



DOD Safe Helpline
877-995-5247
JBSA Sexual Assault Hotline
808-SARC (7272)
JBSA Domestic Abuse Hotline
367-1213
JBSA Duty Chaplain
221-9363

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



SOLDIERS, AIRMEN HELP HOMELESS

PAGE 6



CAISSON TRAINING

PAGES 10-11



THANKSGIVING COOKING SAFETY TIPS

PAGE 17

Pow Wow celebrates Native American Indian Heritage Month

By Staff Sgt. Corey Baltos
Army North Public Affairs

Members of the Joint Base San Antonio-Fort Sam Houston and surrounding communities gathered Saturday to honor Native American Indian Heritage Month during the 14th annual "Honoring of the Veterans Pow Wow" at the Fort Sam Houston Teen and Youth Center. The theme for the 2013 commemoration was "Guiding our Destiny with Heritage and Traditions."

"It is important to honor and recognize the great contributions Native Americans have made to our nation," said event organizer Sgt. 1st Class Adam Mayo, program manager and equal opportunity advisor for U.S. Army North (Fifth Army).

The pow wow has traditionally been a way to invite the community to celebrate and take part in Native American culture and experi-

See POW WOW, P3



Photo by Sgt. 1st Class Christopher DeHart

Lt. Gen. Perry Wiggins (right) speaks with those gathered about a Soldier of his who was killed in action and the impact it had on him as a leader. Wiggins shared his story after being introduced by Erwin De Luna, president of the United San Antonio Pow Wow Inc., Saturday at the Fort Sam Houston Native American Indian Heritage Month Pow Wow. Wiggins is the commanding general for U.S. Army North (Fifth Army) and senior Army commander for Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis.

JBSA hosts Armed Forces Action Plan Conference

By Master Sgt. Kimberly Green
Army North Public Affairs

While elected leaders continue to propose ways to reduce federal deficits, including ideas for cutting military spending, Joint Base San Antonio's military community recently joined together to identify quality-of-life issues and concerns that may ultimately be affected amid these potential budget cuts and sequestration.

More than 50 service members, civilians, retirees and family members gathered at JBSA-Fort Sam Houston Nov. 4-7 as part

See AFAP, P14



Photos by Master Sgt. Kimberly Green

(Front row, from left) Leslie LaBrutta, wife of Brig. Gen. Bob LaBrutta, Joint Base San Antonio and 502nd Air Base Wing commander, Robert Naething, deputy to the Army North commanding general and Annette Wiggins, wife of Lt. Gen. Perry Wiggins, commanding general of U.S. Army North (Fifth Army) and senior Army commander of Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis, participate in a panel Nov. 7 during the second annual JBSA Armed Forces Action Plan Conference.

Editorial Staff

 JBSA/502nd Air Base Wing
 Commander

Brig. Gen. Robert D. LaBrutta

 JBSA/502nd ABW
 Public Affairs Director
Todd G. White

 JBSA-FSH Public Affairs Officer
Karla L. Gonzalez

 Managing Editor
Steve Elliott

 Associate Editor
L. A. Shively

 Writer/Editor
Lori Newman

 Layout Artist
Joe Funtanilla
News Leader office:

 2080 Wilson Way
 Building 247, Suite 211
 Fort Sam Houston
 Texas 78234-5004
 210-221-2030
 DSN 471-2030

News Leader Advertisements:

 Prime Time
 Military Newspapers
 P.O. Box 2171
 San Antonio, TX 78297
 210-250-2440

News Leader email:

 usaf.jbsa.502-abw.mbx.
 fsh-news-leader@mail.mil

This Air Force newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of Defense. It is published weekly by the 502nd Air Base Wing and Joint Base San Antonio-Fort Sam Houston Public Affairs Office, 2080 Wilson Way, Building 247, Suite 211, Fort Sam Houston, Texas 78234-5004; 210-221-2030, DSN 471-2030. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 2203 Hackberry, San Antonio, Texas 78210, (210) 534-8848, a private firm in no way connected with the U.S. government, under exclusive written contract with the 502nd Air Base Wing and JBSA-Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Air Force. Stories and photos for publication consideration may be e-mailed to usaf.jbsa.502-abw.mbx.fsh-news-leader@mail.mil by close of business Friday.

Commentary: Toward a ready and resilient Army

 By Lt. Gen. Howard Bromberg
 Deputy Chief of Staff, Army G-1

The Army family has demonstrated remarkable strength fighting two wars over the past 12 years and has built resiliency dealing with challenges from combat stress, illness, injury and the strain placed on relationships.

To arm Soldiers, families and civilians with resources essential to maintaining resiliency and overcoming these challenges to the health of our force, the Army launched the Ready and Resilient Campaign.

The Army Resiliency Directorate executes R2C, and integrates existing programs such as the Army Suicide Prevention Program, Army Substance Abuse Program and the Comprehensive Soldier and Family Fitness program to address specific issues.

This campaign synchronizes our efforts to increase individual resiliency and improve unit readiness by encouraging positive activities and reducing or eliminating harmful behaviors. R2C also focuses on eliminating stigma associated with getting help to address issues such as suicide and suicidal thoughts and ideations, sexual harassment/sexual assault, bullying and hazing, and substance abuse.

The campaign includes the "Total Army" – active, Army National Guard and Army Reserve – and provides resiliency support to Soldiers, Army civilians and family members.

R2C seeks to influence a cultural change in the


Lt. Gen. Howard Bromberg

Army by directly linking personal resilience to readiness, emphasizing individual responsibility to maintain resilience necessary for unit readiness.

The Army is focusing its resources along four lines of effort.

First, we have begun a program capabilities assessment to determine how well existing Army programs address high risk behavior. The results of these assessments will drive how we refine policies and prioritize resources to improve available programs and services.

