


**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


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Master Chief Petty Officer of the Navy visits Sailors, chiefs at JBSA

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

Master Chief Petty Officer of the Navy Mike Stevens shared “sea stories” and his vision of leadership in the Navy with Sailors and chief petty officers during meetings Oct. 30 at Joint Base San Antonio-Fort Sam Houston.

During his meeting with Sailors, Stevens said he was excited to spend time with them and encouraged them to ask questions and express their ideas on issues.

“These interactions I have with all of you are so important,” Stevens said, adding that speaking with Sailors on the deckplates is the source of his guidance for Navy leadership.

“If I don’t know what’s on your minds – then how am I going to sit down with the (Chief of Naval Operations Adm. Jonathan Greenert) and other

See NAVY, P4


Photo by L.A. Shively

Master Chief Petty Officer of the Navy Mike Stevens answers a question from a Sailor in the audience during his all-hands call Oct. 30 at Joint Base San Antonio-Fort Sam Houston.

ARMED FORCES ACTION PLAN: ‘THE VOICE OF THE CUSTOMER DOES MATTER’



“The needs of our military community remain in the forefront of all senior leadership,” said Lt. Gen. Perry Wiggins (right), commanding general, U.S. Army North (Fifth Army), and senior commander for Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis, as he addressed attendees Monday at the Fiscal 2014 Joint Base San Antonio Armed Forces Action Plan Conference. “This platform is the primary tool to voice important issues and concerns facing service members, civilians, retirees, survivors and families especially now in the face of unprecedented budgetary challenges.” Delegates from throughout JBSA gathered Monday through Thursday to identify and amplify issues and concerns that shape the quality of life within the JBSA military community. This year marks the 30th anniversary for the Army Family Action Plan and the second for the JBSA AFAP. “We want all here in the JBSA military community to know, the voice of the customer does matter,” said Cindy Lamb, JBSA AFAP coordinator.

Photo by Master Sgt. Kimberly Green

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AF ISR, cyber link for stronger Air Force operations

By Col. Timothy Haugh
Assistant Vice Commander,
Air Force Intelligence, Surveillance
and Reconnaissance Agency

The Internet, software, cell phones, communication technology, satellite transmissions and secure transactions impact virtually every aspect of our daily lives.

Those capabilities, collectively, make up what we've come to call "cyberspace." Cyberspace has become so entrenched and so vital to U.S. interests that attacks on our cyber enterprise have been likened to another "Pearl Harbor" in terms of the devastating impact it could have on us.

If cyber is that important to us, then we know it is just as important to our enemies, today and in the future, especially as we focus on highly contested environments – that is, against peer or near-peer enemies.

Cyber is and will

always be a contested environment. It will require specialized intelligence, surveillance and reconnaissance to defend AF networks, and leverage cyberspace as a unique intelligence source.

At the Air Force Intelligence Surveillance and Reconnaissance Agency, headquartered at Joint Base San Antonio-Lackland, we understand the critical importance of integrating cyber and ISR to meet increasing combatant commander demand now and in future operations, as do our partners at the 24th Air Force, responsible for maintaining and defending Air Force networks.

After a decade of fielding and operating new ISR capabilities in Iraq and Afghanistan, the AF ISR Agency is well postured to advance cyber ISR and integrate intelligence derived from cyber into the myriad products produced daily



"Innovation is central to effective intelligence, surveillance and reconnaissance and cyber operations."

*Col. Timothy Haugh
Assistant Vice Commander, Air Force Intelligence,
Surveillance and Reconnaissance Agency*

for combined forces air component commanders and combatant commanders and national decision makers at the highest levels.

ISR and cyber are inextricably linked. To find and fix problems in the cyber realm, operators first need to know where their target sits. AF ISR Airmen find those targets, whether individuals or countries, who are work-

ing actively in the cyber realm to damage the U.S.

As a contested domain, cyberspace requires specialized ISR operations to defend Air Force networks and leverage cyberspace as a unique intelligence source. Cyber operations, in turn, feed ISR Airmen intelligence on enemy locations and targets.

One operation supports the other and creates a

synergy that improves the nation's defensive and offensive capabilities. Intelligence resulting from cyber ISR operations will continue to increase, driving operations in air, space, and cyberspace.

Today, the AF ISR Agency continues to partner closely with the 24th Air Force at Port San Antonio to establish

See AF ISR, P24

Veterans Day: Have a safe extended weekend

By Jewell Hicks
502nd Air Base Wing Safety Officer

Monday is Veterans Day – a holiday to commemorate the thousands of combat veterans who fought in the service of our country.

As you enjoy the extended weekend and participate in activities honoring America's veterans, keep in mind that it is also that time of the season where our risk management techniques will be tested even more.

Here are some re-

mindings to consider – not just for this Veterans Day, but for the months ahead:

- The end of Daylight Saving Time means longer hours of darkness. Wear reflective material and bright colors when performing night time activities such as running or walking around traffic. Remember that you may have the right of way to cross a street, but the vehicle operator has to give you that right of way. If you're a vehicle operator, watch out for pedestrians

– particularly children.

- Wearing portable headphones, earphones, cellular phones or other listening and entertainment devices while walking, jogging, running, bicycling, skating or skateboarding on installation roadways is prohibited (Reference para 3.6.6, AFI 91-207, Traffic Safety Program).

- Decreasing temperatures and San Antonio's humid climate causes fog and condensation on vehicle window surfaces. Ensure

you have a clear field of vision before beginning a drive. Also, slow down and drive with appropriate lights (fog lights or low beams) to help lower the risk.

- Automobile and motorcycle mishaps continue to be the top killer of military personnel with excessive speed, fatigue and alcohol as major contributing factors. The failure to use seatbelts have resulted in vehicle ejection fatalities during otherwise survivable accidents.

- AFI 91-202, (AETC Sup), para 1.6.13.8, requires military personnel under the age of 26 to receive a pre-departure safety briefing before they depart on leave. The briefing is documented on the AETC Form 29B, Pre-Departure Safety Briefing.

The moment you take to remind someone to consider the risk of planned activities may make a difference in that person's or his family's life forever. Have a safe extended weekend!



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

News Briefs

North New Braunfels Gate South to Fully Open

The North New Braunfels Avenue gate on the south side of Joint Base San Antonio-Fort Sam Houston is now open for both inbound and outbound traffic. The gate will be open from 6 a.m. to 6 p.m. Monday through Friday. A new manned entry control point at the location will ensure security and facilitate the movement of traffic onto and off JBSA-Fort Sam Houston.

Zombie Apocalypse Survival Health Fair

Are you ready for the zombie apocalypse? Improve your chances of survival by learning how to stay fit and make healthy choices that will maximize your performance when the going gets tough! Join the Department of Preventive Health Services and students of the Principles of Military Preventive Medicine Course for a Zombie Apocalypse Survival Health Fair from 11 a.m. to 1 p.m. Tuesday in the basement of Willis Hall, building 2841, in the food court area. Don't become a zombie: be healthy, be prepared, be there! For more information, call 221-7409.

SAMMC Federal Health Benefit Fair

The San Antonio Military Medical Center is hosting a federal health benefit fair in the medical mall from 9 a.m. to 3 p.m. Nov. 14. For more information, call 221-9638.

Warning about OxyElite Pro

The Department of Defense is advising all service members and their families to follow Centers for Disease Control and Prevention and Food and Drug Administration guidance to stop using any dietary supplement labeled OxyElite Pro. The DOD is participating in an investigation with the CDC, FDA, and Hawaii Department of Health on the acute hepatitis and liver failure of individuals who may have taken Oxy-Elite Pro. As a precaution, the DOD has ordered the removal of all OxyElite Pro products from bases. Service members and their families who believe they have been harmed by the use of this product should contact their health care providers. Health care providers are asked to report any adverse events related to the use of OxyElite Pro to the

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JBSA receives rebate from CPS Energy

By Mike Joseph
JBSA-Lackland Public Affairs

Joint Base San Antonio, CPS Energy's largest customer, will receive a five-figure check this month for its participation in a demand response program by the utility.

Col. William Eger, 802nd Mission Support Group commander, and Chief Master Sgt. Donald Puller, 802nd MSG superintendent, accepted an oversized check for \$40,066 from CPS Energy officials Garrick Williams, JBSA energy solutions director, and Yvonne Haecker, JBSA account manager on behalf of JBSA during a presentation Monday at JBSA-Lackland.

