.m. at the Harlequin Dinner Theatre, Building 2652. Dinner is served at 6:30 p.m. and the show begins at 8 p.m. For reservations, call 222-9694.

Summer Camp

Child, Youth and School Services will offer summer camp for grades kindergarten through grade 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 youths 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, to sign up for the summer PGA Junior Golf League. This is a team scramble format and 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.

Youth Cooking Classes

Youth cooking classes will be held every Thursday in May at 4:30 p.m. Call 221-4871.

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 June 10-21, 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 METC, stroll on the indoor track and win prizes. 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.

Catfish Pond Open

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

Bowl to Win Prizes

The JBSA-Fort Sam Houston Bowling Center is offering the opportunity for bowlers to win prizes

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

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 is located in the Sam Houston Community Center and is open 10 a.m. to 5 p.m. Tuesday through Friday. Call 808-1378.

Sportsman Range

The 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.

Before and After School Care Registration

Register your child for before and after school care at JBSA-Fort Sam Houston Parent Central, 221-4871. Warriors in Transition and their family members should register at Soldier Family Assistance Center or call 916-6377. Registration is ongoing until full.

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.fortsammwr.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.

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.

Education and Training Office

The 502nd Force Support Squadron Education and Training Office offers a variety of military testing, including Professional Military Education, Career Development Courses and Defense Language Proficiency testing. PME Testing is conducted on Tuesdays, CDC on Wednesdays, and DLPT on Thursdays. Education and Training also offers Armed Forces aptitude testing such as the Armed Forces Classification Test and Armed Forces Officer Qualification Test. Tests scheduled on an as-needed basis. To schedule military testing at JBSA-Fort Sam Houston,

OUTSIDE THE GATE

National Train Day

Amtrak Station in San Antonio will host the Sixth Annual National Train Day 10 a.m.-4 p.m. Saturday, and will stretch from the railroad crossing on Commerce Street at Sunset Station, south to the Amtrak Station complex at 350 Hoefgen Street. Tours, music and displays are free and open to the public. Free parking will be available at the Ellis Alley Park and Ride lot, 212 Chestnut Street. Visit <http://www.nationaltrainday.com> or <http://sarhm.com>.

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.

Navigating the VA Heart of Texas Healthcare Network

A briefing will be held 2-4 p.m., May 18 at the Memorial Library, 3222 Culebra. Network Veteran advocate, Sophie Parazo will provide information and assistance to veterans and family members regarding benefits, entitlement and eligibility to health care and veteran benefits. Call 207-2631 or visit <http://www.mysapl.org> for information.

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call 221-0852.

Basic Skills Education Program

Classes are Monday through Friday 7:30 a.m. to 3:30 p.m. for a period of 14 working days. Service members will receive instruction in reading comprehension, vocabulary, and math skills. The class is designed to teach basic college preparatory skills to service members with a GT score less than 110. Call 221-1738.

SAT and ACT Test Prep Programs

The SAT and ACT PowerPrep™ Programs are available online or DVD, and include more than

11 hours of video instruction and 3,000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations. Eligible recipients included service members from all branches of the military who are active duty, retired, veterans, Guard, Reserve, DOD employees, contractors and civilians performing military support. The eKnowledge Sponsorship covers the complete \$200 purchase price for the standard SAT or ACT Test Preparation Program. There is a nominal charge of \$17.55 to \$19.99 per standard program for the cost of materials, support, streaming and shipping. Each SAT or ACT test preparation program has a one-year

license from the day the product is ordered. To place an order, visit <http://www.eKnowledge.com/MAFB> or call 951-256-4076.

Cloverleaf Communicators

Meetings are held the first and third Friday of every month 11:45 a.m.-1 p.m. at Building 4011A, off Reynolds and Wilson Way. Visit <http://powertalkinternational.com/> or call 916-3406 or 221-8785.

Future Speakers on the Horizon

Enjoy food and develop public speaking and leadership skills the second and fourth Wednesday of each month, noon-1 p.m. at the Joint Program Management Office, Building 4196. Call 295-4921.



FOR SALE: Queen-size headboard, carved solid oak design, \$95; camouflage parka, military specific, large regular, \$35. Call 495-2296.

FOR SALE: Dean Edge One 5-string electric bass guitar, classic black, basswood body, 34-inch scale, bolt-on maple neck, rosewood fingerboard, abalone dot inlays, 24 frets, soapbar pickups, \$120 cash only. Call 325-2432.

FOR SALE: Electric fan, white, \$15; wood dinette table with two chairs, \$75; computer chair, light wood with cushion, \$30; computer desk, light wood, \$30; exercise bike, \$30. Call 241-1291.

FOR SALE: Queen-size air mattress with pump, \$23; Quasar color TV, \$35; ladies fur jacket, \$58; new pro bike helmet, medium size, \$35; Oakley sunglasses, new, iridium, similar to Juliet style, more than \$350 new, 99 percent ultraviolet protection, includes hard case, \$76. Call 313-0061.

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approved Army Form 3078 along with the prescribed modifications from their physical or occupational therapist to receive free services.

CPAC Furlough Call Center

The Joint Base San Antonio-Fort Sam Houston Civilian Personnel Advisory Center established a Furlough Call Center. For furlough questions, call 466-3065 or 221-1425 or email usarmy.jbsa.hqda-cpac.mbx.inquiry@mail.mil or click on <http://www.samhouston.army.mil/cpac/>.

Wounded Soldier and Family Hotline

The Army chief of staff and the secretary of the Army established the Wounded Soldier and Family Hotline to give Soldiers and their families a place to share their concerns on the quality of care received. The hotline is available around the clock at 800-984-8523, DSN 421-3700 or via email at wfsupport@amedd.army.mil.

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>.

Military pets can fetch \$300 in AAFES 'Just Say Treat' contest

It may be a dog-eat-dog world, but the latest Exchange contest is focusing on the cuddlier side of these furry, feathered and sometimes finicky companions.

With the Army & Air Force Exchange Service's Patriot Family "Just Say Treat" contest, a pet picture and 50 words could be worth \$300.

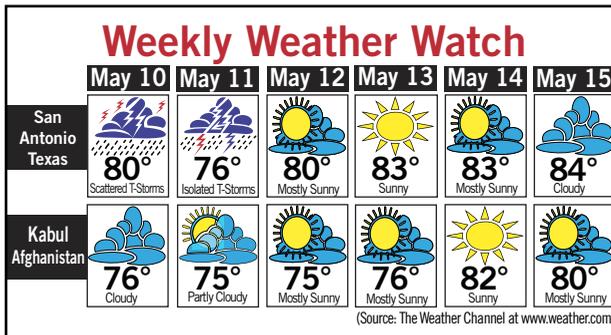
The Patriot Pet "Just Say Treat" photo/pet

contest launched May 1 online and shoppers need only to submit a photo of their pet (or pets) along with a 50-word or less description for a shot at a \$300 Exchange gift card.

"Pets are a very important part of our lives," said Chief Master Sgt. Tony Pearson, the Exchange's senior enlisted advisor. "They provide many of us with

companionship and friendship, so it's only fair we take this opportunity to crow and bark about our pets."

For more information and links to enter the Patriot Pet "Just Say Treat" contest, go to <http://shopmyexchange.com/patriotfamily> or visit the Exchange Facebook page at <http://www.facebook.com/aafes.bx.px>.



Edwards Aquifer Level

in feet above sea level as of May 7

CURRENT LEVEL * = 648.5'

*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>.



Scan with Smartphone app to access the Joint Base San Antonio website at www.jbsa.af.mil