

FORT SAM HOUSTON News Leader

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HOTLINES**



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

Power the Force. Fuel the Fight.



ENERGY AWARENESS

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METC DEPUTY

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METC orthopedic program provides fast-paced, hands-on training

By Lori Newman
JBSA-Fort Sam Houston Public Affairs

The orthopedic technician program at the Medical Education and Training Campus provides Army, Navy and Air Force students fast-paced, hands-on training.

“Most (orthopedic) schools are 10 months or longer. Ours is six weeks,” said Air Force Master Sgt. Jolie Zygulski, orthopedic technician program director.

“Because it’s fast-paced, the students know they have to grasp it very quickly and 95 percent of the course is hands-on,” Zygulski explained.

Navy students come from corpsman school into the orthopedic



Photo by Lori Newman

Army, Navy and Air Force students practice short-arm ulna gutter casts on their fellow students in preparation for an upcoming performance exam.

See METC, P6

Air Education and Training Command welcomes new commander

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

Gen. Robin Rand took command of Air Education and Training Command from Gen. Edward A. Rice Jr. during a ceremony at Joint Base San Antonio-Randolph Oct. 10.

Air Force Chief of Staff Gen. Mark A. Welsh III presided over the ceremony.

“This is a special day, not just for the Rice and Rand families, but for the command and our Air

Force family,” Welsh said. “We get to acknowledge the profound impact of a great leadership team and thank them as they move on to new adventures in life, and we get to welcome another great leadership team to what is clearly one of the greatest jobs on earth.”

Welsh reflected on Rice’s service with reverence, noting some of his accomplishments along the way.

“For the past three years, AETC was led by Ed Rice with distinction. He worked tirelessly to create an environment of pride, and has

been a spectacular role model ... for all of us.” Welsh said. “During Ed’s past three years at the helm, the great professionals of AETC have trained nearly a million Airmen, in every specialty in our Air Force; Active, Guard, Reserve, civilians and contractors ... you train them all! And Ed Rice leads the charge!”

Welsh said San Antonio is a great place to celebrate the end to Rice’s tenure as AETC

See AETC, P8

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A reason to save water on Joint Base San Antonio

By Aaron Farmer
JBSA-Lackland Energy Manager

Water conservation is already important to most members of the San Antonio community, but it is especially important to consider during Energy Awareness Month in October.

Water conservation at Joint Base San Antonio falls under the energy program, which is designed to comply with federally mandated water use goals while maintaining our important missions.

Water reduction goals are specified by Executive Orders 13423 and 13514, which requires federal installations to

reduce water use intensity (gallons per square foot) by 2 percent every year for 13 years. Thus, the Air Force will reduce water use intensity by a total of 26 percent by 2020, using a baseline water use from 2007.

Water conservation at JBSA locations is a specific concern of Brig. Gen. Bob LaBrutta, JBSA and 502nd Air Base Wing commander. In his Commander's Guidance Summary dated June 10, the general's objectives include making JBSA the conservation showplace of the Department of Defense and to reduce environmental strain by instituting resource discipline.

In addition to federal mandates and commander-driven goals, water conservation on JBSA is important to the sustainability of the San Antonio community.

JBSA draws the vast majority of its potable water from the Edwards Aquifer, which contains several endangered species. The U.S. Fish and Wildlife Service provides its Biological Opinion, which provides guidelines on the amount of water JBSA can draw each month from the aquifer.

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

Here's a simple checklist with ideas you can do in your office or at home to reduce water use:

- Buy WaterSense certified fixtures and appliances such as dishwashers, washing machines, toilets and shower heads.
- Turn off the sink faucet while you shave, brush your teeth or lather your hands.
- Never run the dishwasher without a full load. This practice will save water, energy, detergent and money.
- Check for hidden

water leakage such as a leak between the water meter and the house. To check, turn off all indoor and outdoor faucets and water-using appliances. The water meter should be read at 10- to 20-minute intervals. If it continues to run or turn, a leak probably exists and needs to be located.

Report all water leaks and waste in your building to the facility manager or energy monitor.

For more information about water conservation, call the JBSA energy managers at 221-4203 for JBSA-Fort Sam Houston, 652-6988 for JBSA-Randolph and 671-0252 at JBSA-Lackland.

Joint Base San Antonio Energy Awareness Campaign

The Department of Defense is looking for ways to save money without having to sacrifice services. I am convinced energy conservation is a way the Joint Base San Antonio community can do its part to help.