The demand response program's objective is for the customer to reduce its power demand load during an event to earn the rebate. JBSA received 15 notifications between June and September to curtail load from CPS. On the day of each event, CPS notified JBSA energy officials at



Photo by Joshua Rodriguez

CPS Energy presents a \$40,066 check to Joint Base San Antonio officials Monday at JBSA-Lackland for participation in the CPS Energy Demand Response Program. Participating in the presentation were (from left to right), John Enyeart, JBSA energy utility team chief; Chief Master Sgt. Donald Puller, 802nd Mission Support Group superintendent; Col. William Eger, 802nd MSG commander; Garrick Williams, CPS Energy's JBSA energy solutions director; Yvonne Haecker, CPS Energy's JBSA account manager; and Andy Hinojosa, 802nd Civil Engineering Squadron base energy manager.

1 p.m. to reduce energy usage from 3-6 p.m.

JBSA averaged 598 kilowatts of reduction for the 15 events after signing an agreement with CPS to reduce 600KW per event.

The rebate, \$67 per average kilowatts reduced, will be applied to JBSA operations and maintenance. Along with the check, JBSA also generated \$2,000 in energy savings by partici-

pating in the program.

This is the first year all JBSA locations participated in the demand response program, said Ruben Ramos, JBSA-Randolph energy manager. JBSA-Randolph has

been in the program for the past three years.

"This is a win-win situation for JBSA and CPS," Ramos said. "JBSA saves energy and gets paid for it."

Ramos said JBSA had some challenges implementing the demand response on each location.

"Each location has different systems, so they applied load curtailment in their own way," he said.

At JBSA-Lackland, limiting chiller demand and air handle unit fan speed reset functions were used on building 1530. The building load was also reduced by shutting down warehouse reset fans. All reduction techniques were done manually by JBSA personnel.

At JBSA-Fort Sam Houston, the chiller that provides cooling for buildings 2840 and 2841 was shut down. Johnson Controls, which has an energy savings performance contract with JBSA, implemented the

See ENERGY, P10

U.S. Army Institute of Surgical Research, UTSA staffs exchange information

By Steven Galvan
USAISR Public Affairs

Staff members from the U.S. Army Institute of Surgical Research, along with faculty and students from the University of Texas at San Antonio held the first USAISR/UTSA Day Oct. 9.

The event, hosted at the USAISR, was designed to promote an exchange of information

between investigators from both organizations and to encourage further collaboration in regenerative and biomedicine research.

"This type of event is important because it creates synergy in research and prevents duplicative research efforts," said Lt. Col. (Dr.) Michael R. Davis, USAISR deputy commander and reconstructive surgeon at the

San Antonio Military Medical Center at Joint Base San Antonio-Fort Sam Houston. "It also enables joint efforts in seeking research funding in an environment that is more and more competitive."

The agenda focused on opportunities to transform microbiology, stem cell research and tissue engineering

See USAISR, P23



Photo by Steven Galvan

Shanmugasundaram Natesan, Ph.D. (left), from the U.S. Army Institute of Surgical Research, listens to UTSA student, Daniel Cooper as he talks about his research project during the first USAISR/UTSA Day Oct. 9.

NAVY from P1

senior leaders and provide them with advice and recommendations that have a direct impact on you and your families?" he asked.

Stevens discussed his "Zeroing In On Excellence," an initiative he released last year, explaining its three focus areas: developing leaders, good order and discipline and controlling what we own.

"If we work on these three things together – I call it 'pulling on the rope' – if all 400,000 of us pull on this rope together, then we are going to make a difference in our goals for excellence."

He said developing leaders is imperative for the Navy and urged Sailors to take advantage of every training and mentorship opportunity offered to seek self-improvement and grow as professionals.

"No organization will ever rise above the capabilities of its leadership," Stevens said. "When leaders fail to meet their maximum potential, they prevent those people serving with them to meet their maximum potentials."

Stevens described good order and discipline as a concept – setting a personal example for others, especially those in leadership positions – that goes beyond just correcting Sailors.

Controlling what we own focuses on personal goals as well, he explained, such as ensuring on-time arrival for duty; that uniforms are clean and worn properly and that Sailors give their best every day.

He strongly encouraged everyone to engage in sexual assault prevention.

"Make no mistake about it, sexual assault is wrong. It's extremely cor-

rosive to the individual, to our entire organization and it prevents us from being able to accomplish the mission," Stevens said. "All of us in this room need to be active in eliminating sexual assault. It is no good for our Navy."

Stevens was also adamant that Sailors complete an online sexual assault prevention survey so leadership can assess the current climate and determine the proper course of action for future prevention efforts.

Questions ranged from funding levels for schools to social media usage and commissioning opportunities.

The MCPON's session with the chiefs included a detailed discussion of senior enlisted training.

What had previously been referred to as chief induction – the uniquely Navy practice of giving chief petty officer select-



Photo by Navy Chief Mass Communication Specialist Jackey Smith

A Sailor in the audience at Anderson Hall asks Master Chief Petty Officer of the Navy Mike Stevens a question about an app for his cell phone during an all-hands call at Joint Base San Antonio-Fort Sam Houston Oct. 30.

ees a six-week transition period accompanying promotion – has evolved into a two-phase process known as CPO 365 Training.

All first class petty officers participate in phase-one training.

Phase-two training kicks in when a first class petty officer is selected for chief and includes time-honored traditions such as CPO charge books and a capstone event focused on teamwork and resilience.

During his session with the chiefs, Stevens announced his intention to make attendance at the senior enlisted academy mandatory for a senior chief petty officer to be promoted.

Stevens also said he was proposing a ship be named after Delbert Black, the first MCPON who served from Jan. 13, 1967 to April 1, 1971.

After speaking with the chiefs, Stevens said these meetings have both professional and personal benefits for him.

"When I visit with Sailors in the fleet, I get to plug in. And when I plug into those Sailors, they re-energize me and help me realize what a privilege it is to still have the opportunity to serve."

Between speaking with Sailors, the MCPON toured facilities at Joint Base San Antonio-Fort Sam Houston and JBSA-Lackland.

Air Force JAG announces law school programs

From Headquarters,
U.S. Air Force Judge Advocate
General's Corps

Applications for the Funded Legal Education Program and Excess Leave Program are being accepted from Jan. 1 through March 1, 2014. Interested officers are encouraged to compete.

The number of FLEP and ELP applicants selected in any academic year is determined based on the needs of the Air Force.

"Our Air Force missions are constantly changing and commanders deserve to have access to legal advisors with a broad background of military experiences," said Maj. Sean Elameto, chief of the Accessions Branch, Professional Development Directorate,

Office of the
Judge Advocate
General.

"The FLEP and ELP will ensure that we can continue to maintain a corps of officers whose military experience complements their legal training, providing commanders with the highest caliber of legal support."

According to Elameto, Air Force JAGs do more than just provide legal assistance.

In addition to prosecuting and defending clients brought before courts-martial, JAG officers routinely participate in nearly every facet of the Air Force mission, including developing and



acquiring weapons systems, ensuring availability of airspace and ranges where those systems are tested and operated, consulting with commanders about how those systems are employed in armed conflict, and assisting commanders in the day-to-day running of military installations around the world.

"Every facet of every Air Force mission is bound by elements of the law," Elameto said.

The FLEP is a paid legal studies program for active-duty Air Force commissioned officers.

The FLEP is an assignment action and participants receive full pay, allowances and tuition.

FLEP applicants must have between two and six years active duty service (enlisted or commissioned) and must be in pay grades O-3 or below as of the day they begin law school.

The FLEP is subject to tuition limitations, and positions may be limited due to overall funding availability. The Air Force Institute of Technology tuition limit for FY14 is expected to be set at approximately \$16,000 per year.

ELP participants do not receive pay and allowances, but remain on

active duty for retirement eligibility and benefits purposes. ELP applicants must have between two to 10 years active duty service and must be in the pay grades O-3 to O-1 as of the first day of law school.

Both the FLEP and ELP require attendance at an American Bar Association-approved law school.

Upon graduation and admission to practice law in the highest court of any state, territory of the United States, or a federal court, candidates are eligible for designation as judge advocates.

