

FORT SAM HOUSTON News Leader

OCTOBER 11, 2013
VOL. 55, NO. 39



JBSA HOTLINES



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



HIRING HEROES

PAGE 4



CAISSON SECTION

PAGES 10-11



AMEDD MUSEUM RECEIVES NEW HELO

PAGE 13

Government shutdown information for JBSA

For an updated list Joint Base San Antonio services affected by the shutdown, visit: <http://www.jbsa.af.mil>

Q. Will the military be paid? Will civilians receive back pay?

A. From the Defense Finance and Accounting Service;

Military members: Final guidance on making military pay under the Pay Our Military Act was received from the DOD. Normal pay and allowances have been processed and you will receive them in your mid-month pay. The amount reflected in your mid-month statement will be deposited.

Civilian employees: DFAS has also processed civilian payroll. All

employees will receive normal pay through Sept. 30. The amount of pay for Oct. 1-5 will be dependent on whether an employee is exempt, excepted from furlough or furloughed. Pay will be received on your normal pay dates beginning Oct 11.

For DOD Employees designated as Excepted from Furlough, timecards should be coded based upon type of work performed (Regular, Overtime, etc.) between Oct. 1-5.

(Source: <http://www.dfas.af.mil>)

For more information on time and attendance and civilian pay, go to: <http://www.jbsa.af.mil/news/story.asp?id=123366526>.

Q. Are commissaries open?

A. Stateside commissaries that

closed due to the government shutdown resumed normal operations effective Monday. JBSA commissary contact information; JBSA-Fort Sam Houston, 221-4678, JBSA-Lackland 671-2838, JBSA-Randolph 652-2894

Q. Are child development centers open? Department of Defense Education Activity schools open?

A. All Joint Base San Antonio schools and child development centers are open and operating normal hours.

Q. Are JBSA Morale, Welfare and Readiness facilities open?

A. Yes; Community centers (JBSA-Fort Sam Houston and JBSA-Lackland); Skylark Swimming

See SHUTDOWN, P2

WOUNDED WARRIOR RECEIVES PURPLE HEART

Lt. Gen. Perry Wiggins (right) presents the Purple Heart Medal to Sgt. Shawn Murphy during a presentation ceremony Oct. 3 at Brooke Army Medical Center. Murphy is a combat engineer who was wounded while serving in Afghanistan with the 62nd Engineer Company, 4th Engineer Battalion, and attached to the 307th Eng. Bn., under the 2nd Cavalry Regiment, Germany. Wiggins is the commanding general for U.S. Army North (Fifth Army) and senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis.

Photo by Sgt. 1st Class Christopher DeHart



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
Leslie 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
2203 Hackberry
San Antonio, TX 78210
210-534-8848

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.

Breaking the silence: Domestic Violence Awareness Month brings attention to intimate partner violence

By **Chandra N. Peterson**
Family Advocacy
Outreach Manager

"Break the Silence" is the theme for the 2013 Domestic Violence Awareness Month, which began Oct. 2.

The prevention of intimate partner violence extends beyond victims reporting abuse. It must be a multifaceted approach that includes education and awareness – not just for individuals in abusive relation-

ships, but also coworkers, leadership, healthcare providers, family and the community at large.

The goal is to break the cycle of abuse and help people learn to have happy and healthy families. Breaking the silence is one of the hardest – but most courageous steps, because speaking out is the first step to getting help.

The Joint Base San Antonio Family Advocacy Program looks to bring awareness to this issue

and give a voice to the men, women and children affected by intimate partner abuse. Each year, the program receives thousands of domestic abuse reports from members of the military community who have broken the silence.

Unfortunately, many incidents are still never reported. Why victims choose not to report vary, but reasons include economic challenges, disagreements on parenting, lack of information



about available services, fear, believability, love for their partner and continued hope the relationship

will improve.

The Family Advocacy

See VIOLENCE, P15

SHUTDOWN from P1

Pool (JBSA-Lackland); JBSA-Fort Sam Houston Middle School Teen Center (consolidating programs at Youth Center for Children); JBSA-Camp Bullis Outdoor Recreation; JBSA-Lackland Outdoor Recreation; JBSA-Lackland Paint Ball; Java Café within JBSA-Fort Sam Houston Community Center; All fitness centers; all arts and crafts to include auto skills; all youth programs are open until 6:30 p.m.

JBSA-Fort Sam Houston Outdoor Recreation, Information, Tickets and Tours within JBSA-Fort Sam Houston Community Center, open until 2 p.m., ITT within JBSA-Lackland Arnold Hall Community Center; JBSA-Fort Sam Houston Equestrian Center; JBSA-Randolph Community Services Mall; JBSA-Fort Sam Houston Harlequin Dinner Theatre; Canyon Lake, Golf, Bowling and clubs are all open.

Q. What is the differ-

ence between an administrative furlough and shutdown furlough?

A. There are two types of furloughs - an administrative furlough is a planned event by an agency designed to absorb reductions necessitated by downsizing, reduced funding, lack of work, or any budget situation other than a lapse in appropriations. Furloughs that would potentially result from sequestration would generally be considered administrative furloughs.

A shutdown furlough (also called an emergency furlough) occurs when there is a lapse in appropriations, and can occur at the beginning of a fiscal year, if no funds have been appropriated for that year, or upon expiration of a continuing resolution, if a new continuing resolution or appropriations law is not passed.

In a shutdown furlough, an affected agency would have to shut down any activities funded by annual

appropriations that are not excepted by law. Typically, an agency will have very little to no lead time to plan and implement a shutdown furlough.

More information about furloughs is available at <http://www.opm.gov/policy-data-oversight/pay-leave/furlough-guidance/>.

Q. How does this shutdown affect Permanent Change of Station assignments?

A. Currently, only those who have PCS orders in hand, prior to Oct. 1, will be allowed to proceed with their PCS, since their move has been funded by the prior fiscal year's budget. For all others, they should continue with the PCS process, but must wait for funding to be authenticated before they are able to complete their move. PCS orders coded "A" for accession and "S" for separation are authorized to continue.

Q. Will the active duty Guardsmen come back to work, too?

A. Active duty Guardsmen were still working throughout the shutdown.

Government Shutdown Websites / Points of Contact
• Office of Personnel Management: <http://www.opm.gov>

• Department of Defense: http://www.defense.gov/home/features/2013/0913_govtshutdown/

• Defense Finance and Accounting Service <http://www.dfas.mil/pressroom/govtshutdown/crafaq.html>

• Total Force Service Center: (800) 525-0102

• Air Force Aid Society: <http://www.afas.org>

Read the full DOD Guidance for Implementation of Pay Our Military Act memo, <http://www.af.mil/Portals/1/documents/news/POMAImplementationguidance.pdf>.

Resources available for financial counseling and/or stress counseling are below:

MILITARY:

Military One Source is available at 1-800-342-

9647, or their crisis line is 1-800-273-TALK. They are available online at <http://www.militaryonesource.mil/army> and <http://www.militaryonesource.mil/airforce>.

CIVILIANS:

For stress counseling contact the Employee Assistance Program. EAP (FOH4you) is a free, 24-hour confidential counseling and referral service that can help you and your family deal with life's challenges. They are available via phone at (800) 222-0364, or online at <http://www.foh4you.com>.

Federal Occupational Health's Work/Life program is offered to you and your dependents at no cost and you can use the services as often as you like.

Call or log on today at (877) WL4-NOAA ((877) 954-6622), (TTY) (800) 873-1322), or online <http://www.WorkLife4You.com>.