Second, we are reviewing training and deployment requirements and incorporating resiliency training into institutional and unit level training to ensure our Soldiers build and maintain resilience from entry into the Army family through retirement. This integration emphasizes resiliency-focused training while affording leaders "white space" on training calendars.

Third, we are conducting an Army-wide communications campaign to inform and educate the Total Army about ready and resilient efforts and



supporting programs.

The communication effort also focuses on reducing stigma for those seeking help, retaining public confidence in the Army, and informing and educating audiences about Ready and Resilient plans, policies and initiatives in order to help strengthen and maintain a healthy force.

Developing policies, prioritizing resources, instituting resiliency training and communicating the campaign only go so far in developing a ready and resilient Army.

Our most important line of effort is instilling resilience as an integral part of Army culture.

Effecting cultural change requires both institutional transformation and individual commitment to Army professionalism. We are incorporating the concepts of readiness and resiliency in the definition of the Army profession, to reinforce individual and institutional responsibility to maintain a profession committed to the readiness and well-

being of its members.

Currently, Army organizations are implementing the "America's Army – Our Profession" education and training program which emphasizes Army values, standards and discipline, customs, courtesies and traditions, military expertise and trust as cornerstones of Army professionalism.

Building a culture of resiliency, combined with our other lines of effort, will allow us to increase individual resilience and improve unit readiness – and all members of the Army Team have a role in the successful execution of this effort.

I need your help to effect cultural change at the individual level. Without active engagement by leaders at all echelons, we cannot achieve Total Army Readiness and Resiliency.

Army leaders are responsible for the readiness of their units; a cornerstone of a ready unit is the resiliency of the personnel within the unit. Leaders have a

responsibility for influencing their team members' behavior, effecting cultural change, and encouraging team mates get help when they need it, all of which contribute to increased resiliency and improved readiness.

There are five areas in which leadership focus will help us achieve a more ready and resilient Army.

First, every Army leader must know, and promote the use of, Army resources such as CSF2, suicide prevention programs and hotlines and substance abuse programs. Leaders must understand and articulate links between support programs and readiness and ensure that Soldiers, families and civilian personnel are aware of resources available.

Second, leaders must lead by example. We say this frequently, but I challenge you to ask yourself "what example am I setting?" Fostering a climate which exemplifies trust, respect, responsibility and self-discipline and which reinforces the idea of personal accountability and professionalism as core values is an essential enabler to building readiness and resiliency.

The climate you set will also promote positive behaviors and will help eliminate stigma for those in need of behavioral health support because Soldiers, families and civilians know you value them personally and professionally; they know you care. They know you're committed to supporting

See COMMENTARY, P16



Joint Base San Antonio
<http://www.facebook.com/JointBaseSanAntonio>
 Joint Base San Antonio-Fort Sam Houston
<http://www.facebook.com/JBSAFortSamHouston>



Joint Base San Antonio
http://www.twitter.com/JBSA_Official
 Joint Base San Antonio-Fort Sam Houston
<http://www.twitter.com/JBSAFSH>



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

News Briefs

Walters Gate ECP Open Evenings

Effective immediately, and until further notice, the Walters Gate Entry Control Point will stay open in the evenings. The new Jadwin Gate ECP hours of operations are 6 a.m. to 6 p.m. Changes are due to changes in the construction schedules of work being done at the Walters Gate. Resumption of work on the Walters Gate ECP will be announced when the information becomes available.

JBSA-FSH Student Activity Center Grand Opening

A ribbon-cutting ceremony Monday marks the opening of the newly built Joint Base San Antonio-Fort Sam Houston Student Activity Center, located at 3222 Corporal Johnson Road. The state-of-the-art building is equipped with a full service food court, arcade games, meeting rooms, and a movie theatre to provide leisure, recreation and entertainment for the service members going through advanced individual training and initial entry training. Hours of operation will be 8 a.m. to 9 p.m. Monday through Thursday, 8 a.m. to 10 p.m. Friday, 1-10 p.m. Saturday and 1-9 p.m. Sunday. The facility will include a coffee bar, snack bar, "living room" area, multi-purpose room, music room, student business hub and "cybrary," as well as a club level. For more information, call 221-4016 or 221-3949.

Christmas Tree Lighting Ceremony

The annual Christmas tree lighting at Joint Base San Antonio-Fort Sam Houston is 6-8 p.m. Dec. 4 and includes lighting the official tree, reading "Twas the Night Before Christmas," pictures with Santa, a chance to play in real snow, hayrides and free cookies, hot chocolate and cider. For more information, call 221-1718.

Flu Vaccination Clinic Update

Flu vaccinations are available at Military and Family Readiness, building 2797, from 9 a.m. to 4 p.m. today, as well as Dec. 4, 11, 13 and 18. Starting Monday, shots will also be given at the San Antonio Military Medical Center on the first floor by the information desk from 8 a.m. to 4 p.m. every Monday until Dec. 16. It will also be available on Dec. 6 and Dec. 20. The shots are available for all active-duty service

POW WOW from P1

ence it firsthand. "A pow wow is a gathering of people to honor and celebrate a specific event," said Erwin De Luna, president of the United San Antonio Pow Wow Inc. "In the past, they were held to celebrate a successful war or hunting party, to celebrate someone's life after they died or to celebrate a birth or marriage."

"Military service is important to us," said De Luna. "As a group, Native Americans have had a higher percentage serve in the military than any other ethnic group in the country."

Rolando Monsivais, an equal opportunity specialist for Joint Base San Antonio, said one of the reasons so many Native Americans choose military service is because the cultural values they learned growing up mirror those in the military.

"There is a direct value link between Native Americans and the Army values," said Monsivais, a member of the Mescalero Apache tribe who served in the Army for 21 years. "I was raised to respect people, do what is right



Photos by Sgt. 1st Class Christopher DeHart

Retired Navy Chief Bill Bellinghausen leads the procession for the grand entry around the drum circle Saturday at the Fort Sam Houston Native American Indian Heritage Month Pow Wow in the FSH Teen and Youth Center. The grand entry honors the National and service colors as well as the flag and participating dignitaries.

and help people. These are the same values that the Army teaches."