To be considered for FLEP or ELP, applicants must have completed all application forms, applied to at least one ABA-approved law school, received their Law School

Admissions Test results, and completed a Staff Judge Advocate interview by March 1, 2014.

Officers must also provide a letter of conditional release from their current career field. Selection for both programs is competitive.

Applicants meet a selection board in early March and selections are made based on a review of the entire application package using a "whole person" concept. AFI 51-101, Judge Advocate Accession Program, Chapters 2 and 3, discuss the FLEP and ELP.

For more information and application materials, visit <http://www.airforce.com/jag>, contact your base legal office, or send an email to megan.mallone@pentagon.af.mil or call (800) 524-8723.

News Briefs

Continued from P3

FDA MedWatch Safety Information and Adverse Reporting Program at <http://www.fda.gov/MedWatch/report.htm>.

JBSA-FSH Visual Information Changes Ordering Process

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

Self-Help Service Unavailable at JBSA-FSH Visual Information

Due to budget constraints, Joint Base San Antonio-Fort Sam Houston Visual Information no longer offers self-help services. For a list of services provided, visit <http://www.jbsa.af.mil/library/multimedia.asp> or call 221-5453.

Hip and Knee Replacements

The San Antonio Military Medical Center Orthopedic Service announces that hip and knee replacements are available to all TRICARE beneficiaries, including patients over the age of 65. For more information, call 916-6386.

WHASC e-Health Guide Available Online

The Wilford Hall Ambulatory Surgical Center e-Health Guide is now available online at <http://www.whasc.af.mil/shared/media/document/AFD-130828-014.pdf>. The new guide for military beneficiaries is the source for information on a variety of military health care services and online resources, which include TRICARE, MiCare and RelayHealth programs. The guide includes instructions on how to enroll in several health care programs and a telephone directory for frequently called numbers.

Straight Talk Line

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

Joint Base San Antonio leaders help kick off Celebrate America's Military events

By Lori Newman
JBSA-Fort Sam Houston Public Affairs

Celebrate America's Military kicked off Nov. 1 with the American Red Cross at Joint Base San Antonio-Fort Sam Houston.

Military members and civilians from across JBSA signed holiday cards and wrote notes to service members as part of the CAM event.

Each November, the city of San Antonio celebrates service members, veterans and military families by holding several events throughout the San Antonio area.

The Greater San Antonio Chamber created Celebrate America's Military in 1970 as a way for the business community to say thank you to men and women who serve and have served in the military. The tradition has grown to become the nation's largest community celebration to honor our military, with more than 250,000 people participating each year.

"Today is a terrific day. Our community and our business partners are sending a happy message to our military members and veterans as we enter the holiday season," said Brig. Gen. Bob LaBrutta, JBSA and 502nd Air Base Wing commander and guest speaker for the event.

Last year the Red Cross collected nearly 22,000 holiday cards in the San Antonio area, the general said.

"This year we have an expectation that 20,000 to 30,000 holiday cards

from San Antonio will make their way to service men and women around the world."

The American Red Cross Holiday Mail for Heroes campaign helps provide cards and personal messages to services members and veterans during the holiday season.

"Sign your name and just say 'Thank you.' That means a lot to a service member," said Chuck Rose, a member of the American Red Cross board of directors.

The Red Cross partners with local businesses across the country to set up tables where people can sign cards and send personal messages to troops stationed around the world and in medical facilities and veterans hospitals.

All cards must be signed. Notes can be written on the cards, but not included separately. Do not include an address or email and refrain from choosing cards with glitter or using glitter on handmade cards. Cards addressed to specific individuals cannot be delivered through this program.

The campaign runs through Dec. 1. People can sign cards at local Wells Fargo locations, or drop off cards at the American Red Cross, 3165 Patch Rd., building 2650.

Cards can also be mailed to Holiday Mail for Heroes, P.O. Box 5456, Capital Heights, MD 20791-5456 by Dec. 6.

For more information, visit <http://www.redcross.org/support/get-involved/holiday-mail-for-heroes>.

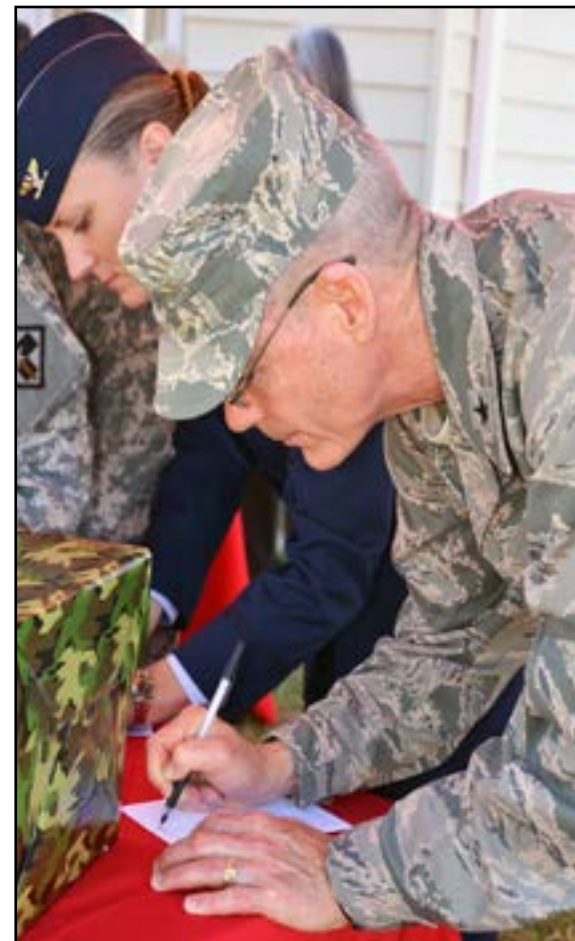


Photo by Lori Newman

Brig. Gen. Bob LaBrutta (right), Joint Base San Antonio and 502nd Air Base Wing commander, writes a note to go in a holiday card for a service member serving overseas during the kick-off event for Celebrate America's Military Nov. 1.

Command Sgt. Maj. Hu Rhodes (right) speaks with Denise Poppe (left), Brig. Gen. John Poppe and Richard Perez during a reception Nov. 1 for the senior enlisted leaders of the various commands around San Antonio at the Veterans of Foreign Wars Post 76. The Senior Enlisted Appreciation Reception kicked off the Celebrate America's Military 2013 events, which run through Wednesday. Rhodes is the senior enlisted leader for U.S. Army North (Fifth Army), Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis. Poppe is the deputy chief of staff for support, U.S. Army Medical Command, and chief, U.S. Army Veterinary Corps. Denise Poppe is the wife of Brig. Gen. Poppe. Perez is president and chief executive officer, Greater San Antonio Chamber of Commerce.

Photo by Staff Sgt. Corey Baltos



Affordable Care Act to have little effect on TRICARE beneficiaries

By Jerilyn Quintanilla
59th Medical Wing Public Affairs

The Patient Protection and Affordable Care Act is now in effect. The new law has some military members, retirees and TRICARE beneficiaries wondering how it will affect them.

For most TRICARE beneficiaries, it won't have any effect.

Beneficiaries who receive benefits under any TRICARE program meet the minimum essential coverage under the Affordable Care Act. This includes: TRICARE Prime, Prime Remote and Standard; TRICARE Reserve Select, TRICARE Young

Adult, TRICARE Retired Reserve, the Continued Health Care Benefit Program, Veterans Health Care Program, VA Civilian Health and Medical Program and Spina Bifida Health Care Benefits Program.

However, in order to for these TRICARE programs to qualify as minimum essential coverage, eligible members must be enrolled and be in good standing.

There are two groups of TRICARE beneficiaries who do not meet the minimum essential coverage requirement – those getting care for line-of-



duty-only related conditions and direct care only beneficiaries.

Beneficiaries and retirees not enrolled in any of these health care coverage plans, employer based plans, or Medicare must seek coverage through the Health Insurance Marketplace or visit the VA health care website at <http://www.va.gov.health> for coverage options.

At the beginning of the year, TRICARE beneficiaries will receive a notification letter from the Department of Defense detailing the sponsor and dependents who had minimum essential coverage during the previous year. This information is also sent to the Internal Revenue Service and can be used when filing taxes.

For more information, visit <http://www.tricare.mil>.