JBSA is instituting a new energy conservation awareness campaign aimed at making all of us more focused on energy and water conservation. We cannot do this alone and need our JBSA mission partners' help. Each of us can make a difference in our success – just by adjusting daily habits in small ways. The results may surprise you.

Take an Army post in Germany that has implemented an effective energy awareness campaign. They estimate saving 2,500 kilowatts of electricity per year by simply turning off lights in rooms not occupied. How easy is that?

Here are some quick and easy things you can do at home to help conserve energy:

- Turn hot water to 110 to 120 degrees Fahrenheit,
- Place computers in sleep/hibernate mode when not in use after 10 minutes,
- Set thermostats to 77 F to maximize energy efficiency during cooling season,
- Repair leaky faucets,
- Turn the water off while brushing your teeth,
- Consider using water efficient shower heads,
- Wash clothes in cold or warm water, vice hot,
- Place the refrigerator temperature setting between 35 F-40 F or a middle dial setting,

- Place the freezer at 0 F,
- Replace the rubber gasket around refrigerator doors if worn/cracking,
- Turn OFF lights and ceiling fans in any room you're not using,
- Unplug battery chargers when the batteries are fully charged or the chargers are not in use,
- Participate in the JBSA recycling programs.

So, in coming weeks, you will see more information concerning Energy Awareness and what you and I personally can do at home and in our workplaces to reduce energy consumption. You will see energy awareness tips in your email, while traveling around the installation, and in common areas. I thank you very much for your assistance and for your service to our country. It is an honor to serve with you and I have no doubt that together, we can promote a culture of energy awareness and stewardship that will make Joint Base San Antonio the premier energy conserver in the Department of Defense!



ROBERT D. LABRUTTA
Brigadier General, USAF
Commander, 502nd Air Base Wing



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News Briefs

Oktoberfest at MacArthur Parade Field

The Joint Base San Antonio Force Support Squadron holds its annual Oktoberfest from 5-11 p.m. today at the MacArthur Parade Field. The event includes an authentic Biergarten, a children's activities tent, a gyro spin and inflatable obstacle course, festive foods and performances by the Beethoven Maennerchor and the Seven Dutchmen. Parking and admission to the event is free. Call 221-2601/2606/1139 for more information.

FallFest festivities at FSH

The Joint Base San Antonio Force Support Squadron holds its FallFest from 3-9 p.m. Saturday at the MacArthur Parade Field. The event includes live performances by the Harlequin Dinner Theater, the 323rd Army Band Fort Sam's Own Biohazard Brass Band and the "Blow My Cover" rock cover band. Gaming and fun events also include a rock wall, game truck, gyro spin, inflatable obstacle course, a children's activities tent and special guest appearances by the cast of the NBC television show "Revolution," as well as the Spurs Coyote and Silver Dancers. Free Spurs preseason tickets will be available while they last. Parking and admission to the event is free. Call 221-2601/2606/1139 for more information.

Military Spouse Employment Program Hiring Fair, Career Forum

The Hiring Our Heroes Military Spouse Employment Program holds a hiring fair and career forum from 10 a.m. to 1 p.m. Thursday at the Military Family and Readiness Center, building 2797. Event is open to all active duty, Reserve, Guard, retiree and surviving spouses. Register at <http://HOH.greatjob.net>.

Prescription Drug Take Back Day

The 502nd Air Base Wing will participate in the National Prescription Take Back Day from 10 a.m. to 2 p.m. Oct. 26. Joint Base San Antonio-Fort Sam Houston collection sites will be located at the San Antonio Military Medical Center medical mall and the satellite pharmacy.

Neanderthal Warrior Trail Run

The zombie edition of the annual

See NEWS BRIEFS, P6

Flu vaccines available across JBSA, San Antonio

By Steve Elliott
JBSA-Fort Sam Houston
Public Affairs

Health officials are recommending people get their flu vaccines as the weather is starting to change. The vaccines are available throughout all Joint Base San Antonio locations.

"A yearly flu vaccine for everyone 6 months of age and older helps protect against influenza," said Lt. Col. (Dr.) Yi Yang, the 359th Medical Operations Squadron's director of immunizations at JBSA-Randolph.

"It is designed to protect against the three main flu strains that are expected to cause the most illness during the flu season."

The three main strains are H3N2, influenza B and H1N1.

Populations at higher risk for flu-related complications include pregnant women, young children, people 50 years of age and older, people with chronic medical problems and health care workers.