The Native American tradition of service and honor also led others, such as Staff Sgt. Frankie Albert, a nodal network systems operator-maintainer with Headquarters, Headquarters Company,

106th Signal Brigade, to join the military.

"My father was in the Army, and I grew up hearing about my uncles, who served as code talkers during World War II," said Albert, a Navajo.

During World War I and II, the United States used various Native American languages to



Robert Ferguson makes his way around the drum circle Nov. 16 at the Fort Sam Houston Native American Indian Heritage Month Pow Wow in the Fort Sam Houston Teen and Youth Center. Ferguson is a member of the Native American Student Association at St. Mary's University in San Antonio.

transmit coded messages around the battlefield. While the enemy was aware of this, they were unable to break the codes due to the difficulty of learning the languages and dialect, plus the languages were not written, only spoken.

The most famous group of code talkers were the Navajos in the Pacific theater.

"It is part of our culture to serve and protect the ones we love," Albert said. "We love our nation – and we want to protect it."

Man on the Street

What are you thankful for this Thanksgiving?



Lt. Col. Andy Novitske
Plans Officer,
Task Force 51

"I am thankful for family, friends

and being able to see all that I missed when I was away – holidays, birthdays – things like that."



Sgt. Lamond K. Wright
Team Chief,
Military Funeral Honors Platoon
and the Caisson Section of
U.S. Army North

Being with family during the Thanksgiving holiday is what's most important to Sgt. Lamond Wright. He is also thankful to be in the Army and with the Fort Sam Houston Caisson Section.



Sgt. 1st Class Shannon Davie
Contracting
Noncommissioned Officer,
412th Contracting Support
Brigade

"I am thankful for my family and being alive. I love playing with my three children and seeing their faces every day."



Navy Petty Officer 1st Class Tanya Austin
Logistics Leading Petty Officer,
Navy Operational Support Center

"I am thankful because the Navy has always provided for me and my family."

Air Force medical treatment facilities accepting MiCare registration

By Alex Salinas
JBSA-Randolph Public Affairs

Air Force medical treatment facilities at Joint Base San Antonio locations are still accepting patient registrations for MiCare.

MiCare, a secure online health care messaging system, was designed to help military members and their families more easily and effectively manage their health and wellness, regardless the location or if care is sought inside or beyond the military

health system.

"This is accomplished by allowing providers to exchange information with patients by email versus over the phone or in-person appointments," said Capt. Jennifer Tomlinson, 359th Medical Support Squadron TRICARE Operations and Patient Administration Flight commander.

Airmen and retirees and their family members, as well as Reservists on orders empanelled to a primary care manager, are eligible for MiCare.

Once enrolled, they can

request prescription refills, book appointments, receive medical test and lab work results, obtain a copy of immunization records or ask questions of doctors on non-urgent matters – all online.

To sign up, a patient must fill out a MiCare registration form, turn it in to the medical treatment facility face-to-face and show a military identification card, said 1st Lt. Charlene Rueben, 359th MDSS group practice manager.

Enrollees will then receive an email to which they must respond to complete the registration process.

According to the Air Force Medical Service website, other MiCare benefits include getting written advice that might be forgotten or misunderstood if communicated verbally, avoiding the annoyance of waiting in phone trees and playing "telephone tag," and close monitoring of health issues through confidential online communications without the inconveniences of traffic, parking or lost days at work.

For Staff Sgt. Lesley Burkett, 359th Medical Group population health office manager, MiCare also helps clinic staff members become more efficient with customer service.

"Communication between the (health care) team and patients is better," she said. "Sometimes, it's much easier for patients to send an email to providers and vice versa. Additionally, a digital record of message exchanges makes it easier

UFC FIGHTERS VISIT WOUNDED WARRIORS



Photo by Robert Shields

(From left) Ultimate Fighting Champions Reuben Duran and Ian McCall speak with Sgt. 1st Class Ivan Morera about his prosthetic hand during their visit Nov. 14 to the Center for the Intrepid. UFC fighters Bobby Green and Shane Del Rosario joined Duran and McCall in meeting with wounded warriors recovering at the CFI.

News Briefs

Continued from P3

members, retirees, civilians, family members, volunteers and children 6 months and above.

SAMMC Thanksgiving Meal Closed to Public

Due to the complete renovation of the San Antonio Military Medical Center's kitchen and dining facility, the Thanksgiving meal Thursday is closed to the public.

Lincoln Military Housing Closures

The Lincoln Military Housing Office will be closed Thursday and Nov. 29 in observance of Thanksgiving. Normal operations resume at 8 a.m. Dec. 2. For maintenance emergencies, call 225-5564. All other emergencies, call 911.

Residential Communities Initiative Office Closure

The Residential Communities Initiative Office will be closed Thursday and Nov. 29. Normal operations resume at 8 a.m. Dec. 2.

Band Performs at Tree Lighting

A trombone quartet from the Air Force Band of the West performs at the city's annual tree lighting ceremony from 3-6 p.m. Nov. 29 at Alamo Plaza.

MICC Change of Command

Command of the Mission and Installation Contracting Command changes hands during a 10 a.m. ceremony Dec. 2 at the Quadrangle. Brig. Gen. Kirk Vollmecke relinquishes command to Col. Jeffrey Gabbert, who has been selected for promotion to brigadier general. Gabbert served as special assistant to the Army Contracting Command commanding general, while Vollmecke becomes deputy for acquisition and systems management at the Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology in Washington, D.C.

JBSA Hearts Apart Holiday Palooza

The first Joint Base San Antonio Hearts Apart Holiday Palooza begins at 7 p.m. Dec. 6 at the Military and Family Readiness Center, building 2797, at JBSA-Fort Sam Houston. The celebration is open to families geographically separated from their service member. The event includes music, dinner, gifts, giveaways and a visit from Santa Claus. Reservation deadline is Thursday. Call 221-9079, 671-3722 or 652-5321 to sign up and provide number and gender of children attending.