JBSA-FORT SAM HOUSTON CELEBRATES HISPANIC HERITAGE MONTH



Photo by Sgt. 1st Class Christopher DeHart

Belinda Menchaca, of the Guadalupe Dance Company, dances Oct. 28 for the attendees of the Hispanic Heritage Month cultural reception U.S. Army South at the pavilion behind building 1001. The event kicked off with Sgt. Maj. Linda Kessinger as the guest speaker. Her speech mirrored the theme of "Serving and Leading our Nation with Pride and Honor." Kessinger is the senior enlisted leader for personnel at U.S. Army North (Fifth Army). "In my life, if I had listened to every person who said I would not be able to do something, I would not be standing in front of you today," she said. "I have learned that the only limits to what you want to do in life are those limits you put upon yourself."

ENERGY from P3

action manually.

At JBSA-Randolph, its energy management control system used a software program to perform demand rolling on most of its buildings. The software program controls air handle units and variable frequency drives to limit power consumption. The software is set up to run automatically when a curtail notification is received from CPS.

JBSA just completed Energy Action Month in October, an annual national campaign to save natural resources with conservation measures through energy awareness. JBSA military members and civilians were also encouraged to take action in meeting energy goals in order to complete the every day mission.

Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



Army Surgeon General delivers prescription for health

By Craig Coleman
Northern Regional Medical
Command Public Affairs

Attendees of the 2013 Association of the U.S. Army Annual Meeting and Exposition Military Family Forum II received special health care, and it came with no deductible or co-pay.

Small slips of white paper – prescriptions – were placed before each in a conference room in the Washington Convention Center. They read:

- Activity: 30 minutes this afternoon, 30 minutes in the morning.
- Nutrition: Eat your calories, don't drink them. No more caffeine until tomorrow a.m.
- Sleep: Remove electronics from the bedroom. Get seven uninterrupted hours.

The prescriptions were signed by Lt. Gen. Patricia D. Horoho, U.S. Army surgeon general.

The three elements of the prescription for health make up the Performance Triad, Army Medicine's initiative on eating well, being active and sleeping well.

Horoho attended several seminars and meetings at the three-day AUSA conference, held Oct. 21-23. She took every opportunity to spread her wellness message to conference attendees, and through them, to the entire Army family.

At the Family Forum II, where she was lead speaker, Horoho highlighted the shift of Army Medicine's focus from health care, the treatment of disease, to wellness, the preservation of health.

The surgeon general sees the transformation from a health care system to a system for health

as vital to the Army and the nation. And she put her concern in personal terms.

"It would be tragic, if in the evening of our lives, as the shadows grow longer, we come to the realization that life could have been better, or that we didn't live up to our potential." Horoho said.

A healthy lifestyle, Horoho said, can lead to a better life with more engagement, energy and fulfillment.

She said the three tenets of her prescription for health – activity, nutrition and sleep – are the keys to wellness and can avert what she called a crisis in America, where, "Nine out of 10 of us in this room will die of a preventable illness. Most of us accept this as inevitable, not a matter of if, but when," Horoho said.

"But it's not when. It's if. The decisions we make every day determines if, not when we will contract one of these life-threatening conditions."

Horoho noted that only one in four Americans aged 17-24 are eligible for military service today due to medical, weight or legal issues. "This is a clear and present danger to our national security," she said.

The key to a healthy body is the mind, Horoho said, and that the three tenets of her prescription have a profound effect on the way the brain works, and, conversely, using the conscious mind to fight subconscious unhealthy impulses is essential. A lifestyle that has an adverse effect on health is "a choice, not a sentence."

The surgeon general said lifestyle-induced dis-

ease is partly explained by our 24-hour culture influenced by spouses, children, coworkers, bosses and just about everyone around us, "Lit by neon and fueled by caffeine, too many sweets, too many pills, not enough sleep and nowhere near enough activity," she said.

The subconscious mind influences humans to avoid activity unless it's necessary for survival as a way of storing more calories. This was necessary during the earliest eras of human development because food was scarce. Things have changed.

Horoho told her audience that the average American now spends 21 hours each day either sitting or lying down.

"We weren't built for this," Horoho said. "It's toxic and it's a problem. I'm not knocking 30 minutes in the gym or physical training, but that's simply not going to offset the adverse health consequences of prolonged sitting."

She recommends devices that monitor activity and sleep as a way of tracking efforts to be healthier. Measuring activity can make the transition to a more active lifestyle easier.

When it comes to poor nutrition, the subconscious mind is again often the culprit.

"Your survival brain is primed for hunger, instilled long ago by evolutionary pressure," Horoho said. "And your emotional brain craves comfort foods – foods we associate with positive experiences."

The average American eats 150 pounds of refined sugar every year, Horoho said, but she does



Photo by Joseph Palgutt

Lt. Gen. Patricia Horoho, Army Surgeon General, gives her prescription for health at the Family Forum II, which was part of the 2013 Association of the U.S. Army Annual Meeting and Exposition, held in Washington, D.C., Oct. 21-23.

not expect us to eliminate it, only not to drink it in beverages and energy drinks.

"A good reason to think twice before adding sugar to your morning coffee or tea is that with your first taste it sets off a reaction that makes you crave even more sugar throughout the day."

Horoho called sleep "the game changer."

She said sleep is when learning happens, because that is when the mind consolidates information and experience.

Sleep is also critical, Horoho said, because sleepy people make poor decisions. Twenty-four hours without sleep or one week of sleeping less than six hours per night is equivalent cognitively to a blood alcohol content of .10 percent, Horoho said.

"That's not the person I want performing surgeries in our (operating rooms). That's not the person I want driving our children to school. Not the Soldier I want at security checkpoints deciding friend or foe."

Horoho said one way to get more and better sleep

is to minimize environmental factors that work against an ability to sleep well.

She said there should be no blinking lights in bedrooms, including anything that emits light or makes a noise. "Right now, the typical bedroom resembles a modern-day science laboratory."

Follow her prescription, Horoho said, and performance will improve.

"Performance means being better spouses, better parents, better Soldiers, better friends and better members of your community."

Rachel O'Hern of Fort Belvoir, Va., the Army spouse of a severely wounded warrior who has transitioned back to active duty, said the elements of the Performance Triad are important.

"Especially for me, as a caregiver when my husband was injured," O'Hern said.

"A lot of those things are easy to fall by the wayside," O'Hern said. "But you do see the results of that in your energy levels. Obviously, I was making some big

decisions when my husband was an inpatient, so you want to be your best cognitive self."

In a different presentation given in the AUSA's Warrior Corner, Lt. Col. Timothy Hudson, Army Medicine's System for Health lead, told a gathering of Army leaders the Performance Triad is part of the larger system for health partnership among Soldiers, families, leaders, health teams and communities to promote readiness, resilience and responsibility.

Hudson said the goal is to have the Performance Triad to become a way of life, like the Army Core Values.

"(Army Values) were codified," he said. "They gave it feet and made it a part of the Army, incorporated into the daily life of the Army. The Performance Triad has to become a part of the DNA of the Army. But it takes time to change a culture."

The Performance Triad initiative is nested under the Army's Readiness and Resiliency Campaign, designed to improve the Army's physical, mental and social well being by strategically changing the culture.

The surgeon general told the audience she is ensuring there is a system in place to take her message where Soldiers are.

"We're nesting what we're doing in the medical community within what is taking place across our Army (Ready and Resilient Campaign). This is not a medical plan, it's actually an Army plan," Horoho said.

"We're all focused on improving the readiness and resilience of our Soldiers and their family members."

Scheduling system saves \$1 million, improves care

By Staff Sgt. Corey Hook
59th Medical Wing Public Affairs

A new central scheduling system pioneered by the 59th Radiology Squadron has since been implemented by the entire San Antonio Military Health System.

The system provides scheduling services for all medical treatment facilities across the SAMHS. The modalities and services covered include computed tomography, magnetic resonance imaging, ultrasound and mammograms.

“By consolidating scheduling services, the new system is more efficient by saving time and resources,” said Lt. Col. William O’Brien, 59th RSQ commander.

Prior to the new system, one facility would have extended backlogs when there were unused or unfilled appointments

at another facility.

“SAMHS facilities were in a position where patients were being sent downtown for imaging, despite having open appointments elsewhere in SAMHS,” O’Brien said. “The schedulers had no visibility of this since they only had access to schedules within their own facility.”