(Article compiled from AFNS, U.S. Air Force and U.S. Army products)



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

Armed Forces Training and Sports Day Challenge

The 502nd Air Base Wing is hosting an Armed Forces Training and Sports Day Challenge Oct. 18. The event consists of mandatory training and team-building activities at the Fort Sam Houston Theater from 8:30-11 a.m. The sports challenge takes place at Johnson Track from 11 a.m. to 3:30 p.m. and consists of children's events, football toss and catch, a 440-meter relay and other competitive events. The event is open to all Department of Defense ID card holders, to include military veterans. For more information, call 808-7517.

Military Retiree Appreciation Day Cancelled

The Military Retiree Appreciation Day scheduled for Oct. 19 at Blesse Auditorium, building 2841, has been cancelled.

Upcoming FSH Veterinary Treatment Facility News

The Joint Base San Antonio-Fort Sam Houston Veterinary Treatment Facility is field testing a veterinary record management system for the U.S. Army. This process will interfere with normal operating procedures. The VTF will also be very limited on sick call appointments, vaccine appointments, health certificates, emergencies and possible over-the-counter sales. The VTF expects to be back offering full services by the second week of November. For more information, call 808-6101.

JBSA Air Force Ambassadors

Applications will soon be accepted for the 2014 male and female JBSA Air Force Ambassadors. The 502nd Air Base Wing Public Affairs Office will send application information to all Air Force units.

JBSA-FSH visual information changes ordering process

Effective Oct. 18, Joint Base San Antonio-Fort Sam Houston Visual Information will no longer use the Visual Information Ordering Site (VIOS) 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.

See NEWS BRIEFS, P6

AETC commander retires after 35 years of service

By Tech. Sgt. Beth Anschutz
Air Education and Training
Command Public Affairs

The commander of Air Education and Training Command retired Thursday, ending a 35-year career of service and commitment to the U.S. Air Force.

Gen. Edward A. Rice Jr., a command pilot with more than 4,000 flying hours, retired after handing AETC's reins over to Gen. Robin Rand in a change of command ceremony at Joint Base San Antonio-Randolph.

The son of an Airman, Rice grew up in Ohio near Wright-Patterson Air Force Base, where his father was stationed and worked in research and development. At the age of nine, Rice was first drawn to flying after seeing literature on the Air Force Academy.

"I was very much captured by the idea of the academy and what it stood for," Rice recalled. "I saw the challenges involved and, at a very early age, decided that I wanted to fly."

The general achieved his goal and then some, becoming the U.S. Air Force Academy's cadet wing commander before earning recognition as a distinguished graduate as well as his officer's commission in 1978.

He then continued on to undergraduate pilot training at Williams AFB, Ariz., where



Gen. Edward A. Rice Jr. as a captain

the future general was named distinguished graduate in 1980 before heading to his first flying assignment with the 69th Bombardment Squadron at Loring Air Force Base, Maine, as a B-52G co-pilot and, subsequently, aircraft commander.

Although the majority of flight duties throughout his career have been with bomber units, Rice has accumulated flying hours in eight different aircraft, to include the KC-135 Stratotanker, E-3 Sentry Airborne Warning and Control System, and the C-130 Hercules. When asked if he has a favorite airframe, Rice said it's like trying to name a favorite child.

"I've been really fortunate to have flown a large number of aircraft and fly for a long period of time," he said. "All the aircraft are very different and there are things you like about each, but you can't pick one over another."

The general's assignments have taken him all over the United States and the world, from Washington, D.C., to Guam to Japan. He feels blessed about

the opportunities the Air Force has given him over the last four decades.

"One of the great aspects of the Air Force, and the military in general, is the ability to experience different places and, most importantly, meet different people," Rice said.

The general said the people he's served with throughout his career have been the best part of his job, despite having presented the most challenges.

"People are the most complex part of our business," he said. "You may get frustrated with people when they don't do what you would like them to do, but then you step back and realize you are dealing with human beings and that is what leadership is all about."

See RICE, P9

Energy Awareness Month: Keep conservation in mind

By Andres Hinojosa
JBSA-Lackland Energy Manager

October is Energy Awareness Month and Joint Base San Antonio is committed to reducing energy consumption to meet all conservation directives.

The JBSA Energy Program is designed to comply with federally mandated energy goals while maintaining a healthy and productive workplace.

Energy reduction goals are specified by Executive Order 13423 and the Energy Independence and Security Act of 2007, which requires federal installations to reduce its

energy use by 3 percent every year for 10 years.

The goal is to reduce energy per square foot by a total of 30 percent by fiscal year 2015, based on a fiscal year 2003 baseline.

Everyone is encouraged to be vigilant and persistent in our efforts to reduce energy consumption.

Keep conservation in mind at all times, not only to meet base goals, but to become good stewards of our natural resources for generations to come.

JBSA and San Antonio utility providers are planning to promote energy awareness month by setting up energy

conservation display tables throughout the month of October.

City Public Service Energy, San Antonio Water System and Civil Engineering Squadron will be handing out pamphlets on energy and water conservation, including informational tips on how to conserve our natural resources.

Keep in mind the Air Force theme for this year's energy awareness campaign is "Power the Force. Fuel the Fight. I Am Air Force Energy."

Here's a simple checklist with ideas you can do in your office or work area to reduce energy:

- Buy Energy Star

certified appliances such as refrigerators, microwaves, desk lighting, etc.

- Turn off office equipment such as monitors, printers, copy machines and fax machines at night and on weekends.

- Report energy wastes, including water leaks, building deficiencies and energy abuses.

- Check the age and condition of your major appliances, especially the refrigerator. You may want to replace it with a more energy efficient model.

- Survey your incandescent lights for opportunities to replace them with compact fluo-

rescents. These lamps can save three-quarters of the electricity used by regular bulbs. Compact fluorescents come in many sizes and styles to fit in most standard fixtures.

Remember, do not overcool air-conditioned spaces and report all energy problems in your building to the facility manager or energy monitor.

For more information about energy conservation, call the JBSA Energy Managers. At JBSA-Fort Sam Houston, call 221-4203; at JBSA-Randolph, call 652-6988 and at JBSA-Lackland, call 671-0252.

Hiring Heroes career fair offers variety of employment options

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

The Sam Houston Community Center was abuzz with activity Sept. 18 as hundreds of jobseekers networked with several dozen potential employers representing businesses in and around San Antonio and across the nation.

Sponsored by the Warrior Transition Battalion, Joint Base San Antonio and the Defense Department's Defense Civilian Personnel Advisory Service, these career fairs provide transition assis-

tance for wounded or ill service members, their spouses and members planning on leaving the military who are looking for civilian employment.

"These career fairs provide excellent opportunities to assess the job market, collect data on local and national businesses and speak face-to-face with federal, state and private sector representatives about civilian career opportunities," said Carin Otero, DCPAS recruitment assistance division chief. Otero's division plans and organizes the Hiring Heroes career fairs.

Offered twice a year, in the spring and again in the fall, the event also dispels media reports focusing on the downsizing phases of the military and companies not hiring because of current economic conditions, said Maj. James Anderson, a policy officer with the 5th Recruiting Brigade, U.S. Army Recruiting Command.

"Events like this highlight opportunities that are out there," Anderson said. "I liked the fact there was such a wide variety of employers, especially ones geared toward the type of employment I am looking for – intelligence and security. It was very profitable."

Anderson, with the WTB for the last six months, explained that employers at the career fair were very open to

candidates who have sustained injuries down range. The major is recovering from injuries he received during service in Iraq and Afghanistan.

"Employers are not afraid to look beyond injuries to the qualities and talent wounded warriors possess that they seek," Anderson said. "It seemed like the event was tailored to a wide range of applicants and employers – a variety for all ages, ethnicities and educational backgrounds. There was something for everyone."