Local Airmen, Soldiers give hope to homeless veterans

By Staff Sgt. Kevin Iinuma
59th Medical Wing Public Affairs

Airmen and Soldiers from the Wilford Hall Ambulatory Surgical Center and the San Antonio Military Medical Center volunteered Nov. 8 to help homeless veterans at the 16th annual American GI Forum Veterans Day Stand Down.

An estimated 1,000 needy veterans attended the event in downtown San Antonio, which acts as a doorway for many veterans who seek to work their way back into society and self-sufficiency.

More than 529,000 veterans are homeless at some time during the year, according

to the Massachusetts Department of Veterans' Services.

Stand Downs are typically one- to three-day events providing food, shelter, clothing and health screenings to homeless veterans.

Other services may include Veterans Affairs and Social Security Administration benefits counseling, and referrals to a variety of other basic services like housing, employment and substance abuse treatment.

"Every veteran who has worn a U.S. military uniform and served with honor deserves a warm meal, a haircut, clean, serviceable clothes, medical care and the opportunity to apply

for benefits," said U.S. Air Force Master Sgt. Alan Weary, career assistance advisor for the 59th Medical Wing at Joint Base San Antonio-Lackland.

Veterans are twice as likely as any other Americans to become chronically homeless.

Weary said approximately 33 percent of homeless males in the United States are veterans. The number of homeless Vietnam-era veterans, both male and female, is greater than the number of service members who died during the war.

They represent 11 percent of the adult civilian population, but 26 percent of the homeless population, according to



Photo by Staff Sgt. Kevin Iinuma

Airmen from the 59th Medical Wing help pass out free gear to homeless veterans Nov. 8 during the 16th annual American GI Forum Veterans Stand Down. The event was organized by the National Veterans Outreach Program and provided services and entertainment to homeless veterans in the local community.

the Homeless Research Institute in 2007.

"We want to honor all veterans," said Ignacio Leija, vice president of service operations for the American GI Forum, "These veterans are sometimes forgotten. Even though

they may not have a place to stay, they still served this country."

"It is very rewarding to serve our fellow veterans and continue to pave a proud legacy that is built on integrity, service and excellence," Weary said.

Army Surgeon General honored by French government

By Kirk Frady
Army Medical Command
Public Affairs

France's National Order of Legion of Honor, Chevalier (Knight) award was presented to U.S. Army Surgeon General Lt. Gen. Patricia D. Horoho by French Deputy Surgeon General Patrick Godart, during a ceremony Nov. 12 in the French Embassy in Washington, D.C.

The prestigious award recognized Horoho for her exceptional career accomplishments and sustained dedication and commitment to giving new momentum to the French-American medical cooperation.

As a result of her efforts, the two coun-

tries enjoy collaboration on medical research and development and work closely together to improve battlefield medicine.

"I am so humbled to be receiving the Legion of Honor Award," Horoho said. "This award has recognized such a diverse group of individuals and there is a lineage that I am truly honored to now be a part of. This award is not just recognition of the Army surgeon general, but it is a tribute to the relationship between the U.S. and the French military."

The French Legion of Honor was instituted by Gen. Napoleon Bonaparte in 1802, to recognize

the distinguished merit and the full dedication of both military and civilians in service to the French nation. It is the highest distinction that can be bestowed on a French citizen as well as on a foreigner. All nominations for the award are decided by the President of the French Republic who is also the Grand Master of the Order.

Membership in the Legion of Honor is technically restricted to French nationals. However, foreign nationals who have served France, or the ideals it upholds, may receive a distinction of the Legion, which is nearly the same as being a member.



Photo by Sgt. 1st Class Manuel Moreira

French Deputy Surgeon General Patrick Godart awards Lt. Gen. Patricia Horoho, Army surgeon general, the French National Order of Legion of Honor.

VISIT NEWS LEADER ONLINE: [HTTP://WWW.JBSA.AF.MIL](http://www.jbsa.af.mil) OR [HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/pao)

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

**COMBINED FEDERAL
CAMPAIGN**



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

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

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

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



Fort Sam Houston Caisson Section serves, reveres, comforts



(From left) Sgt. Lamond Wright and Spc. Jordan Duncan wash down Dunaway and Mason in preparation for a funeral ceremony.

(Left) Sgt. Benjamin Roberts urges Copeland to walk, canter and then trot around the training arena during Sgt. Angel Aguilar's first time in the saddle.

Part 2: Soldiers use leadership to teach 'greenhorns,' learn new skills

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

Just as in any military unit, Soldiers in the Fort Sam Houston Caisson Section use leadership skills to train others to ride and manage horses, albeit with a twist.

"All he needs is a kiss," calls out Sgt. Benjamin Roberts to recently arrived Spc. Robert Neal saddled atop Bainbridge. "He doesn't understand 'Go buddy!'"

It is Neal's inaugural ride and he is clutching the reins and saddle horn for dear life as Roberts urges Bainbridge into a cantor, then a trot and then finally into a gallop, kicking up dust around a small arena behind the stables at

Joint Base San Antonio-Fort Sam Houston.

Bainbridge, a quarter horse and the smallest of the caisson horses, is the one with which new riders begin their horsemanship instruction. Learning to ride a 1,000-pound horse that towers above an average Soldier can be intimidating for those without prior experience.

As the horse moves around the arena, Roberts draws air in through pursed lips – making kissing sounds – a gentle signal to the horse's hindquarters to let Bainbridge know he needs to quicken his gait.

Neal loosens his grip and relaxes

a bit as he becomes accustomed to the horse's movements.

Fellow Caisson Soldiers, hanging from the railings around the arena, chuckle and wisecrack between themselves, while studying Neal's capabilities in the saddle, looking for excessive fear or any reticence that might need extra work in addition to equine skills training.