The central scheduling system was agreed upon and developed by the radiology department chairs at Wilford Hall Ambulatory Surgical Center and San Antonio Military Medical Center.

“The new system has advantages both for the health system, and more importantly, the patients,” O’Brien said. “In terms of the health system, we have a greater and more efficient utilization of radiology services and resources across Joint Base San Antonio.

“For patients, the service is very convenient with just one number to call to schedule all of their radiology examinations. Patients also have the option to choose from any of the available appointments in JBSA based upon which options best suit their needs. This was not possible under the prior scheduling system,” he added.

WHASC and JBSA-Randolph tested the system in October 2012. Full implementation for all SAMHS facilities began in December 2012.

“In terms of access, the centralized system has had a significant impact on avoiding network referrals for imaging services. In the first month, central scheduling averted referral of more than 600 MRI examinations to the downtown network by filling all available appointments through-

out the health system and decreasing backlogs to within the TRICARE standard,” O’Brien said. “That equates to roughly \$1 million in savings for MRI alone.”

In the first 10 months of implementation, there were no imaging referrals sent downtown due to lack of appointment availability in the health system.

“I think the biggest takeaway of the new scheduling system is the culture shift within SAMHS facilities,” said Dale Avery, 59th RSQ scheduling supervisor. “Prior to its implementation, each facility and section provided their own scheduling services. Patients would have to call the individual modality at the facility they wished to have an examination performed.”

“The central scheduling system is a perfect example of how the



Photo by Staff Sgt. Corey Hook

Appointment schedulers at the Wilford Hall Ambulatory Surgical Center provide scheduling services for all medical treatment facilities across the San Antonio Military Health System Oct. 1. The modalities and services covered include computed tomography, magnetic resonance imaging, ultrasound and mammograms. A consolidated scheduling system for radiology services within SAMHS began in December 2012 and has since saved the Air Force more than \$1 million and improved patients' access to care.

partnership between SAMHS facilities improves the health system,” Avery added.

Conventional radiographic examinations are

done on a walk-in basis at any treatment facility with radiology services. To schedule a radiology exam, call 210-925-XRAY (9729).

DID YOU KNOW:

Firearm policy affects carriers across Joint Base San Antonio

By Airman 1st Class Kenna Jackson
Joint Base San Antonio-Randolph Public Affairs

To ensure the safety of the Joint Base San Antonio community, Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and JBSA commander, established a policy Sept. 30, regarding the handling, possession, storage and transportation of privately-owned firearms on all JBSA installations.

The policy states that anyone arriving at any JBSA locations will immediately report to the installation entry controller if in possession of a firearm. If the individual does not reside on a JBSA installation, he or she will be directed to go immediately to the 902nd Security Forces Squadron Armory at JBSA-Randolph, 802nd Security Forces Squadron Armory at JBSA-Lackland or the Base Defense Operations Center at JBSA-Fort Sam Houston to store the firearm, regardless of the duration of the

person's stay at the location.

Weapons became available for purchase at JBSA-Randolph Nov. 1 and safety is still top priority, said Tonya Yancey, JBSA-Randolph Exchange store manager. Weapons are not sold at the Exchanges at JBSA-Fort Sam Houston or JBSA-Lackland.

“To uphold the level of safety within the community, the firearm department is mandated to follow a detailed list of rules and regulations before allowing firearms and ammunition to leave the counter,” she said.

Along with firearms and ammunition not being an option for purchase the same day, one of the rules states store employees must ensure gun buyers understand federal and state firearms law still apply. Another rule requires store employees to document every weapon purchased, with the name of the buyer and the date of the purchase.

After purchasing weapons, all customers are required to register their firearms with the security forces squadron by filing an Air Force form 1314 (Firearms Registration form) and a DD form 2760 (Qualification to Possess Firearms or Ammunition form). Both forms can be found at <http://www.e-publishing.af.mil>.

“We are committed to providing the safest possible working and living environment for our people,” said Master Sgt. Kerry Thompson, 902nd Security Forces Squadron NCO in charge of installation security. “These rules are not for anyone's inconvenience, but rather to ensure safety.”

For more information about the privately-owned weapon policy and the Exchange weapons purchase policy, contact the 902nd SFS Armory at 652-4365, 902nd SFS BDOC at 652-5700 or the Exchange firearms counter at 652-2681 ext. 234.

Thank you veterans for your service

By Command Sgt. Maj. Hu Rhodes
U.S. Army North (Fifth Army)

When San Antonio decides to celebrate, we know how to do it right. Celebrate America's Military is the way Military City USA lets our veterans know one day is just not enough time to say a proper "thank you" for your service.

As our city celebrates CAM, I want to take this opportunity to share a couple of my thoughts on our veterans and what they have taught me – a salute from the Fifth Army Command Sergeant Major.

Any veteran can tell you that "uncommon valor" is common on the battlefield. If it was not so common, there is no amount of great leadership that could win the war.

There is a great leadership comment from a noncommissioned officer manual that rather succinctly points out: "Leaders accomplish their missions through the efforts of others." The combination of great leaders – and even greater followers – is what wins the war. Each generation of veterans has had its own wars to win and most of them were not on a conventional battlefield.

This country has been blessed to have great leaders who were at the right place, at the right time, throughout our history. We certainly would not be the nation we are without these leaders, but I seldom hear veterans talking about events when they were the leader. Veterans talk about being part of something bigger and more important than any one person.

Every veteran has made sacrifices in the service of our country, and Veterans Day is a necessary time for our nation to stop and reflect and say "thank you." We should never forget the individual sacrifices, but we should also remember that Veterans Day celebrates the accomplishments of veterans as well as the individual.

In my experience, the quality of the leader is directly proportional to his or her appreciation of the people they lead. If the mission fails, then the leader's plan was not good enough; if the mission succeeds, then the people did a great job.

Even though we are blessed to have great leaders who were indeed at the right place at the right time, they would be the first to admit the mission succeeded because of the efforts of the people on the mission.

This country will always have an abundance of capable, even great, leaders; however, our future as a country is not dependent on them – it is completely dependent on our nation providing its sons and daughters to the common task of serving in the armed forces of our country. Being in the service now is following in the footsteps of those who have gone before us.

As a proud member of America's armed forces, on behalf of all my comrades, to all our veterans: "Rest easy, friend, we have the mission and we will make you proud." For what I and my family enjoy each and every day – for our freedom – please accept this salute from me as a sincere thank you. Happy Veterans Day!

Command Sgt. Maj. Hu Rhodes is the senior enlisted leader for U.S. Army North (Fifth Army), Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis.



Commentary: 'Dignified departures' share a personal obligation of respect

By Bob Tullgren
Mayor Pro Tem, City of Live Oak

Paying respects to fallen military veterans is a personal obligation and one that signifies respect for the ultimate sacrifice that was paid for our freedoms and to this nation.

During the past week and with mixed emotions, I have had the honor to join others in escorting the remains of two military members who passed away due to wounds received while serving in Afghanistan.

"Dignified departures" or "dignified transfers" as they are commonly called, are done with military precision, respect and pride.

These last two truly met that expectation. Upon the call of duty, the Patriot Guard (a highly respected motorcycle escort), police from Randolph, Live Oak and Universal City, coordinators from mortuary and public affairs and others meet at the designated rally point.

While the group of escorts waited for the arrival of the fallen Soldier, I walked among them and heard stories of pride in the mission they were about to undertake and others from the past.

As they talked, I learned how some have taken personal leave from work to participate, the number of hours some rode in the dark, rain, heat and cold; all to ensure our fallen, their families, friends and members of former units were provided the ultimate respect for the ultimate sacrifice. The time they gave was personal and an unspoken symbol of respect.

At each event, we could quickly identify who was the deceased's designated uniformed escort. Each time, we could see the hefty weight of responsibility they willingly carried on their mind as they escorted their friend, a member of their unit, to a final resting place. We could see the turmoil of emotion while they faithfully and

skillfully carried out their friend's last mission.

This recent event was just as prideful as those in the past. As the call to assemble was given, the lumps in our throats became more apparent. The police blew a warning sound, their lights began to flash and road traffic stopped as we pulled out of the parking lot toward the base and awaiting aircraft.

At the first turn onto Pat Booker Road, we saw residents from the City of Live Oak and Universal City standing along the route. We see folks patriotically holding American flags, long retired veterans rendering a solid salute that would make today's Basic Training instructor proud, and kids not old enough to attend school with hands over their hearts mimicking their attending parent(s).