At the Wilford Hall Ambulatory Surgical Center, there is a limited amount of the influenza vaccine available at the WHASC atrium. The vaccine is prioritized for active duty members preparing for deployment, 59th Medical Wing medical personnel and high-risk patients, according to Joe Bela, 59th MDW public affairs director.

"All others should stand by for further announcements when we get the full amount," Bela said. "Medical personnel assigned to



Joint Base San Antonio-Randolph and JBSA-Fort Sam Houston should plan to get their vaccines at those locations, as well as non-risk groups who get their primary care at those other locations."

Vaccination is mandatory for all active duty members and all hospital employees. In general, contractors are not eligible. Active duty members can check their medical readiness status as well as retrieve shot records for themselves and any dependent under 16 years old at <https://imr.afms.mil/>

[imr/MyIMR.aspx](https://imr.afms.mil/).

At WHASC, flu shots are available from 7:30 a.m. to 4 p.m. Mondays through Wednesdays and Fridays, and from 7:30 a.m. to 3 p.m. Thursdays.

A mobile flu vaccine unit is also scheduled for various areas around JBSA-Lackland in October. The unit will be in each location from 8-11 a.m. and 12:15-2 p.m.: Military Personnel Flight, Tuesday; Air Force Medical Operations Agency, Wednesday; Security Hill, Oct. 29; and the Airman Leadership and Noncommis-

sioned Officers Academy Oct. 30.

In addition, TRICARE Prime's reimbursement program entitles military beneficiaries to receive influenza and pneumococcal vaccines at TRICARE retail network pharmacies at no additional cost. It's recommended to call the nearest store to ascertain availability of the vaccines at specific locations.

The North Central Federal Clinic, which serves Veterans Affairs and TRICARE patients, has flu vaccines available without an appointment. The NCFC is located at 17440 Henderson Pass, just off Highway 181 and Loop 1604.

For information on other VA locations, visit

See FLU, P9

Cuts to 'Impact Aid' affect JBSA schools

By Staff Sgt. Marissa Tucker
JBSA-Lackland Public Affairs

The independent school districts of Joint Base San Antonio have endured major budget constraints since March of this year due to sequestration.

The largest impact to the school districts was the rapid, dramatic decrease in the amount of funding allocated to each location. Because the schools are operated on military bases, a large part of their funding comes from a Department of Education program called Impact Aid, which is provided to offset the budgets of school districts on federally owned land that receive lower amounts of funds from the state

because of their tax exemption.

When sequestration began, Impact Aid was not spared from the across-the-board cuts, and the school districts saw an immediate difference in their yearly budgets. Because Lackland, Fort Sam Houston and Randolph Field ISD's senior leadership paid close attention to the developing situation over the years, they were prepared when the sequester occurred, said Dr. Bernie Roper, Lackland ISD superintendent.

"We've been planning for sequestration for



at least the past three years," Roper said. "We came up with tiered plans depending on how bad the cuts would be," Roper said. "This year we're at tier one, where we've asked our staff to cut up to 30 percent of their operating costs. We hope to never make it to the tier three plan, the worst case scenario, but we have to be proactive."

While operating through the decrease in the budget, several elective programs across JBSA school districts have been eliminated, such as a Spanish course, pre-kindergarten programs and more. Although there are budget limitations, the level of education students are receiving has not been compromised thus far, which school superintendents largely attribute to their staffs' dedication to the students, Roper said.

"We have had to reduce the number of electives offered to students and eliminated our choir program," said Dr. Lance Johnson, Randolph Field ISD superintendent. "We also had to reduce staff and

increase class sizes."

To show lawmakers exactly how the budget cuts are affecting the students of military members now and possibly into the future, the superintendents met with Texas congressional members in Washington D.C., as part of the National Association of Federally Impacted Schools. Through this organization, the superintendents spoke directly to their congressmen to relay the effects of sequestration. If a deal is not reached to remove or pardon the Impact Aid Program from the increasing cuts that are scheduled throughout the next eight years the school districts will see

See ISD, P9

BAMC observes National Pharmacy Month

By Capt. Nicole Robinson
Brooke Army Medical Center
Pharmacy

October is National Pharmacy Month, a time to recognize and honor pharmacists, pharmacy technicians and support personnel across the nation. It was also created to raise awareness about the importance of patient education.

“During this time, we are recognized as an important part of the health care team working hand in hand with nurses and physicians,” explained Elizabeth Morrow, Brooke Army Medical Center pharmacist. “It really stresses the importance of our job.”