Like Neal, most of the Soldiers assigned to the caisson section arrive as "greenhorns," without experience.

It is the "old hands," along with stable master John Deeley, who lead new members through the six-week, on-the-job training program Deeley established, giving directions and offering advice, usually



Being a Caisson Section Soldier can be a dangerous job. Spc. Edwin Calaf was bucked off Big Mac recently when the horse became upset because he stepped into a hole in the ground. Horses are prey animals with a strong flight-or-fight mentality and spook easily. Big Mac was not injured and Calaf's only injury was to his ego.



Mistique, the only female horse in the Caisson Section, watches as Spc. Jordan Duncan cleans up after the horses, which is a big part of being a Caisson Section Soldier.



(From left) Staff Sgt. Edward Montgomery and Spc. Jordan Duncan ride Orlando and Bainbridge, respectively, around a large training arena behind the stables. Soldiers ride the horses often to keep their skills sharp and keep the horses trained. Each Soldier wears a safety helmet and vest.

Photos by L.A. Shively

with a dash of Army humor.

"Remember – hold the reins like a .50 cal," Roberts instructs Neal.

As a team chief, Roberts seems a natural at horsemanship, yet he said he learned all of his skills while assigned to the Fort Sam Houston Caisson Section.

Roberts has been a part of the unit for a total of three years, alternating between assignments to Baghdad, Iraq and Kabul, Afghanistan with a Quick Reaction Force. Before the first ride, a Soldier prepares and saddles the horse, practices getting and staying in the saddle, then gets lessons on communicating with the horse.

Safety is a priority for all riders and helmets and safety vests are worn during all phases of instruction on the horse.

Deeley's immersive, hands-on program uses sounds, hand signals and crops to communicate with the horses and he teaches his Soldiers the same techniques he's refined after 30 years of training and riding. The stable master also owns a ranch in Schertz, Texas.

"We teach them balance in the saddle. We teach them the foot-falls of the horse, different gaits and how to keep the horse going in the right direction," Deeley said. "We teach them how a horse thinks, how a horse reacts."

Much of the training involves tutoring the Soldiers on conveying intent to the horse properly. If a horse does something wrong,

it's because the rider gave the wrong input to the horse, Deeley explains, such as pulling back on the reins while kicking to go forward – opposing messages.

"Confusion usually turns to fear for a horse and fear usually turns into panic and that means a trip to the San Antonio Military Medical Center for the rider. In order to avoid confusion the rider must control a horse physically, emotionally and mentally. That horse has to be focused on you," Deeley said, adding that a rider leads and controls the horse with pressure.

"When I have the bit in his mouth and I am pulling to the right, I am not pulling his mouth, I am putting pressure on this side of his mouth and he is yielding to that pressure," Deeley explained. "That's how horses talk to each other – pressure."

Lessons on equine anatomy, proper feeding and caring for the horse as well as stable and pasture maintenance are part of the program Deeley engineered. Caisson Soldiers also learn to use and clean tack – the saddles, stirrups, bridles, halters, reins, bits and harnesses – used on a horse.

After completing the in-depth training program, a caisson Soldier wears an English-styled set of spurs.

After 75 Caisson ceremonies, a Soldier is allowed to train other personnel and is awarded a Western-styled set of spurs that sport a round rille and makes

a characteristic clink when the Soldier walks.

The "cowboys" of the caisson section still retain a disciplined Army regimen. The Soldiers rotate duty during weekends, feeding and caring for the horses and follow a set schedule during the week.

"We come in at 0630, do formation, take accountability then feed the horses," said Team Chief Sgt. Tony Holmes. "In the summer, physical training is done in the afternoon and in the morning during the winter."

Holmes, the senior spurred rider, has been with the Fort Sam Houston Caisson Section since 2011. He came to San Antonio from Afghanistan, where he served with a special operations task force, living in rural areas of the country where he and his unit contributed to village stability operations.

Originally from Dallas, Holmes said he grew up with horses, so it was easy to pick up the skills he needed to work with the unit.

"It's a new experience, a new trade," said Sgt. Angel Aguilar who, along with Neal, recently joined the caisson section. Aguilar was originally trained as a microwave technician. He said he almost fell off of the horse during his first ride, but managed to stay in the saddle.

"We'll see tomorrow," Aguilar said. "I am very cautious with what I am doing, but am excited to be part of the caisson unit."

MICARE from P4

for patients and providers to keep track of information.”

According to the AFMS, right now 60 Air Force installations are listed as using MiCare. By end of fiscal 2013, all military treatment facilities will

have received MiCare.

For service members permanently changing stations, the AFMS advises eligible people to check with their health care team to see if MiCare is available at their next MTF.

People can pick up registration forms at their

MTF or visit <http://www.jber.af.mil/shared/media/document/AFD-101213-021.pdf>. For more information, visit <http://www.afms.af.mil/micare/>. To sign into MiCare once enrolled, visit <https://app.relayhealth.com/security/login/default.aspx>.

Annual exams crucial for early detection of oral cancer

By Capt. Daniel Chartrand
Dunn Dental Clinic JBSA-Lackland

Annual exams at a dental clinic begin with an oral cancer screening. Unbeknownst to many, the dentist is the first line of defense when it comes to early detection of oral cancer.

This is important given that mortality rates associated with oral cancer significantly decrease with early detection. According to "Detecting Oral Cancer: A Guide for Health Care Professionals," the five-year survival rate for localized disease is 82 percent, compared to 28 percent for those whose cancer has spread to other parts of the body.

So, who is at a greater risk of getting oral cancer? There are several risk factors, which increase one's risk. Accord-

ing to the Cancer Treatment Center of America, 80 percent of people with oral cancer use some form of tobacco.