As we merge onto the highway, the supporting police officers stop traffic and render a salute themselves as the body and flags pass. We see drivers stopping along the roadway, some getting out of their vehicles to give respect.

On the flip side, we also see a number of drivers that sadly recognize the funeral procession and drive past (or try and cut through) our convoys oblivious to the unintentional disrespect their actions portray.

As we turn into JBSA-Randolph, any sound previously heard is now overcome by deafening silence at the sight of the impressive Taj Mahal. The towering American Flag hangs crisp at half-staff.

If not already, the lumps in our throats are joined by a rush of water we hope our eyelids can contain like a dam.

As we neared the roundabout, what were uniforms in the distance became faces of civilians and military extending respect to the deceased.

While curbside participation has noticeably diminished over the past several convoys, those

that make the journey make the moment; hands extended in prayer, in a salute or covering their hearts.

Further to the flight line, entire units are seen; stopping work and taking the time to stand along the roadway and pay personal respect to a fallen uniformed comrade.

Upon arrival at the passenger terminal, a full honor guard in service dress awaits with flight line personnel at attention and the aircraft ready to receive. The attending officers snap a salute, the casket is delivered and orders given to the pilot to safely transport the deceased to his final resting place.

As the aircraft doors close, we each depart our separate ways. The memory of what transpired forever engraved in our hearts and minds.

On behalf of the families of the deceased, thank you to all that participate as the visual of those standing curbside goes without words.

To those that could walk away from their work to render a sign of respect, thank you. To the Patriot Guard, police officers guiding our safe travel and to the local residents who continue to recognize the level of service our young men and women in uniform give daily, bless you. To those that participated, you are admired.

For those that didn't participate, regrettably there will be other opportunities. For those that drove by, tried to pass or break the convoy, we hope you reach a better understanding of the pride behind showing respect and take a different course of action.

While I do not wish a return of the circumstance that renders such events, should it occur, please join me curbside as we share our personal obligation of respect.

(Editor's note: Tullgren is also a retired Air Force veteran and Air Force Personnel Center civil servant.)

Local Veterans Day ceremonies, events

13th Annual Veterans' Wreath Laying Ceremony and Parade: Events begin with a wreath ceremony at the Alamo at 10:30 a.m. Monday with speakers from each of the five military services. Speaking are Gen. Robin Rand, commander, Air Education and Training Command; Lt. Gen. Perry Wiggins, senior Army commander for Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis; Rear Adm. Bill Roberts, commandant of the Medical Education and Training Campus; Lt. Col Bruce Sotire, commanding Officer, 4th Reconnaissance Battalion; and Master Chief Alan Paul, command master chief of the Coast Guard Cryptologic Unit-Texas.

The ceremony will also feature the Alamo City Community Marching Band led by retired Sgt. 1st Class Juan Garcia, performances by local high school Junior Reserve Officer Training Corps units, the JBSA-Fort Sam Houston Joint Color Guard and the JBSA-Fort Sam Houston Honors Platoon.

The parade begins at noon and starts at Avenue E and 3rd Street. It will pass in front of the Alamo, turn west on Commerce Street and end on San Saba Street just past Milam Park.

Presented by the U.S. Military Veterans Parade Association, parade organizers are encouraging attendees to bring an American flag to wave to show support for military veterans.

Veterans Day Salute to Service Concert: Majestic Theater, 7 p.m. Saturday at 224 E. Houston St. Join the San Antonio Symphony and the United States Air Force Band of the West for the 9th Annual "Veterans Day Concert: Salute to Service." This free concert will feature selections from Williams, Rodgers and many more, including Tchaikovsky's 1812 Overture. Akiko Fujimoto and Capt. Rafeal Toro- Quiñones are co-conductors, with Randy Beamer from News 4 WOAI as the narrator. This is a free concert, but tickets are required, with a limit of two tickets per person. All phone orders and online orders will be accessed a \$3 processing fee per order. Tickets can be picked up in person at the Symphony Box Office today between 9 a.m. and 5 p.m.

Annual Wreath-Laying Ceremony: Fort Sam Houston National Cemetery, 1520 Harry Wurzbach, 9:30-11 a.m. Monday. Guest speaker is Jerry Patterson, Texas Land Commissioner. Open to the public.

Bexar County Buffalo Soldiers Commemorative Ceremony: San Antonio National Cemetery, 517 Paso Hondo St., 1:30 p.m. Monday. Keynote speaker is Brig. Gen. Kirk Vollmecke, commander, Mission and Installation Contracting. Open to the public.

San Antonio National Veterans Day Run: 4 p.m. Monday, McAllister Park, 13102 Jones Maltsberger Rd. The race will offer two distances, 11-kilometer and a 1-mile family walk. Late registration is \$55 for the time 11K and \$33 for the 1-mile walk. Registration on the day of the event is \$60 for the 11K, \$35 for the 1-mile walk and \$20 for veterans. Registration is non-refundable and non transferable. A portion of proceeds will be donated to veteran's charities. All participants will receive a race goodie bag at packet pickup, a commemorative finisher's pin, finisher's/participant online certificate and finish-line refreshments. Additionally, 5K participants receive a collectable finisher's medal and individual Chronotrack time. Visit <http://www.veteransdayrun.com/16-races/48-san-antonio> for more information.

Free meals, beverages for veterans: Shoney's at 8206 Highway 35 North and Paciugo at 999 E. Basse Road are offering free items to veterans and active duty military members on Monday. Shoney's is offering its All-American Burger. There's a limit of one burger per day per military service members and guests must show proof of military service. The offer is for dine-in only and includes the burger and a beverage, and not tax and tip. Paciugo will offer a free gelatte, a hot latte steamed with gelato. There is a limit of one gelatte per military service member. Guests will need to provide proof of military service.



Trooper Road closed permanently

The Trooper Road gate at Binz-Engleman Road will permanently close at 7 a.m. Wednesday, according to 502nd Civil Engineer Squadron officials.

A new road extension, Dustoff Lane, near the Kelly Heliport connects Petroleum Drive to Trooper Road and opens the same day. Dustoff Lane will provide access to the Fort Sam Houston Equestrian Center and Force Support Squadron facilities without having to leave Joint Base San Antonio-Fort Sam Houston.

Visitors to the Equestrian Center will have to enter the base through an installation entry control point and proceed to Petroleum Drive, turn onto Dustoff Lane near the Army Reserve Center, building 3526. Dustoff Lane ends near the Equestrian Center on Trooper Road. Visitors and persons without military identification going to the Equestrian Center must enter the installation by the Walters or Harry Wurzbach gates only.

U.S. Army Institute of Surgical Research physiologist/researcher wins alumni award

By Steven Galvan
USAISR Public Affairs

A physiologist/researcher from the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston received the "Outstanding Distinguished Graduate Alumni Award" from the University of California-Davis College of Biological Sciences.

Victor A. Convertino, Ph.D., the USAISR tactical combat casualty care research task area program manager, accepted the award from Dr. James E. K. Hildreth, dean of the College of Biological Sciences, during a ceremony

at Davis, Calif. Oct. 10.

"I am humbled and honored to receive a career award from an institution nationally ranked in the top 10 for public universities and the top 50 in life sciences and medicine research," Convertino said.

According to his nomination letter, Convertino was instrumental in the development of exercise countermeasures for astronauts and high-performance aircraft pilots with translational application to the care of special populations. These include patients who are bed-ridden or wheelchair-restricted.

Convertino was also

involved in research that supported the development of advanced technologies for application in military medicine which are designed to "optimize combat casualty care" by providing early diagnosis and treatment of life-threatening low-tissue perfusion during out-of-hospital care.

Among the several combat casualty care research projects that Convertino has participated in since joining the USAISR in 1998 are the impedance threshold device and compensatory reserve index algorithm.

The ITD increases low blood pressure in spontaneously breathing

patients and the CRI algorithm utilizes the information obtained from a standard pulse oximeter and gauges whether a patient requires resuscitation or immediate medical attention.

"I'm deeply grateful for the opportunity to serve our nation's military and those who defend the freedoms we enjoy," Convertino said.

Convertino first attended UCD in 1972 and earned a Master of Arts degree in physical Education in 1974 with an emphasis in Exercise Physiology.