BAMC will celebrate National Pharmacy Month from 10 a.m. to 2 p.m. Tuesday at the San

Antonio Military Medical Center’s medical mall.

Today’s pharmacists provide pharmaceutical care in many ways. In fiscal year 2013, the BAMC pharmacies dispensed more than 1.4 million ambulatory prescriptions and processed three million inpatient hospital orders.

Additionally, pharmacists maintain patient medication profiles, review new medication orders and prescriptions, and provide drug information for the medical staff and patients.

The clinical pharmacy staffs specialize in a particular area of pharmaceutical care and work in collaboration with physicians to provide a broad range of patient-oriented care and services.

Pharmacists recom-

mend an open dialogue about medications to help avoid harmful side effects. People should provide a list of prescribed drugs, over-the-counter medications, home remedies and nutritional supplements to their pharmacist to ensure safe medication use.

“It is helpful to have a list, so our staff can review and discontinue duplicate medications to ensure you are getting the proper medication therapy,” said Staff Sgt. Helen Crouch, BAMC Main Outpatient Pharmacy noncommissioned officer in charge. “It is good to have questions about your medications. We are here to help you and make sure you get the best care possible.”

MEDAL OF HONOR

Army Capt. William D. Swenson was awarded the Medal of Honor Oct. 15 during a ceremony at the White House. Swenson received the Nation's highest honor for his courageous actions while serving as an embedded advisor to the Afghan National Border Police, Task Force Phoenix, Combined Security Transition Command-Afghanistan in support of 1st Battalion, 32nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, during combat operations against an armed enemy in Kunar province, Afghanistan on Sept. 8, 2009. He is the sixth living recipient and the first officer to be awarded the Medal of Honor for actions in Iraq or Afghanistan. In the photo, Swenson is at a meeting with senior Zone (Brigade) leadership to discuss the security in Nuristan Province, Afghanistan, March 2009.



U.S. Army Photo

News Briefs

Continued from P3

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://regestar.iaapweb.com>. Participants who register by Nov. 19 get a T-shirt. Event fees are \$20 for military with valid identification; \$30 for civilians without military ID; \$20 per person for teams of five to 10 people; and \$15 per person for teams of 11 or more. Arrival time is 6:15 a.m. and the run starts at 7:30 a.m. For more information, contact 1st Lt. Gerona Williams at 295-7710 or 848-2158.

Air Force Ambassadors

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

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. Officials said this process will interfere with normal operating procedures, including not being able to perform surgeries. Sick call appointments, vaccine appointments, health certificates, emergencies and possible over-the-counter sales will be very limited. The VTF expects to offer full services by the second week of November. For more information, call 808-6101.

Commander's Action Line

The Commander's Action Line exists to address issues that have not been resolved through the chain of command or an appropriate agency. It also allows you to give feedback and recognize outstanding people and units. Remember to leave a point of contact name and telephone number or email address. To submit an Action Line comment, email the public affairs office at usaf.jbsa.502-abw.mbx.fsh-public-affairs-office@mail.mil; JBSA-Lackland@502abw.paola.in-box@us.af.mil and at JBSA-Randolph@randolphpublicaffairs@us.af.mil.

Combined efforts bring 'FOB Todd' to family

By Staff Sgt. Corey Baltos
Army North Public Affairs

Mary and David Todd Sr. lost their only son to war Aug. 20, 2008. Five years later, they were presented a somber, yet unique reminder of their child – a “F.O.B. Todd” sign that hung outside the forward operating base in Afghanistan where he was stationed.

Sgt. 1st Class David Todd Jr. was killed in 2008 while leading a reaction force that extracted 12 of his Soldiers, who had been pinned down during a firefight in the Badghis

province, Afghanistan.

As tribute to him, his fellow Soldiers renamed their forward operating base. The FOB was located near the village of Bala Murghab, in the Badghis province of northwest Afghanistan.

“This is about David and the other men who fought side by side with him,” said Mary Todd, as the sign was presented to her Sept. 30 at the Warrior and Family Support Center on Joint Base San Antonio-Fort Sam Houston.

Mary's quest for the

See TODD, P16



Photo by Staff Sgt. Corey Baltos

David and Mary Todd gaze at the sign presented to them Sept. 30 during a ceremony at the Warrior and Family Support Center. The sign previously hung outside of Forward Operating Base Todd in Afghanistan. The FOB was named after their son, Sgt. 1st Class David Todd Jr., who was killed Aug. 20, 2008 in Afghanistan.

METC from P1

technician program, which is their “C” school or specialty training.