The diversity of positions employers were seeking to fill ranged from technical and professional at federal and state agencies to banking, retail and even dance in the private sector.

"We've had quite good luck with military," said



Photo by Robert Dozier

A wounded warrior meets with a recruiter at the Joint Base San Antonio-Fort Sam Houston Defense Department Hiring Heroes Career Fair at the Sam Houston Community Center Sept. 18 to explore employment opportunities after leaving the military. Hiring Heroes Career Fair representatives work with transitioning military, their spouses and veterans hoping to match individual skill sets to a potential employer's specific needs.

Brandie Smith, a recruiter with Forward March, Inc. a local, veteran-owned management consulting firm. Smith was at the career fair representing two companies, Fred Astaire

Franchised Dance Studios and Farmers Insurance.

"The top two dance instructors in the last five years have been from the

See HEROES, P5

Understanding medical evaluation boards

By Capt. Joseph R. McCoslin
Office of Soldiers' Counsel

The Integrated Physical Disability Evaluation System is a complex process which begins with the medical evaluation board.

Soldiers enter the MEB process when a medical condition fails to improve after a certain period of time, typically having a 3 or 4 on their physical profile.

The board is convened at the nearest medical treatment facility and a physical evaluation board liaison officer is assigned to serve as a contact between the Soldier and medical evaluation board.

After examination, the board determines whether the Soldier's

medical condition either fails or meets retention standards.

The Soldier is returned to duty if all medical conditions meet retention standards.

If at least one condition fails to meet retention standards, the case is forwarded to the physical evaluation board. This could ultimately lead to separation from the Army.

The Office of Soldiers' Counsel provides legal assistance throughout this process.

A Soldier can rebut the findings of the MEB, ask for additional medical conditions to be listed or ask to be returned to duty.

They can also request an independent physician

review of their case.

A medical evaluation board can ultimately influence compensation for physical disabilities and affect career progression and retirement. Early legal consultation is advised.

The Southern Region Office of Soldiers' Counsel is located on the second floor of the Broadway Bank Building at 2302 Stanley Road and open from 8:30 a.m. to 4:30 p.m. Call 221-4262.

The local Soldiers' MEB Counsel is located at building 3639, Warrior Village, on the Brooke Army Medical Center campus. It is open from 7:30 a.m. to 4:30 p.m. Call 916-9475 for more information.

HEROES from P4

military and another five have been in the top 15," Smith said, adding it is not surprising that creative talent can be found among service members.

"I targeted the combat arms guys for dance because studio management is looking for candidates who could be groomed for running a business," Smith said. "Combat arms guys are typically ath-

letic, teachable and score high on their military entrance exams."

"Any time we hire veterans, they do quite well," said Maria Velazquez, a Lowe's Companies human resources specialist. Velazquez hired veteran Brian Daye, who she met during a Hiring Heroes Career Fair, as an intern.

In five months, Daye was promoted to a managerial position.

Jobseekers who were

unable to attend the Hiring Heroes Career Fair can go online at <http://www.goDefense.com> and <http://www.DODVets.com>.

Career advisors with DOD Recruitment Assistance Division can be reached at (888) 363-4872 or via email at hiringleaders@cpms.osd.mil.

The next Hiring Heroes Career Fairs are slated for March 5 and Sept. 18, 2014 at the Sam Houston Community Center.

News Briefs

Continued from P3

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. If you believe that you are a candidate for hip or knee replacement surgery, ask your primary care provider for a referral to the orthopedic clinic at SAMMC. For more information or to schedule for a joint replacement information session, call 916-6386.

Personal Property Processing Office Closed Wednesdays

The Personal Property Processing Office at Building 367 will close from 2-4 p.m. Wednesdays for weekly staff training. For emergencies, please contact the PPO at Joint Base San Antonio-Randolph at 652-1848, which is fully operational until 3:30 p.m.

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.

Security And Policy Review

Members of the 502nd Air Base Wing preparing a speech or document for public release on defense-related subjects must contact the Joint Base San Antonio-Fort Sam Houston public affairs office at 221-1099. The appropriate authorities must review material relating to the plans, policies, programs or operations of the Department of Defense or U.S. Government before presentation or publication. For JBSA-Lackland, call 671-2908 and for JBSA-Randolph, call 652-4410.

Suicide prevention seminar focuses on changing habits, behaviors, thinking

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

Nothing is more important than the health and welfare of our service members, civilians and their families, said Army Brig. Gen. Kirk Vollmecke, commanding general, Mission and Installation Contracting Command during his opening remarks at the Sept. 20 suicide prevention and awareness seminar, "Shoulder to Shoulder: Ready and Resilient," at the Blesse Auditorium on Joint Base San Antonio-Fort Sam Houston.

Vollmecke noted that suicide prevention was so important to the Army and other services, that officials extended its observance throughout the entire month of September. He said suicides in the Army already number 192 for this calendar year.

"It truly pains me to read about each Soldier we lose. Suicide does not impact just the individual. It touches every person who knew that individual – it hurts the family, the unit and our military. In 2012, as

many as 349 military deaths were confirmed suicides or investigated as possible suicides. That number was higher than the number of Americans who died fighting in Afghanistan that same year."

Vollmecke spoke about the family of one of his Soldiers who recently committed suicide.

"I will not forget the pain in the eyes of his parents," he said. "I cannot help but think of how we, as leaders, could have prevented such a tragic loss."

The general pointed to the Army warrior ethos, "I will never leave a fallen comrade behind," which can be a mantra off the battlefield as well by remaining vigilant, reaching out and offering a helping hand to those feeling suicide is the only option.

A few probing questions and a sincere interest may be the key to helping them, he said, tasking each member of the audience to commit to a leadership role by intervening and creating a healthy and supportive environment where a stigma against seeking



Photo by Michael O'Rear

From left: Dr. Heather Ridnour, Comprehensive Soldier & Family Fitness Training Center; Chaplain (Navy Lt. Cmdr.) Joseph Blair, Navy Medical Training Support; Air Force Brig. Gen. Robert LaBrutta, Joint Base San Antonio/502nd Air Base Wing commander and Army Brig. Gen. Kirk Vollmecke, commanding general, Mission and Installation Contracting Command, listen to Dr. Ed Ahl introduce the agenda for the suicide prevention and awareness seminar, "Shoulder to Shoulder: Ready and Resilient," held Sept. 20 at the Blesse Auditorium.

help does not exist.

Chaplain (Navy Lt. Cmdr.) Joseph Blair, Navy Medical Training Support, presented the idea that suicide prevention is a team effort across all services, referring to both military and civilian presenters and audience members.

Blair identified red-flag behaviors that, he said, tingled his "spidey-sense" or the intuitive

feelings leadership and caring bring about. Red-flag behaviors can be both subtle and drastic, such as weight loss, sleep habits, low tolerance levels, loss of interest or energy and isolation.

"If you are an instructor, it's easy to see in your students. One day he or she was a superstar in class – on time, first to raise a hand

– and the next week, late, just sitting there unfocused," Blair said. "We have got to ask the questions."

The chaplain also urged leadership and coworkers to pay attention to red-flag words and phrases such as "I can't take it anymore," or "the world would be better off

See SUICIDE, P9

METC info management, education tech units earn recognition

By Lisa Braun
Medical Education and Training
Campus Public Affairs

The Medical Education and Training Campus information management division and education technology department were

recently recognized by the Federal Government Distance Learning Association for demonstrating excellence in providing enterprise-wide distance learning solutions for the federal government.