Furthermore, 70 percent of those diagnosed with oral cancer are heavy drinkers as well. Interestingly, studies have shown that tobacco and alcohol, when combined, have a synergistic effect, which greatly increases the risk of getting mouth and throat cancer.

The incidence of oral cancer also increases with age. Statistics show that males are twice as likely to have oral cancer as females.

Additionally, sun exposure also increases the risk. It is essential to protect the lips and skin from the damaging effects of the sun's ultraviolet rays. Unfortunately, the lips are actually a common, but

often overlooked, site for cancer.

The screening involves two components: an extraoral and an intraoral examination.

The extraoral exam begins with an assessment of the face. The dentist will begin by looking for asymmetries in the face, as well as any unusual growths.

The dentist will then feel both sides of the neck for any enlarged lymph nodes or unusual growths in the head and neck area.

Finally, the temporomandibular joint will be evaluated by having the patient open and close his/her mouth.

After the extraoral examination is complete, the dentist will then examine the soft tissues.

The intraoral exam generally starts with a

seven-step systematic assessment. This includes checking the outside of the lips, the inside of the lips, the inside of the cheeks, the gums adjacent to the teeth, the tongue, the floor of the mouth, and the roof of the mouth which are the most common locations for oral cancer.

All patients are encouraged to perform this same type of examination on their own. By using a mirror, patients can look for soft tissue changes that do not look like surrounding tissue. It is important to note white or red lesions, mixed white/red lesions, and blue- or black-colored lesions. They should be evaluated by a dentist.

Other signs and symptoms to be aware of include: a thickening in the oral hard or soft tissues, soreness or the feeling of a lump in the



Capt. Riley Adams, a general dentist with the 59th Dental Squadron, examines Senior Airman Sherree Skeens' teeth during her annual dental check-up Oct. 31 at the Dunn Dental Clinic on Joint Base San Antonio-Lackland. Adams was looking for inflamed lymph nodes, tissue abnormalities or any pigmentation or discoloration, which may signal oral cancers. Skeens is a dental assistant assigned to the 59th DS.

Photo by Staff Sgt. Kevin Iinuma

throat, difficulty chewing or swallowing, ear pain, difficulty moving the jaw or tongue, hoarseness, numbness of the tongue or jaw, or swelling of the

jaw. If there are any questions or concerns about any tissues changes in your mouth, contact your general dentist for further evaluation.

AFAP from P1

of the JBSA Armed Forces Action Plan Conference.

Once known strictly as an Army conference, AFAP continues to evolve here as a joint base initiative. The meeting was the second annual event for JBSA, but for Brig. Gen. Bob LaBrutta, JBSA/502nd Air Base Wing commander, it was a first.

Pointing out since he's Air Force, LaBrutta said, "This is new for me. However, we are all benefactors of this magnificent program that the Army brought to bear and we're applying it right here at JBSA across the board, not only at (JBSA-) Fort Sam (Houston) but at (JBSA-)Lackland and (JBSA-)Randolph too. It's an evolution."

The purpose of AFAP is to offer a process that provides the military com-



Photo by Master Sgt. Kimberly Green

Michelle Thomas, Exceptional Family Member Program specialist, U.S. Army Installation Management Command, shares her insights and solutions Nov. 7 during the out-brief on the final day of the JBSA Armed Forces Action Plan Conference. Thomas served as an EFMP subject matter expert for the four-day workshop.

munity a voice in shaping their standards of living by identifying issues and concerns for senior leadership resolution.

"As our military transforms, we have to take into consideration how to balance and prioritize our competing requirements," said Cindy Lamb, JBSA AFAP coordinator. "AFAP

is one way to identify the significant issues that face our military community today."

During the four-day workshop, workgroups consisting of delegates, facilitators, transcribers, issue support personnel, room managers and subject matter experts reviewed and prioritized ap-

proximately 90 issues. The groups were entitlements, family support, force support and medical.

Each group presented their top two issues during the final day's outbrief. The delegates' top recommendations included – among others – healthier options in the Army and Air Force Exchange Ser-

vice Food Court – tutoring for military connected students and centralization of dependent registration for child, youth and school services programs throughout the Department of Defense.

Since the inception of the Army program in 1983, AFAP has reviewed nearly 700 quality-of-life issues and resolved more than 500 of them.

The AFAP program's process of improvement begins at the local level, where annual symposiums are held to examine issues of concern that delegates believe need to be fixed.

"I've learned today how critically important AFAP is – this is a grass roots level program. You are the ones that are the decisive mass to the success of this program," said LaBrutta during the final day of the conference. "We needed innovative ideas and dif-

ferent approaches and you did it. We're getting after it."

Although significant progress has been made over the last three decades Army-wide and the last two years at JBSA, leaders at JBSA unanimously agreed there's always room for improvement.

"When I see a program like this, and what it can do for our service members, families and civilians, I am just blown away," said Robert Naething, deputy to the commanding general, U.S. Army North (Fifth Army). "I ask all to continue to think outside the box and bring issues of concern to our attention. It's all about awareness."

The Army Community Service collects comments throughout the year from its customers to be brought up at the AFAP Conference.

FORMER DEFENSE SECRETARY RUMSFELD VISITS EXCHANGE



Photo by L.A. Shively

Army Staff Sgt. Bruce Heckendorn shakes hands with former Defense Secretary Donald Rumsfeld during a book signing event at the Joint Base San Antonio-Fort Sam Houston Main Exchange Tuesday. Heckendorn and his wife, Kristy, were at the head of the line and the first to get two books personally autographed by Rumsfeld. Heckendorn said he was pleased to get a few moments with Rumsfeld. "I enjoyed it. He was a fellow service member and flew Navy aircraft and gave so much to our country – it's a big deal to meet him and shake his hand," Heckendorn said.