He enrolled in the doctoral program in 1974 and continued his



Photo by Michelle Yee

Victor A. Convertino, Ph.D., (left), a physiologist/researcher from the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston, receives the Outstanding Distinguished Graduate Alumni Award from Dr. James E. K. Hildreth, dean of the College of Biological Sciences at the University of California, Davis Oct. 10.

dissertation research while working full-time as a research associate in the cardiology division at the Stanford Univer-

sity School of Medicine. He earned a Doctor of Philosophy in Physiology with a minor in Biochemistry in 1981.

Mission Thanksgiving, Operation Homecooking offer a taste of home for Army, Air Force students, trainees

Looking to share the bounty of your Thanksgiving table this year by setting a couple of extra places for Soldiers or Airmen far from home?

Thousands of students assigned to the Army Medical Department Center and School and Air Force basic trainees and students are away from home for the first time during the holidays.

Thanks to a pair of Joint Base San Antonio programs – Mission Thanksgiving and Operation Homecooking – San Antonio residents can share their family traditions and welcome two service members into their homes for the holiday meal.

On the Army side, Mission Thanksgiving offers the chance for families to welcome two Soldiers to their home for Thanksgiving dinner Nov. 28.

Those interested can call 221-3218 from 8-11:30 a.m. and 1-5 p.m. Mon-

day through Friday or send an email to usarmy.jbsa.medcom-ameddcs.

mbx.mission-thanksgiving@mail.mil.

At Joint Base San Antonio-Lackland, Operation Homecooking, now in its 38th year, gives local families the opportunity to welcome two trainees or students into their homes for the holiday meal.

To participate, call 671-5453/5454/3701 weekdays from 8 a.m. to 3 p.m. through Nov. 27. Families without a reservation cannot show up on Thanksgiving Day to request to obtain service members.

Hosts must pick up the trainees or students at the Basic Military Training Reception Center, building 7246.

All basic trainees and students must be back to their respective squadrons by 7 p.m. Thanksgiving night.

(Source: Joint Base San Antonio public affairs)



File photo

Mission Thanksgiving is one program that allows service members to share a home-cooked meal with a local family.

Fort Sam Houston Education Center hosts American Education Week events

By Christine Mendez
Fort Sam Houston Education Center



The theme for this year's American Education Week at the Joint Base San Antonio-Fort Sam Houston Education Center is "Army Continuing Education-Strength and Resiliency through Education."

To commemorate the event, which runs Nov. 18-22, the center will host events at three locations at Joint Base San Antonio-Fort Sam Houston:

- Nov. 18: Medical Education and Training Campus, Medical Instructional Facility 3 and 4 Breezeway, from 8 a.m. to 3:30 p.m.
- Nov. 19: Military

and Family Readiness auditorium, building 2797, from 8 a.m. to 3:30 p.m.

- Nov. 20: San Antonio Military Medical Center medical mall from 8 a.m. to 3:30 p.m.

These events will give all active duty service members and their spouses and dependants, retirees, Department Of Defense civilians and contractors the opportunity to learn more about the colleges in the area as well online programs, financial

aid programs, spouse financial aid and GI Bill Benefits.

Potential students can also obtain information on professional degree completion programs and credit for military experience or Servicemembers Opportunity Colleges Army Degree programs.

Nineteen area and online colleges will be present at all these events. For more information, call the JBSA-FSH Education Center at 221-1738.

USAISR from P3

into novel regenerative medicine advancement for treating battlefield trauma included oral presentations by UTSA faculty investigators as well as poster presentations by students, postdoctoral fellows and faculty.

John McCarrey, Ph.D., director of the San Antonio Cellular Therapeutics Institute Department of Biology at UTSA, stated that events like this can lead to new, productive interactions and collaborations between investigators from both institutes.

"Although we know that each institute exists and that there are certain scientific or biomedical interests held by individuals at each institute, we cannot fully appreciate the depth of our mutual interests and/or the extent of overlap

that may exist among us until we take the time to get together so that we can hear about what each of us is really doing," McCarrey said.

Davis and McCarrey believe that this event was beneficial for both institutes.

"The event went very well and accomplished everything that we hoped it would," McCarrey added. "It has been clear to me for some time that there is significant overlap in research interests among investigators at UTSA and ISR and that we have yet to take full advantage of the potential to interact and collaborate to fully exploit these common interests."

Davis agreed and went on to say that this event also served as a stepping stone for two upcoming conferences focusing on regenerative medicine and stem cell research.

"Both the USAISR and UTSA will have a strong presence there," Davis said, referring to the Regenerative Medicine conference in February and the 2014 World Stem Cell Summit, both to be held in San Antonio. "Academic leaders, industry and Department of Defense researchers will come together to share their research."

As a subordinate command of the U.S. Army Medical Research and Materiel Command at Fort Detrick, Md., the USAISR strives to be the nation's premier joint research organization planning and executing registry-based and translational research providing innovative solutions for burn, trauma, and combat casualty care from the point of injury through rehabilitation.

INSIDE THE GATE

Special Needs Parent Tool Kit

Tuesday, 8:30-11:30 a.m., Military and Family Readiness, building 2797. Call 221-2962.

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.

Hearts Apart

Tuesday, 11:30 a.m. to 1 p.m., Military and Family Readiness, building 2797. Call 221-0946.

Immigration and Citizenship Services

Tuesday, noon to 2 p.m., Military and Family Readiness, building

2797. Call 221-1681 or 221-9698.

5 Languages of Children

Tuesday, 1-4:30 p.m., Red Cross, building 2650. Call 221-0349.

Identity Theft

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

Bring Baby Home

Wednesday, 9 a.m. to 1 p.m., Military and Family Readiness, building 2797. Call 221-0349.

Pre-Deployment Training for Families

Wednesday, 9-11 a.m., Military and Family Readiness, building 2797. Call 221-0946.

Overseas Briefing

Wednesday, 10-11 a.m. or 2-3 p.m., Military and Family Readiness, building 2797. Call 221-1681.

Fall Musical Theater

Thursday through Nov. 16, 7 p.m., Cole High School Mall, music and art

departments present "The Ever After - A Musical." Admission is \$1.

De-Stress for Success

Nov. 15, 9-11 a.m., Red Cross, building 2650. Call 221-0349.

General Resume Writing

Nov. 18, 9 a.m.-noon, Military and Family Readiness, building 2797. Call 221-0427 or 221-0516.

Youth Fall Camp Registration

Parents can register children now for the School Age Services and Youth Services Fall Camp Nov. 25-29. Camp times for SAS will be 6 a.m. to 6 p.m. and YS will be 6 a.m. to 5 p.m. with open recreation starting at 1 p.m. daily. SAS camp fees will be according to fee category and YS camp fees are \$60 for the week or \$25 per day. Call 221-4871 for information.

Youth Basketball Registration

Child and youth basketball registration is ongoing through Jan. 2, 2014. Children 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.

Health Fair

The Department of Preventive Health Services and students of the Principles of Military Preventive Medicine Course will host a Zombie Apocalypse Survival Health Fair 11 a.m. to 1 p.m. Nov. 12 in the basement of Willis Hall, building 2841, the food court area. Call 221-7409 for information.

National American Indian Heritage Month Observance

The 14th Annual Honoring the Veterans Powwow is 10:30 a.m. to 4 p.m. Nov. 16 at the Middle School Teen Center, building 2515, Funston Road.

Neanderthal Warrior Trail Run

The zombie edition of the annual Neanderthal Warrior Trail Run takes place Nov. 23 at Joint Base San Antonio-Camp Bullis. The

run is open to military and civilians, with registration available at <http://register.iaapweb.com>. Participants who register by Nov. 19 get a T-shirt. Event fees is \$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 the run starts at 7:30 a.m. For more information, call 295-7710 or 848-2158.

HIRED! Apprenticeships Program

Teen's 15 to 18 years old can apply for the 2014 Winter Term, Jan. 13-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.

Computer Lab

The computer lab is available 8

a.m. to 4 p.m. Monday-Friday at Military and Family Readiness, building 2797. Call 221-2705 or 221-2418.

How We Roll

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

Fitness on Request Kiosk

The Fitness Center on the METC hosts an innovative group fitness system including free virtual classes ranging from 20-60 minutes. Call 808-5709.

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.

COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT



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

502nd Air Base Wing:
221-4321
Alternate: 671-6705

502nd Mission Support Group:
221-1844
Alternate: 221-2207

802nd MSG:
671-2528
Alternate: 671-5511

902nd MSG:
652-3797
Alternate: 652-6915
Alternate: 652-3088

JBSA-FORT SAM HOUSTON COMMEMORATES NATIVE AMERICAN INDIAN HERITAGE MONTH



Photo by Sgt. 1st Class Christopher DeHart

Erwin DeLuna talks about the meaning and purpose of National American Indian Heritage Month at the Joint Base San Antonio-Fort Sam Houston Post Exchange Oct. 31. This year's theme is "Guiding Our Destiny with Heritage and Traditions." The U.S. Army North (Fifth Army)-sponsored event was the official start to the historical month at JBSA-Fort Sam Houston. "I appreciate being invited out here to help participate and do these activities and events," said DeLuna, of the kickoff and other events planned throughout the month in the JBSA-Fort Sam Houston and San Antonio communities. DeLuna is the president of the United San Antonio Pow Wow Inc. At JBSA-Fort Sam Houston, Army North hosts the 14th annual "Powwow" to honor veterans from 10:30 a.m. to 4 p.m. Nov. 16 at the Youth and Teen Center, 2515 Funston Road.

AF ISR from P2

through and from cyberspace. The Secretary of Defense-directed Cyber Mission Force. The force creates 1,264 Airmen positions focused on cyber operations and cyber ISR.

The Cyber Mission Force teams will defend Department Of Defense networks and also provide offensive, defensive and ISR operational capabilities to meet combatant command joint warfighting needs. Approximately 50 percent of these new positions will be cyber ISR Airmen from the AF ISR Agency.

As the lead element for the Cyber Mission Force, the 24th Air Force will gain the other 50 percent. As the Air Force component to U.S. Cyber Command, the 24th AF extends, operates and defends the Air Force portion of the DOD network, as well as providing full spectrum capabilities for the joint warfighter in,

through and from cyberspace.

The ISR Agency provides the 24th AF the same decision advantage for its missions in cyberspace that we have for the other component numbered air forces in air and space. The growth coming in Air Force Cyber ISR balances today's ISR portfolio and will allow us to operate as needed in all domains - air, ground, space and cyberspace.

Innovation is central to effective ISR and cyber operations. During the last decade the Air Force gained platforms and sensors to meet the demands of counterinsurgency operations. The next decade will be marked with innovation in cross-domain, all-source ISR operations in air, space and cyberspace.

The AF ISR Agency, 24th Air Force and its mission partners are ready for the challenge.



AMEDDC&S and 32nd Medical Brigade Reunion

The 2013 "Old School" Army Medical Department Center and School and 32nd Medical Brigade reunion is Saturday. There will be a variety of sporting events in the morning followed by a reception with dinner and dancing beginning at 5:30 p.m. at the San Antonio Airport Hilton. Email 32ndmedbde@gmail.com to register or for more information visit the Facebook page at "2013 Center Brigade Reunion."

'Honor Flight: One Last Mission' Documentary Screening

Honor Flights are the subject of a documentary that will be screened Monday at Minute Maid Park in Houston. Doors open at 11 a.m.; the screening begins at 2 p.m. Honor Flights transport veterans to Washington, D.C., to visit the memorials erected in their honor. The documentary "Honor Flight: One Last Mission" focuses on four living World War II veterans

and the community that comes together to give them the trip of a lifetime. The screening is free, but tickets are required. For ticket instructions, visit <http://www.astros.com/vets>.

Female Soccer Players Needed

All female Department of Defense ID card holders and family members are eligible to participate in the Joint Base San Antonio adult women's soccer team, which will play in the Women's Soccer Association of San Antonio. Games will be played Sundays at the S.T.A.R. complex located off Interstate 35. Cost is \$60 per season per player for active duty members and \$80 for non-active duty. Call (412) 721-1061 for more information.

Women's Survivor Group

A women's survivor group has been created for women who have experienced sexual trauma. The goal is to increase survivors' understanding to their response to victimization and the impact on their lives. The group offers a safe, open atmosphere for discussion and support to facilitate understanding of sexual victimization and the healing process. The group meets from 6:30-8 p.m. Mondays at the Rape

Crisis Center group room at 7500 U.S. Highway 90 West, Building 2, Suite 201. Call 521-7273 for more information.

Teen Survivors Group

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

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month at the Longhorn Café, 1003 Rittiman Road. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 539-1178.

Foster a Puppy

The Department of Defense dog breeding program needs families to foster puppies for three months. Potential foster families need time and patience to raise a puppy age 12 weeks to six months, a stimulating and safe home environment and a desire to help raise a military working dog. Call 671-3686.



FOR SALE: DXG Luxe 1080p full HD pocket camcorder with many accessories, \$75 obo. Call 688-2445.
FOR SALE: Solid wood entertainment cabinet, has closing doors, three drawers and several component spaces, inside dimensions for TV are 31.5 inches high, 39 inches wide and 19 inches deep, \$125; Grandma's rocking chair, solid wood, excellent condition, \$50. Call 666-0502 anytime.
GARAGE SALE: 8 a.m. to 3 p.m. Friday and 8 a.m. to noon Saturday at 1106 Sugar Pine, Hidden Forest neighborhood.

Commissaries start scanning IDs Sunday

By Kevin L. Robinson
DeCA Public Affairs

Commissaries will soon begin scanning customers' Department of Defense ID cards at checkouts as the Defense Commissary Agency continues its pursuit to deliver a 21st century benefit.

The commissary at Fort Lee, Va., became the first store to scan ID cards Oct. 22 as the first part of an agency-wide rollout to all stores that begins Sunday and will be completed by mid-January.

Commissary shoppers are used to showing their ID cards to establish their eligibility to use the

commissary. By scanning the ID at checkout, DeCA will no longer need to maintain any personal information on customers in its computer systems, such as the system used for customers who write checks.

Scanning will also help improve the commissary benefit for all patrons, according to Joseph H. Jeu, DeCA director and CEO.

"In addition to verifying customers as authorized commissary patrons, we'll gain information that will give us a better understanding of our patrons, allowing the agency to provide the commissary benefit more effectively and efficiently," Jeu said. Cross-referenced with

other DOD data, the scan data will give DeCA useful information about patron usage, by military service, along with customer demographics that does not identify specific personal data of an individual.

This will eventually help the agency identify shopping needs and preferences – information that is essential in today's retail business environment. It will also allow more accurate reporting to the military services on commissary usage.

The demographic information DeCA will use is strictly limited to: card ID number, rank, military status, branch of service, age, household size and

ZIP codes of residence and duty station. DeCA will not be using any personal information such as names, addresses or phone numbers.

"The methods, processes and information we'll use will not compromise our customers' privacy – they can be sure of that," Jeu said. "We're putting technology to work to better understand our customers and ensure the commissary benefit continues to remain relevant to them now and in the future."

For more information on ID card scanning, visit http://www.commissaries.com/documents/contact_deca/faqs/id_card_scanning.cfm.

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 "Crossroads"

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>.

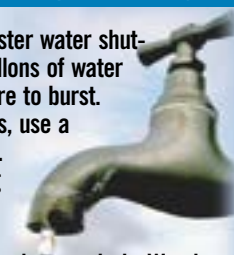
Weekly Weather Watch

	Nov 8	Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
San Antonio Texas	70° Mostly Cloudy	76° Partly Cloudy	79° Cloudy	77° Isolated T-Storms	80° Partly Cloudy	78° Partly Cloudy
Kabul Afghanistan	56° Partly Cloudy	59° Sunny	61° Partly Cloudy	64° Partly Cloudy	63° Mostly Sunny	61° Scattered Showers

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

WATER CONSERVATION TIPS

1. Make sure you know where your master water shut-off valve is located. This could save gallons of water and damage to your home if a pipe were to burst.
2. When watering grass on steep slopes, use a soaker hose to prevent wasteful runoff.
3. Group plants with the same watering needs together to get the most out of your watering time.
4. Remember to weed your lawn and garden regularly. Weeds compete with other plants for nutrients, light, and water.
5. While fertilizers promote plant growth, they also increase water consumption. Apply the minimum amount of fertilizer needed.



(Source: 502nd Civil Engineer Squadron)