The Five Star Award, presented during the

FGDLA annual awards ceremony Aug. 15 in Reston, Va., recognized METC for its novel use of the online learning management system Blackboard in an educational setting. Blackboard is a learning technology company that provides a

variety of comprehensive online education platforms and services.

"The information management division and the education technology department worked together with program leaders to deploy METC's Black-

board," said Lt. Col. Tony Cromer, METC chief information officer.

In 2010, METC was able to expand its traditional classroom instruction to a blended learning environment. This

See METC, P7

METC from P6

was achieved by accessing the existing Blackboard Learn system used by the Army's Training and Doctrine Command.

However, METC uses blended instruction that combines extensive classroom time with online testing, which began to strain the system.

Additionally, METC could not develop its own customized roles and privileges for instructors and administrators, which

were needed to control access to and administration of tests, their content and outcomes.

Therefore, once the need for greater bandwidth and customized roles was fully identified and assessed, METC was able to acquire and implement its own discrete Blackboard Learn platform which better supported METC's unique training requirements.

By assuming all management and administrative responsibilities

and implementing more comprehensive functionality, the schoolhouse went beyond meeting the challenges faced on the previous system.

During its first year of full operation, METC has added 11,300 users, an increase of more than 550 percent; completed more than 134,000 secure assessments; graduated 1,000 trainees; launched 215 active courses; supported more than 9 million page views and implemented mobile

access with Blackboard Mobile.

METC's current system includes Blackboard Building Blocks, applications that accommodate a wide range of additional content, such as internally developed courses and commercially available software.

The system can also support up to 2,000 simultaneous users and provides performance audits to ensure that optimal configurations are maintained to meet

ongoing demand.

Cromer stated that now that METC has successfully met its goal of implementing online testing and assessments for all METC programs, the focus has shifted to migrating course content online so that it can be used in conjunction with classroom instruction.

"With phase one of the project stable, we, IMD and Ed Tech are now focused on migrating course content for instructional delivery into Blackboard,"

Cromer said.

This effort will also save on extensive printing costs since PDF files can be accessed online or downloaded by learners.

In the future, METC plans to further develop mobile activities and capabilities, as well as integrate the learning system with the Army's Training Requirements and Resources System which is used for learner registration and recording grades and transcripts.

FORT SAM HOUSTON SPOUSES CLUB BRINGS TASTE OF GERMANY TO QUADRANGLE

Joy Kellner (right), president of the Spouses' Club of the Fort Sam Houston Area, presents Lt. Col. Zoltan Krompecher with the first spouses' club coin Sept. 24 during the organization's Oktoberfest celebration at the Joint Base San Antonio-Fort Sam Houston Quadrangle. Kellner presented the coin to Krompecher to express her appreciation to the Soldiers of U.S. Army North (Fifth Army). "The Spouses' Club is open to all military or DOD civilian spouses stationed here," said Trudy Heard, membership chairperson. "If you have a connection to the military, you can join the club." Krompecher is the commander of Headquarters and Headquarters Battalion, U.S. Army North (Fifth Army).



Photo by Staff Sgt. Corey Baltos

Trooper Road closes permanently

The Trooper Road gate at Binz-Engleman Road closes permanently Oct. 17. A new road extension, Dust Off Road, near the Kelly Heliport, will connect Petroleum Drive to Trooper Road.

Dust Off Road will provide access to the Joint Base San Antonio-Fort Sam Houston Equestrian Center and Forward Sup-

port Squadron facilities without having to leave Joint Base San Antonio-Fort Sam Houston.

Visitors to the equestrian center from outside the installation must enter the base through an installation entry control point and proceed to Petroleum Drive and turn onto Dust Off Road near the Army Reserve Center,

building 3526.

Dust Off Road ends near the equestrian center on Trooper Road.

Visitors and persons without military identification needing access to the JBSA-FSH Equestrian Center must enter the installation via the Walters Street Gate or Harry Wurzbach Gate only.

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>.



WATER CONSERVATION TIPS

1. Time your shower to keep it under five minutes. This will save up to 1,000 gallons of water each month.
2. Install low-volume toilets.
3. Adjust lawnmower to a higher height setting. Longer grass shades root systems and holds soil moisture better than a closely clipped lawn.
4. When cleaning a fish tank, use the water drained for house plants. The water is rich in nitrogen and phosphorus, providing a free and effective fertilizer.
5. Use sprinklers for larger areas of grass. Water smaller patches of lawn by hand to prevent waste.



(Source: 502nd Civil Engineer Squadron)

RICE from P3

The general said a key to his success has been focusing on the right people.

“You have to be careful not to focus on the people who are problematic, because it’s the people who are strong in an organization on which the success of an organization depends,” he said.

His advice to new Airmen joining an ever-changing Air Force is to always remember why they were motivated to join and keep working toward those goals.

“The Air Force might seem different to me now because I’ve been in it for a while, but it’s not to the new Airmen; it’s the only Air Force they know,” Rice said. “The same things that allowed you and me to be successful will allow them to be successful.

How far and how fast you go in the Air Force is up to the individual more than it is anything going on around them.”

Rice said being a part of AETC and having a place in the initial contact and continuous improvement of all U.S. Airmen has been very rewarding.

“AETC really is the first command. When we come into the Air Force, we come through the Air Education and Training Command and then we all come back here many times throughout our careers,” Rice said. “I enjoy the continuity of trying to develop Airmen and make them bigger contributors to their units, our Air Force and our Nation.”

Rice said the hard work of everyone in the command will reap benefits.

“I’ve been very pleased with how the

command has positioned itself to continue to accomplish the mission the Air Force has asked us to do,” he said. “We have difficulties just like everyone does and we are adapting to a world that is changing very quickly, but our Airmen have stepped up to that challenge and set the command up for success in the future.”

As for his future after the Air Force, Rice said he doesn’t have much planned just yet.

“We have a house here in San Antonio, so we are going to move in and get settled. My wife, Teresa, has plenty for me to do that will keep me busy not for days or weeks, but probably months,” he said with a smile.

The first order of business, Rice said, will be reflecting on 35 years of service to the nation and to our Air Force.

SUICIDE from P6

without me,” especially on social media sites such as Facebook.

He discussed ACE, an Army acronym that is a tool others can use to identify and get intervention for an individual with suicidal thoughts. The “A” is a reminder to ask questions, the “C” stands for caring and the “E” is a cue to escort or never leave that person alone.

“Be a first responder,” Blair said. “Maybe you will save a life.”

Changing perception by focusing on what is possible in life was the premise Dr. Heather Ridnour, a master resiliency trainer with the Comprehensive Soldier and Family Fitness Training Center spoke about during the seminar.

She said that what is perceived as reality is not always such, using

Olympian runner Roger Bannister’s feat – breaking the four-minute mile – as an example. Prior to Bannister’s record-breaking run, common thought in 1954 was that it was humanly impossible to run a mile in less than four minutes. Doctors agreed and believed as fact at that time that the heart would explode and the lungs would collapse if an athlete attempted to run that fast.

She said that Bannister ran a mile in 3 minutes, 59 seconds. Just 46 days later, Olympian runner John Landy broke Bannister’s time, running a mile in 3:58. In the next four years, another 16 runners broke the four-minute mile.

“What you believe is possible is powerful and really important,” Ridnour said.

She presented two principles to use for achieving success and

removing negative thinking that could lead to suicide: focus on what is possible and change perception.

Using optical illusions as examples, Ridnour challenged audience members to see both pictures in each illusion. In order to see both pictures, a person must change the way he or she thinks she explained.

Closing the seminar, Air Force Brig. Gen. Robert LaBrutta, JBSA/502nd Air Base Wing commander recommended using each of the practical measures and tools presented during the seminar.