ARMY SOUTH VISITS SAN ANTONIO POLICE DEPARTMENT



Photo by Frederick Hoyt

(From left) Maj. Ali Johnson, Army South community relations chief, and Col. Hans Bush, AR-SOUTH public affairs director, receive a briefing on the San Antonio Police Department's Fusion Cell by Deputy Chief Anthony Trevino, during a visit to the San Antonio Police headquarters Nov. 14. The visit was part of Army South's community relations outreach program. The fusion cell works with the Department of Homeland Security to share intelligence between federal agencies. It has a 24-hour tactical operations center to provide assistance to local and state health departments, fire departments, medical providers, emergency management and law enforcement agencies.



Neanderthal Warrior Trail Run

The zombie edition of the annual Neanderthal Warrior Trail Run is Saturday at Joint Base San Antonio-Camp Bullis. The run is open to military and civilians, with registration available at <http://register.iaapweb.com>. Event fees are \$20 for military with valid identification; \$30 for civilians without military ID; \$20 per person for teams of five to 10 people; and \$15 per person for teams of 11 or more. Arrival time is 6:15 a.m. and run starts at 7:30 a.m. For more information, call 295-7710 or 848-2158.

Federal Resume Writing

Monday, 9 a.m. to noon, Military and Family Readiness, building 2797. Call 221-0427.

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., Military and Family Readiness, building 2797. Call 221-2380.

First Termer Financial Readiness

Tuesday and Wednesday, noon to 4 p.m., Dodd Field Chapel, building 1721. Call 221-2380.

Identity Theft

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

Youth Basketball Registration

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

HIRED! Apprenticeships Program

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

Holiday Junior Golf Classes

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

information, call 244-3415.

Harlequin Dinner Theatre presents "Step into Christmas"

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

Computer Lab

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

How We Roll

Monday through Friday, 9-11 a.m. at Fitness Center on the Medical Education and Training Campus, the "How We Roll" program provides parents and strollers use of the indoor track. Mondays from 9-10 a.m., a fitness trainer is available for assistance and instruction. Call 808-5709.

Fitness on Request Kiosk

The Fitness Center on the Medical Education and Training Campus hosts an innovative group fitness system including free virtual classes ranging from 20 to 60 minutes. Call 808-5709.

Belly Dancing Class

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

World Climb Tower Challenge

Sign up at the Jimmy Brought Fitness Center for the World Climb

Tower Challenge. Call 221-1234.

JBSA-Fort Sam Houston Ticket Office

The ticket office located in the Sam Houston Community Center, building 1395, Chaffee Road, is open 9 a.m. to 4 p.m. Tuesday through Friday. Call 808-1378.

Sportsman Range

The Joint Base San Antonio-Camp Bullis range is open 10 a.m. to 2 p.m. Saturday and Sunday. DOD ID card holders may shoot their personal pistols, rifles and shotguns. Firearms must be registered at JBSA-Camp Bullis. The range may close unexpectedly because of weather or troop use. Range users should call before coming out for target practice. Call 295-7577.

Hunting on JBSA-Camp Bullis

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

SKIESUnlimited Classes

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

Equipment Rentals

The Outdoor Equipment Center has all the items needed for a backyard party, unit organizational day, or weekend getaway. Rental

items include canoes, boats, campers, camping equipment, outdoor games, barbecue pits and more. Call 221-5225.

Horseback Riding Lessons

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

Theater Arts Program

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

Home Child Care Providers Needed

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

Parent Central Customer Service

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

School Liaison Office

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

Library Story Time

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

Game Time at the Library

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

Thrift Shop Open

The JBSA-Fort Sam Houston Thrift Shop at 3100 Zinn Road, run by the Spouses' Club of the Fort Sam Houston Area, is open 9 a.m. to 2 p.m. Wednesday, Thursday and the third Saturday of each month. Consigned items are taken from 9 a.m. to 1 p.m. Donations are taken anytime during regular business hours. Call 221-5794/4537 or click on <http://www.scfsh.com>.

Pet Consult Services Available

The JBSA-Lackland Veterinary

See INSIDE, P17

COMMENTARY from P2

their path to well being.

Equally important is how you convey the Army's values and standards. Leaders must consistently reinforce that inappropriate behaviors, such as sexual harassment/assault, hazing, and drug and alcohol abuse, will not be tolerated and are detrimental to unit readiness.

All Army team members – but especially leaders – have a duty to intervene if they observe inappropriate activities,

as such behaviors destroy unit cohesion and have no place in the Army profession. Leaders who model the Army values and live the Army profession, and who ensure their leadership team does the same, will establish an environment in which their subordinates will be ready, resilient and Army strong.

Additionally, Army leaders must know their personnel. As the Army shifts from an environment of multiple combat deployments to one of preparing for unknown contingencies, supporting regionally aligned forces

and increasing home station training, leaders will face challenges keeping up with Soldiers and their family.

Senior leaders will need to mentor younger leaders on how to successfully operate in the training setting. Walking military and local living areas, engaging with personnel and keeping a finger on the pulse of the unit must be a regular and deliberate activity for leaders to maintain unit cohesion and to keep an eye out for warning signs of someone who may be struggling with personal or profes-

sional issues.

Leaders should ensure all members of their unit are trained to look for indicators of a teammate in trouble and to know what to do if they suspect someone needs help.

Finally, leaders must take care of themselves. Ready and resilient units need ready and resilient leaders. Leaders who live a balanced life provide a model for their Soldiers to emulate.

All leaders need to take time to decompress, get enough sleep, make an effort to eat healthy, and integrate physical fitness

into their lives and the activities of their units.

If you need help, seek it. Readiness, resiliency, and stigma reduction begins with you as an Army leader.

We have an opportunity to leverage your talent to make us a better team.

As Army Chief of Staff Gen. Raymond Odierno has stated, "We have a window of opportunity here to make our Army better and stronger if we focus on the right things and resiliency is one of the right things that will make the Army stronger and more effective."

As members of the Total Army Team, we must commit to investing in building enduring strength, resiliency and readiness, so that our Army is prepared to rapidly deploy and sustain a force which can prevent conflict, shape the security environment and win the Nation's wars.