“Let’s take action when we leave this auditorium today,” LaBrutta said. “Suicide prevention is something that never goes away. It’s one of the most important things we do. There is only one metric for suicide and that is zero.”

JBSA-FSH Caisson Section serves, reveres, comforts

Part 1: The duty to honor our fallen

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

The mission to carry a fallen service member to his or her final resting place with the Fort Sam Houston Caisson Section came to fruition in the wake of terrorism.

Army Lt. Col. Karen Wagner, a medical department staff officer, raised in San Antonio and previously stationed at then Fort Sam Houston, lost her life when the Pentagon – where she was serving in the Office of the Deputy Chief of Staff for Personnel – was struck by American Airlines Flight 77, a passenger aircraft hijacked Sept. 11, 2001.

Interred at Fort Sam Houston National Cemetery, Wagner was memorialized with a caisson from the Fort Sill Field Artillery Half Section that traveled nearly 400 miles from Oklahoma to provide her final tribute in San Antonio.

Caissons, originally used in Army artillery units to transport ammunition from supply lines to the front lines, also transported injured or dead Soldiers back to field hospitals.

Today's version is actually both limber and caisson together. The limber is at the front and the caisson is at the rear. The limber hauled a cannon.

The first instance a caisson was used to ceremonially carry a body occurred during the war with Mexico in 1847 Kurt Heflin, director and curator for the Old Guard Museum in Arlington, Va. said. The 3rd U.S. Infantry Regiment, also known as the Old Guard, renders final honors in Arlington National Cemetery with its caisson platoon.

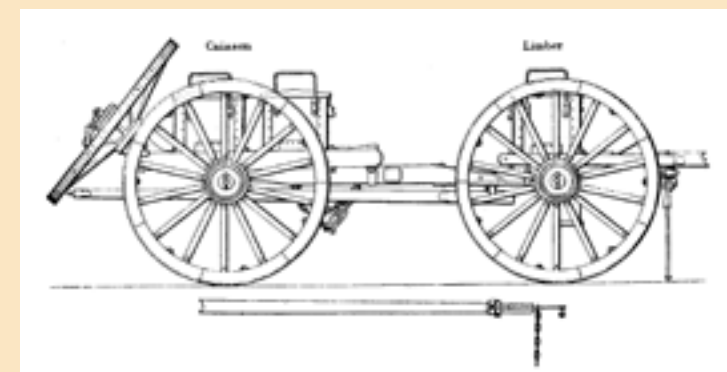
"We had several large funerals around that time frame where we got caissons from Fort Sill. Of course, we paid to have them come down here," said Frank Blakely, activity manager for the 502nd Force Support Squadron at JBSA-Fort Sam Houston.

Blakely, who had been the chief of staff for the U.S. Army Medical Department Center and School at that time, said the Half Section is primarily historical and funerals are ancillary functions. Having a caisson section at the post translated into savings for the Army, he said.

Fort Sam Houston at that time, particularly Army Lt. Col. Greg Vrentas, commander of the Special Troops Battalion and the Military Honors Platoon, along with Garrison Commander Army Col. Douglas Biggerstaff, wanted a caisson section to provide a proper tribute to fallen heroes interred in the area, as often as necessary.



Courtesy photo
Three original members of the Caisson Section include from left: Army Lt. Col. Greg Vrentas and Larry Rodriguez stand with Sgt. John Pope, who is seated on Copeland, a 12-year-old horse who remains in service.



Courtesy illustration
An engineering rendition of an original caisson and limber used during the Civil War and later to haul ammunition and cannons to the front lines, and injured and dead Soldiers back to the field hospital.



Courtesy photo Martin Callahan
A photo taken circa 1912 of an Army artillery crew readying caissons and limbers for an exercise. The image was taken on then-Fort Sam Houston just to the side of the building that currently houses the Fort Sam Houston Museum.



Official photo

The Caisson Section executed its first official caisson funeral for retired Sgt. Maj. of the Army Leon Van Autreve when he was laid to rest March 20, 2002 at the Fort Sam Houston National Cemetery. Van Autreve served as the fourth sergeant major of the Army.

"They felt that given the history of the post, it should have its own caisson section," Blakely said. "Greg did all the research, found the horses and the tack. It really became his passion."

Horses and caissons are an integral part of JBSA-Fort Sam Houston history.

"Before the '30s, all of Fort Sam Houston – from artillery and infantry to logistics – everything was handled with horses," Blakely said, pointing to a 1910 aerial illustration of the post hanging in his office.

"If you look to the right in the upper corner, all those long, low, red-topped buildings are stables," he said, indicating about one-third of the image.

"We've got Pat, the field artillery horse," Blakely added. Pat was ridden by Soldiers in drills and maneuvers and was a favorite. When the Army began to mechanize during the 1930s, the War Department ordered all horses and mules to be sold or destroyed.

Soldiers appealed the horse's plight to their commander, who wrote a letter to his superiors in Washington, D.C., requesting a reprieve.

It was granted and the horse was retired instead of sold. Pat died in 1953 at the age of 45 and is buried just inside the Wilson Gate.

The Caisson Section at JBSA-Fort



File photo

The funeral of San Antonio native Lt. Col. Karen Wagner, who died in the attack on the Pentagon Sept. 11, 2001, was the impetus for creating a Caisson Section at Joint Base San Antonio-Fort Sam Houston.

Sam Houston is one of only two active-duty caissons in the Army and travels throughout South Texas. The Old Guard, at Fort Myers, Va., conducts funerals only at Arlington National Cemetery.

Nine infantry Soldiers were picked and assigned to the original caisson section at Fort Sam Houston.

"Half of them knew what a horse was and the other half didn't. They had to be trained," Blakely said.

Blakely found a temporary stable master in Larry Rodriguez – employed on post in flag support – and detailed him to assist the fledgling unit stand up its operations. Rodriguez was also a horse trainer in La Vernia, Texas.

The Military Honors Platoon offices were already situated in the old veterinarian complex, which included horse stalls and a barn, so choosing a location was easy.

The complex had been used by the U.S. Modern Pentathlon Association until 1988, when Army Secretary John Marsh Jr. withdrew support and the athletes left.

"The stalls and barn remained unused for 14 years, so a major overhaul was needed. The place was historical so you couldn't change a whole lot," Rodriguez said, adding that rewiring, new plumbing and refurbishing stall fronts occurred while he was training both the horses and the Soldiers.

The Caisson Section at JBSA-Fort



Courtesy photo

Soldiers with the first Caisson Section carry the flag-draped remains of a military member accompanied by the Military Honors Platoon to the final resting place at the Fort Sam Houston National Cemetery.

When the job was done, the interior of the barn housed 12 stalls, a feed room and a tool room. A second barn is used to store two caissons, various tools of the trade and cannon.

The Military Honors Platoon and the Caisson Section are also responsible for maintaining and firing the cannon on post.

Just under seven months after inception, the new Caisson Section executed its first official funeral for retired Sgt. Maj. of the Army Leon Van Autreve when he was laid to rest March 20, 2002 at Fort Sam Houston National Cemetery. Van Autreve served as the fourth sergeant major of the Army.

"That first caisson mission was perfect," Rodriguez recalled. "I don't think anybody thought we would get off the ground in less than two years, but we did. We trained hard, we worked hard."

"My heart was in that procession every step of the way," said Johnny Gray, command sergeant major for the garrison at the time the Caisson Section was launched.

Gray served as commander of the troops for that first ceremony. He retired and is currently training coordinator for the JBSA-FSH Casualty Assistance Center.

"I was honored. I knew him personally. He was my first sergeant major and the epitome of the enlisted corps, the example we follow," Gray said. "This was the most

honorable service we could pay to a fallen comrade who had achieved so much during his career."

"The mission to honor our fallen is one of the most prestigious, most honorable things we can do here," said Capt. Shawn Lynch, commander, Military Honors Platoon and Caisson Section.

"It shows the families that we care about our own, that their loved one served with a sense of honor and was part of a community that cared about them."

Reflecting on the challenges overcome to bring the Caisson Section to realization, Vrentas said he felt an immense sense of admiration for the men, the horses and the duty.

"The first caisson mission unfolded in somber elegance and I believe there was not a dry eye as the procession passed," Vrentas said. "After the caisson procession departed the cemetery, I quietly reflected on the enormity of this ceremonial dedication – well befitting our fallen warriors and pondered the future – praying that men of vision would step forward to continue its tradition."

"The unit has evolved into a solid structure and grown with pride," said John Deeley, current stable master and training officer for the Caisson Section. "The return on investment has been and still is immense."



Courtesy photo

The H-19 helicopter, affectionately named "Matilda," arrived in pieces from Keller, Texas, and was assembled Sept. 21 at the Army Medical Department Museum.

AMEDD Museum adds H-19 helicopter to collection

By Phillip Reidinger
AMEDDC&S Public Affairs

The Army Medical Department Museum is receiving a new addition to the Maj. Gen. Spurgeon Neel Pergola in the form of a H-19 helicopter affectionately named "Matilda."

The aircraft was restored and donated by John D. and Michael R. McWilliam in honor of their father, Col. Robert McWilliam, a DUSTOFF solo pilot and a 30-year Army aviator. The dedication ceremony was held Tuesday.

"Matilda" arrived in pieces from Keller, Texas, and was assembled Sept. 21 at the AMEDD Museum.

McWilliam began his career as a solo pilot in 1955 at Landstuhl, Germany, flying the H-13. He transitioned to the H-19 which he also flew at Fort Sam Houston.

McWilliam transitioned to the UH-1 "Huey," which

he flew during two tours in Vietnam as a medical evacuation pilot, also known by the call sign "Dust Off."

His first tour from 1962 to 1963 was with the 57th Medical Detachment in Nha Trang. During his second tour, he served as commanding officer of the 54th Medical detachment in Chu Lai from 1967 to 1968.

Developed by Sikorsky as the model S-55, the aircraft was known to Army and Air Force aviators as the H-19. To the Navy and the Coast Guard, it was the HO4S and to the Marine Corps, it was known as the HRS.

A true utility helicopter, it was a workhorse used for troop transport, medical evacuation, air sea rescue and cargo aircraft.

If the cargo was too bulky to fit inside the cargo compartment, it could be moved externally by the using the cargo hook located under the fuselage and in line with

the main rotor shaft.

According to an article by Army Medical Command historian retired Army Col. Robert Driscoll titled "U.S. Army Medical Helicopters in the Korean War," the H-19 was routinely used to transport cargo and also contributed to medical evacuation during the last two months of the conflict.

Originally, the helicopter was used to transport patients between hospitals in rear areas.

Much larger than the H-13 helicopter, the H-19 could carry six litter patients internally versus the two external litters on the H-13.

Driscoll notes that the helicopter, employed by the 6th and 13th Transportation Companies, was the primary transport of former prisoners of war during Operation Little Switch and Operation Big Switch, transporting a total of 5,674 former prisoners during 1,173 sorties.

Army North hosts second St. Michael's medallion luncheon

By Staff Sgt. Corey Baltos
Army North Public Affairs

Members of the U.S. Army North (Fifth Army) family joined their chaplaincy team for the second annual St. Michael's medallion luncheon at the Quadrangle Sept. 27.

St. Michael is an archangel in Christian, Jewish and Islamic teachings and is considered to be the patron saint of warriors, police officers and paramedics.

"We are here today to express our deep-seated and inexplicable faith that there is a power for good in the world," said Col. Gary Studniewski, Army North command chaplain.

"We also believe that there is a group of beings, invisible to us, that God has ordained to look after us."

Archbishop Timothy Broglio, head of the Archdiocese for the Military Services, USA, blessed the medallions. The AMS is responsible for certifying all Roman Catholic priests serving in the armed forces and is also responsible for the full range of pastoral care for the nearly 1.8 million Catholic families serving in the military. Broglio has served in his position since Jan. 25, 2008.

Before blessing the medallions, Broglio reflected on St. Michael's battle with Lucifer for power.

"The name Michael translates in Hebrew as 'like God,'" said

Broglio. "There were two figures in heaven, both struggling with each other for power. Michael wanted to use the power for good, and the other wanted to use it for evil. Michael teaches us that those who have power should use it for good."

Broglio went on to say that St. Michael was a good patron for Army North because of its mission to defend the homeland.

After his reflections, Broglio blessed the medallions with prayer and holy water before they were then given to the audience.



Photo by Staff Sgt. Corey Baltos

Archbishop Timothy Broglio (left), head of the Archdiocese for the Military Services, USA, uses an aspergillum to sprinkle holy water on St. Michael's medallions as part of his blessing of the medals Sept. 27 during the second annual U.S. Army North (Fifth Army) St. Michael's medallion luncheon at the historic Quadrangle. Col. Gary Studniewski, command chaplain, Army North, is holding the aspersorium that holds the holy water.

Air Force physician honored for ground-breaking treatment

By Senior Airman Courtney Moses
59th Medical Wing Public Affairs

Using lasers to treat burns and scars might sound counterintuitive, but one Air Force physician is drastically improving the quality of life for his patients with a newly developed technology.

Lt. Col. (Dr.) Chad Hivnor, a 59th Medical Specialty Squadron dermatologist, recently received the Air Force Association's Paul W. Myers Award for his work using lasers to improve skin texture and flexibility for wounded warriors.

In a joint research project with Massachusetts General Hospital and Shriners' Hospital of Boston, Hivnor was awarded a \$1.1 million

grant to study improvement in range of motion using lasers on burn and amputee scars.

"By using a carbon dioxide laser, a number of wounded warriors were able to be treated for their burns and scars, to include leg amputations," Hivnor said.

"We were then able to increase the sweat and decrease hair which causes frictional folliculitis, a skin condition caused by inflammation of hair follicles due to the prosthetics."

"We're really helping the wounded warriors to assimilate back into society," he added.

For four years, Hivnor was either the program director or assistant program director for the largest Defense Department dermatology residency, with 21 residents

annually – a program that maintains a 100 percent medical board passing rate.

He is also the only dermatologist in the Air Force taking patients to the operating room to treat severe burns that involve anywhere from 10 to 80 percent of their body surface area.

Hivnor is the principle investigator for six different Institutional Review Board approved research protocols with over 200 combined patients.

These studies allow new technologies to be employed and new practices to be conducted – the laser treatments are one example of a tangible benefit for patients.

Gabriel Alvarado, a fireman hurt in a refinery explosion, said he is thankful for what Hivnor has done.

"I can already tell the difference in the way I look and feel," Alvarado said. "And that makes my outlook on life a lot better."

The Paul W. Myers award is presented to the Air Force medical corps officer who has made the most significant contribution to the continued good health of the men and women of the Air Force.

Formally known as the Clinical Surgeons Award, it became the Paul W. Myers Award in honor of retired Lt. Gen. Paul W. Myers for his 45 years of active membership with the society of Air Force Clinical Surgeons.

Hivnor received the award at the Air Force Association's annual Air and Space Conference in Washington, D.C., Sept. 16.