In leading the way in readiness and resiliency, Army leaders can reinforce the trust of Soldiers, families and civilians and retain the confidence of the American people in their Army.

Safety tips for cooking Thanksgiving dinner

Officials from the 502nd Air Base Wing Safety Office have provided the following cooking tips for having a safe Thanksgiving holiday:

- Do not overload the stovetop with too many pots and pans, and keep the area free of clutter.

- Never hold a child while cooking. If possible, keep children out of the kitchen while cooking.

- Never put a glass casserole dish on the stove or over a burner, as it could cause the container to explode.

- Remove lids from pots and pans by tilting them away from you to avoid hot steam.

- Ensure shirt sleeves are short, fitted or tightly rolled when cooking.

- If a small fire starts in a pan, grab a flame-resistant potholder and smother the fire with a lid. Do not remove the lid until the pan has cooled.

- Stay in the kitchen when frying, grilling or broiling food. If you must leave, shut off the stove.

- If you are simmering,



File photo

roasting or boiling food, check it frequently.

- Keep flammable items such as oven mitts, wooden utensils, packaging or towels away from the stove.

- Always thoroughly cook food to a safe temperature. Just because the outside looks good doesn't mean the inside temperature is high enough to kill bacteria.

- Never thaw a turkey at room temperature because this promotes the growth of dangerous bacteria; instead, thaw it in the refrigerator. Do this with the turkey still in its unopened wrapper with the breast facing up

and placed on a tray. The National Turkey Federation recommends one day thawing in the refrigerator for every five pounds of turkey.

- Never lower a frozen or partially thawed turkey into the hot oil as it could boil over.

- Consider avoiding the use of turkey fryers because they pose a number of safety hazards.

- Turkey fryers should always be used outdoors and away from buildings and other material that burns.

- Don't overfill a cooking pot or fryer with oil because the oil may spill out and hit the burner/

flames causing a fire to engulf the entire unit.

- Be careful with marinades. Oil and water don't mix, and water causes oil to spill over, causing a fire or even an explosion hazard.

- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.

- Keep a fire extinguisher in the kitchen.

The National Fire Prevention Association also offers these tips for dealing with fires:

- In the event of a small grease fire, slide a lid over the pan and turn off the stove. Leave covered until pan has completely cooled.

- If an oven fire occurs, turn off the heat and keep the door closed.

- Never use water to extinguish a grease fire. If the fire is manageable, use an all-purpose fire extinguisher. If the fire increases, immediately call 9-1-1 for help.

FOR SALE:



1999 Harley Davidson 1200 Sportster Sport, custom 2-1

Thunderheader exhaust, Performance Machine dual front brake system, custom front turn signals and mirrors, removable windshield, excellent condition, \$3,600. Call 605-999-9494.

FOR SALE: Set of two German beer glasses, 0.5 liter, \$10; ladies Stapf Tyrolian Alps sweater, burgundy with silver buttons, size small, \$40; ladies Austrian Tyrol jacket, green wool, size small, \$65; German stepping stool, Bauernmalerei technique, 8 inches high, 14 inches long, 7 inches wide, \$25. Call 495-2296.

FOR SALE: Argus slide projector with remote control and one slide container; model 570A, \$20; Laclede PL type radial tire chains

(new/unused) in carry bag, \$15; wicker basket, 25.5 inches tall, 19.5 inch diameter, no lid, \$5; Fuse gray ski helmet, M 55.5-59 cm, excellent condition, \$45; Giro gray ski helmet, M 55.5-59 cm, excellent condition, \$45; Uvex ski goggles, double lens, orbit optic OTG, black metallic, excellent condition, \$30; two Blue Lite racketball rackets, never used, \$8 each. Call 832-9072.

FOR SALE: New large, color NFL blanket, \$10; black metal chaise lounge with wheels, adjustable back with new cushion, \$76; hand-crafted metal table with black marble top, 37 inches long, 16 inches wide, 32 inches high, \$75; Penmate dog crate for large dog, \$85; new Oakley sun glasses with hard case, \$76. Call 313-0061.

MULTI-FAMILY YARD SALE: Begins 8 a.m. Saturday, 363 Wagon Crossing, Universal City. Cancelled if raining.

INSIDE from P16

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, call 221-0852.

Basic Skills Education Program

Classes are Monday through Friday 7:30 a.m.-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.

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays

Main Post (Gift) Chapel

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

Dodd Field Chapel

Building 1721, 5584 Dodd Blvd.
8:30 a.m. - Samoan
10:30 a.m. - Gospel

Army Medical Department Regimental Chapel

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

Brooke Army Medical Center Chapel

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

CATHOLIC SERVICES

Daily Mass

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

Main Post (Gift) Chapel

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

Saturday

Main Post (Gift) Chapel

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

Sunday

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

JEWISH SERVICES

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

ISLAMIC SERVICE

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

LATTER DAY SAINTS SERVICES

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

BUDDHIST SERVICES

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

*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>.*

Weekly Weather Watch

	Nov 22	Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
San Antonio Texas	76° Rain/Thunder	80° Showers/Wind	85° Cloudy	76° Showers	60° Mostly Cloudy	52° Sunny
Kabul Afghanistan	59° Mostly Cloudy	55° Mostly Cloudy	58° Sunny	60° Sunny	59° Sunny	57° Sunny

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

WATER CONSERVATION TIPS

1. Encourage your school system and local government to help develop and promote a water conservation ethic among children and adults.
2. Teach your family how to shut off your automatic watering systems. Turn sprinklers off of the system is malfunctioning or when a storm is approaching.
3. Set a kitchen timer when watering your lawn or garden with a hose.
4. Make sure your toilet flapper doesn't stick after flushing.
5. Make sure there are aerators on all your faucets.

(Source: 502nd Civil Engineer Squadron)