Photo by Senior Airman Courtney Moses

Lt. Col. (Dr.) Chad Hivnor uses a pulsed dye laser to help decrease redness on a wounded warrior's scarred leg at the Wilford Hall Ambulatory Surgical Center's dermatology clinic Aug. 7. Hivnor received the 2013 Paul W. Myers Award for his work using lasers to improve the skin texture and flexibility on wounded warriors.

Army Medical Command celebrates 19 years of organizational resilience

By Valecia L. Dunbar
U.S. Army Medical Command Public Affairs

The United States Army Medical Command was established Oct. 2, 1994 to reorganize and restructure Army Medicine.

This came with the decommissioning of Health Services Command after 21 years at a ceremony at Joint Base San Antonio-Fort Sam Houston.

The Health Services Command came into being in April 1973 under the command and control of Maj. Gen. Spurgeon H. Neel Jr.

One of 11 Army direct

reporting units, MEDCOM manages a \$13.8 billion budget and provides medical care for more than 3.94 million beneficiaries worldwide, including active-duty service members, retirees and their family members.

The command also oversees graduate medical education, health professional education and medical research and innovation. MEDCOM has



achieved significant milestones during the past 19 years. One of

the most recent milestones was the appointment of Lt. Gen. Patricia D. Horoho as the Army's 43rd surgeon general. Horoho became the first woman and first nurse to command the

Army's largest medical organization. As MEDCOM commander, Horoho joins a long line of past Army surgeon generals going back to 1775. She also commands the third-largest healthcare system in the United States.

As the surgeon general, she manages fixed hospitals and subordinate commands and agencies representing more than 480 facilities and 29 executive agencies, many of which lead groundbreaking research efforts.

Adaptation, transformation and resilience have been the overarching messages of Horoho and MEDCOM's emerging footprint characterized by a history shaped by more than a decade of war.

"Over the past decade, Army Medicine has led the joint health effort in the most austere environments," Horoho

said on the day of her appointment. "As part of the most decisive and capable land force in the world, we stand ready to adapt."

MEDCOM's capabilities are distinguished under Horoho's tenure by key initiatives that address the transformation of Army Medicine from a healthcare system to a system for health.

"Everyone in Army Medicine has an active role in changing, not only the way it is organized and operates, but also in how we interact with our patients and our beneficiaries and how we influence health," Horoho said.

Affordable Care Act will impact federal civilian employees beginning in January

By Gloria Kwizera
Air Force Personnel Center
Public Affairs

Starting January, all individuals must maintain minimum health care coverage for themselves and all dependents claimed on their federal tax return, or must qualify for an exemption.

Those who do not will be charged a penalty beginning with their 2014 federal tax returns.

Under the Patient Protection and Affordable Care Act, Public Law 111-148 and the Health Care and Education Reconciliation Act of 2010, Public Law 111-152, the federal government, state governments,

insurers, employers and individuals are responsible for reforming and improving health insurance coverage availability, quality and affordability.

Those covered under the Federal Employees Health Benefits Program (including temporary continuation of coverage), Medicare, TRICARE and Children's Health Insurance Program meet the federal requirement, said Kathryn Iapichino, Air Force Personnel Center.

"Some civilian employees may not be covered because when they were hired, they had the option to not select a health benefits plan," she said. "There may not



be many in that situation, but those who are, need to be aware of the federal requirement."

Those civilians particularly should review their options in preparation for the 2013 Federal Benefits Open Season from Nov. 11 to Dec. 9, Iapichino advised.

"Civilian employees who need to meet Affordable Care Act requirements can select their health insurance

during open season and they will meet the requirements established by the IRS," she said.

For more information about the comprehensive open season and Affordable Care Act, go to myPers at <https://myPers.af.mil> or the Internal Revenue Service website at <http://www.irs.gov/uac/Questions-and-Answers-on-the-Individual-Shared-Responsibility-Provision>.

VIOLENCE from P2

Program first sees individuals and families during a period of crisis in their relationships. However, during that time, we also see the strength, resiliency and hope of these individuals and families as they face those challenges.

Part of breaking the silence on abuse is redefining domestic violence. In many areas, the terms "domestic violence" and "domestic abuse" have been replaced with "intimate partner violence" or "intimate partner abuse" to be more inclusive.

The term "domestic violence" often conjures ideas of physical violence between a husband and wife and appears to exclude types of maltreatment other than physical abuse, such as neglect, emotional abuse and sexual abuse.

This narrow definition marginalizes many victims and their situa-

tions, so they incorrectly assume some services are not applicable or available to them.

Intimate partner abuse can occur between individuals of the opposite or same sex who live together, have lived together or share children in common. With the repeal of "Don't Ask/Don't Tell," the military has updated instructions to support this inclusion.

Another misconception is the idea that intimate partner violence is a "women's issue." Categorizing intimate partner abuse this way allows others to minimize or ignore the problem and not act.

It also diminishes the pervasiveness of intimate partner abuse in daily life, as well as the impact on men and children.

Men play important and unique roles in preventing abuse, which could go

See VIOLENCE, P17



Fire Department Open House

Saturday, 9-11 a.m., Joint Base San Antonio-Lackland Fire Station No. 1, building 2325.

H.U.G.S. Playgroup

Tuesday, 9-11 a.m., Middle School Teen Center, building 2515. Call 221-2705.

Credit and Debt Management

Tuesday, 9-11 a.m., Military and

Family Readiness, building 2797. Call 221-2705.

Positive Parenting

Tuesday, noon-1:30 p.m., Military and Family Readiness, building 2797. Call 221-2705.

Identity Theft

Tuesday, 2-4 p.m., Military and Family Readiness, building 2797. Call 221-2705.

Army Family Advocacy Program Unit Training

Wednesday, 2-4 p.m., Military and Family Readiness, building 2797. Call 221-2705.



The 2013 Combined Federal Campaign runs through Dec. 15. The following is a list of points of contact for Joint Base San Antonio:

502 Air Base Wing:
221-4321
671-6705

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

802nd MSG:
671-2528
671-5511

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

Web-Based First Term Financial Readiness

Wednesday, noon-4 p.m., Military and Family Readiness, building 2797. Call 221-2705.

Army Family Advocacy Program Unit Training

Thursday, 8-10 a.m., Military and Family Readiness, building 2797. Call 221-2705.

Preservation Fort Sam Houston Society

The Preservation Fort Sam Houston Society will meet at 11:30 a.m. Thursday for lunch and a guest speaker, the great-great-great grandson of Gen. Sam Houston. Call 224-4030 or email stilwellhousevents@gmail.com for information.

Safety Seat Clinic

Thursday, 1-3 p.m., JBSA-Fort Sam Houston Fire Station. Call 221-2705.

Guardianship and Local Resource Fair

The Exceptional Family Member Program will hold a guardianship and local resource fair noon-2:30 p.m. Thursday at Military and Family Readiness, building 2797. Call 221-2705.

Oktoberfest

Oct. 18, 5-11 p.m. with live entertainment, festive foods, and an authentic Biergarten with the tapping of the keg, German beers on tap and fun for the whole family. Call 221-1718.

Fall Fest

Oct. 19, 3-9 p.m. with live entertainment, foods, games and a special appearance by the San Antonio Spurs Coyote and Silver Dancers. Call 221-1718.

METC Volleyball Tournament

Gather your friends and form a 6-person team. Doors will open at

7:30 a.m. for warm up, tournament begin at 8 a.m. Oct. 19 at the Fitness Center on the Medical Education and Training Campus. Prizes will be awarded to the top three teams. Registration no later than Oct. 13. Call 808-5709.

Army Family Team Building

Oct. 21-22, 8:30 a.m. to 2:45 p.m., Military and Family Readiness, building 2797. Call 221-2705.

General Resume Writing

Oct. 21, 9 a.m. to noon, Military and Family Readiness, building 2797. Call 221-2705.

First-Term Financial Readiness

Oct. 22, 9 a.m., Dodd Field Chapel. Call 221-2705.

Fort Sam Houston Spouses' Conference

Oct. 24 and 25, 8:30 a.m.-2:15 p.m., Dodd Field Chapel. Keynote speakers are Sheriff Susan Pamerleau Oct. 24 and Maj. Gen. Jimmie Keenan Oct. 25. Lunch will be provided with a \$5 registration fee. Call 241-0811 for more information.

Lunchtime Basketball Tournament

The Fitness Center on the METC will be having a lunchtime basketball tournament 11:30 a.m. Oct. 28. The tournament is open to all DOD ID card holders ages 16 and over. All participants must register to by Oct. 23 at the Fitness Center on the METC. Call 808-5709.

Harlequin Dinner Theatre

The Harlequin Dinner Theatre presents "Bad Seed" through Nov. 2. This is the story of a mother's realization that her young daughter has committed a murder. Shows are Thursday, Friday and Saturday, dinner is served at 6:15 p.m. the show starts at 8 p.m. For more information, call 222-9694.

Racquetball Court Resurfacing

The Jimmy Brought Fitness Center racquetball court resurfacing has begun for both courts No. 1 and 2. Both courts are scheduled to reopen Oct. 7. Call 221-1234.

HIRED! Apprenticeships

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.

JBSA Force Support/MWR Survey

As part of Joint Base San Antonio, Fort Sam Houston wants your feedback on the best way to get information out about JBSA Force Support/MWR programs and events. Your feedback is important. To complete the survey, visit <http://jbsamediasurvey.questionpro.com>.

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.

Equipment Rentals

The Outdoor Equipment Center has items for a backyard party, unit organizational day, or weekend get-away. Rental items include canoes, boats, campers, camping equipment, outdoor games, barbecue pits and more. Call 221-5225.

Sweetheart Deals at the Bowling Center

The JBSA-Fort Sam Houston Bowling Center offers \$1 games per person and \$1 shoe rentals every Sunday, Tuesday, Wednesday and Thursday. Knock down a red pin on a Wednesday or Friday between 11 a.m. and 1 p.m. and win a free game. Call 221-4740.

JBSA-Fort Sam Houston Ticket Office

The ticket office located in the Sam Houston Community Center, Building 1395, Chaffee Road, is open 10 a.m.-5 p.m. Tuesday through Friday. Call 808-1378.

Sportsman Range

The JBSA-Camp Bullis range is open 10 a.m. to 2 p.m. Saturday and Sunday. DOD card holders may shoot their personal pistols, rifles and shotguns. Firearms must be registered at JBSA-Camp Bullis. The range may close unexpectedly because of weather or troop use. Call 295-7577.

Theater Arts Program

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

NOTICE OF PUBLIC MEETING TO DISCUSS FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT State Financial Accountability Rating

Fort Sam Houston Independent School District will hold a public meeting at 11 a.m. Oct. 22 in the Professional Development Center at 1908 Winans Road Joint Base San Antonio-Fort Sam Houston

The purpose of this meeting is to discuss the Fort Sam Houston Independent School District's Superior Achievement Rating on the state's financial accountability system.

OUTSIDE THE GATE

Royal Ridge Community Garage Sale

The Royal Ridge community will host a neighborhood-wide garage sale 9 a.m. to 2 p.m. Saturday. In conjunction with the garage sales, the Royal Ridge Recreation Club, 5859 Royal Ridge Drive, will host the annual craft sale, lunch plate sale and flea market. Call 219-2426 for information.

Out of the Darkness Walk

The American Foundation for Suicide Prevention will hold the Out of the Darkness Walk 9 a.m. Oct. 19 at Woodlawn Park, 1103 Cincinnati Ave. The walk works in effort to bring mental health out of the darkness and support those in their fight against mental illnesses. Call 417-8672 or visit <http://www.afsp.org> for information.

Fall Bazaar

The Windcrest Methodist Church, 8101 Midcrown, will host a fall bazaar 10 a.m. to 3 p.m. Oct. 19. There will be vendors, crafts, jewelry, used books, food, bake sale and pumpkin patch.

AMEDDC&S and 32nd Medical Brigade Reunion

The 2013 "Old School" Army Medical Department Center and School and 32nd Medical Brigade reunion is Nov. 9. 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."

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 to 8 p.m. Mondays at the Rape Crisis Center group room at 7500 U.S. Highway 90 West, building 2, Suite 201. Call 521-7273 for more information.

Teen Survivors Group

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

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

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.

VIOLENCE from P15

unrecognized and underutilized, if this pervasive attitude of intimate partner abuse as a "women's issue" persists.

Prevention is not about jumping in to stop a fight, but rather working to change attitudes and create environments that affirm abuse is not okay.

Although women are overwhelmingly the victims of intimate partner abuse, men experience abuse and need support as well. As a result of these myths and stereotypes, many continue to suffer in silence.

Martin Luther King Jr. once said, "In the end, we will remember not the words of our enemies, but the silence of our friends." Don't let your silence give consent or permission for abuse to continue.

Get educated and get involved this October – National Domestic Violence Awareness Month – and every month. For questions about any upcoming events or if you need help, contact Family Advocacy at 292-5967 for JBSA-Lackland and JBSA-Fort Sam Houston and 652-2448 for JBSA-Randolph.

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays

Main Post (Gift) Chapel

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

Dodd Field Chapel

Building 1721, 3600 Dodd Blvd.
8:30 a.m. - Samoan
10:30 a.m. - Gospel

Army Medical Department Regimental Chapel

Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade
Collective Service

11:01 - Contemporary "Crossroads"

Brooke Army Medical Center Chapel

Building 3600,
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

1:30 p.m. - Jummah, Friday,
AMEDD

LATTER DAY SAINTS SERVICES

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

BUDDHIST SERVICES

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

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

JBSA-FORT SAM HOUSTON SALUTES RETIRING SOLDIERS



Photo by Staff Sgt. Corey Baltos

Twelve local Soldiers were honored for their service during a retirement ceremony at the Quadrangle Sept. 26. Maj. Gen. Steve Jones, commanding general, U.S. Army Medical Department Center and School, presided over the ceremony. "These 12 Soldiers have more than 300 years of combined service to our nation," Jones said. "They are our nation's true heroes." The retirees are (from left) Col. Kathleen Ryan, 32nd Medical Brigade; Lt. Col. James Estep, Tri-Service Research Laboratory; Lt. Col. Ronnie Williamson, 5th Brigade, U.S. Army Recruiting Command; Maj. Earl Down, 187th Medical Battalion, 32nd Medical Brigade; Master Sgt. Al Francis, 5th Brigade, U.S. Army Cadet Command; Master Sgt. Granderson Alexander, U.S. Army Medical Command; Master Sgt. William Griffin, U.S. Army North; Sgt. 1st Class Christopher Crawford, Eighth Army Provost Marshal, Korea; Sgt. 1st Class R.L. Montgomery III, 162nd Training Brigade, Fort Polk La.; Sgt. 1st Class Varryon Young, U.S. Army North and Staff Sgt. Robert Morrow, U.S. Army South.

106TH SIGNAL BRIGADE HELPS LOCAL SCHOOL



Photo by Spc. Ebony Brown

Staff Sgt. Claymore Kwaramba (left) from the 106th Signal Brigade helps grade the steering event during a bicycle rodeo at Wilshire Elementary School Sept. 26. Brigade Soldiers often participate in events with Wilshire, as part of their adopt-a-school partnership.