Navy Hospitalman Kelsey Brilakis said she wanted to go into the physical therapy assistant program, but there weren't any spaces available. She decided on the orthopedic program because it was available and she could still work with patients who have similar traumas.

“I love this program. It's very interesting,” Brilakis said. “You get to see a lot of interesting traumas. There is always something new and interesting.”

Brilakis plans to make a career in the Navy and would like to become a physician assistant. She thinks this course will help her with her long-term goal.

Historically, Army students attended the Department of Combat Medic Training program before entering the orthopedic program. How-

ever, in fiscal year 2014, orthopedic specialists will enter their specialized orthopedic training program after attending a four-week introduction to basic Army medicine course.

“The course is a lot of fun and I've learned a whole lot since I've been here,” said Army Spc. Joseph Garza. “I'm really excited to get to my duty station and start doing it for real.”

Air Force students must complete the surgical technologist program at METC before entering the course.

Even though the prerequisites are different for each of the services, when students enter the orthopedic program they all are on the same level, Zygulski said.

Future “ortho tech's” learn how to properly fit and apply both pre- and post-operative braces and crutches; safely change dressings and remove sutures; and apply, remove and modify casts and splints.

The students learn to

assist orthopedic physicians and orthopedic physician assistants with wound care, aspirations, minor surgical procedures, fracture reductions, preparing injections sites and drawing medications. They also receive a brief overview on how to apply traction because it is part of the certification exam.

During the six-week course, students take seven written exams and must complete 10 hands-on performance tests applying five different splints and five different casts.

“We have a very high pass rate,” the director said.

Once the Army and Navy students finish their training at METC, they have an additional six to eight weeks of training.

The Navy students complete their second phase of training at San Antonio Military Medical Center or University Hospital in San Antonio.

Army students usually go to Fort Bliss, Texas

or Fort Bragg, N.C. for their second phase of training.

Air Force students graduate and move on to their duty stations after their phase one training is complete.

Within the first year after graduating the course, the students can take an exam for their orthopedic certification through the National Board of Orthopedic Technologists. The certification is valid for six years.

All orthopedic students receive nine credits from the Community College of the Air Force upon completion of the course.

“In the civilian sector, orthopedic technicians must have two years of hands-on training in a facility before they are eligible to take the certification exam,” Zygulski said.

Air Force Staff Sgt. Jamie Dyrkacz-Dezort said she loves orthopedics.

“I love taking care of people. Fixing all the

different fractures and the different injuries that can happen,” she said. “It never gets boring; you never see the same fracture. You get to meet people and hear their stories about how they got injured.”

Zygulski agreed. “It's a very fulfilling career field because it's so hands-on and you work with a lot of patients who have visible injuries you know you can fix.”

The director went through the course herself when it was part of the Army Medical Department here. The Orthopedic Technician Program has been a tri-service course at Fort Sam Houston for more than 20 years.

(Editor's Note: This is the third in a series of articles highlighting some of the consolidated enlisted medical training programs offered by the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston.)

AETC from P1

commander and also 35 years with the Air Force.

“For the last 35 years of service, Ed has been a giant in our Air Force,” Welsh said. “I think it’s fitting that he finishes his career in AETC, right where he started it back in 1978 as a pilot training student at Williams Air Force Base (Ariz.)”

As Welsh reflected on the past, he noted that Rand has big shoes to fill, which will not be a problem for the new general in command.

“One of the greatest things about the Air Force is that every time we watch a great leader walk out the door and you get that sinking feeling in the pit of our stomach and worry about being able to replace him, amazingly, another great leader seems to walk in that door,” Welsh said. “That’s

certainly what’s happening today.”

Rand previously served as the commander of 12th Air Force, Air Combat Command. He is a command pilot with more than 5,000 flying hours, including 470 combat hours. He has held multiple flying tours, served as an air liaison officer with the U.S. Army and has had staff tours on the Joint Staff, Office of the Secretary of Defense and Air Staff.

As Rand addressed the men and women of AETC, he recalled the first time he arrived at Randolph with his wife, Kim, as a second lieutenant, 33 years ago for T-37 instructor pilot training.

“Never in my wildest imagination would I have envisioned being here on this stage today,” Rand said.

Rand said he is grateful to be able to serve in our Air Force with



Photo by Rich McFadden

From left: Air Force Chief of Staff Gen. Mark A. Welsh III, Gen. Edward A. Rice Jr., outgoing Air Education and Training Command commander, and Gen. Robin Rand, incoming AETC commander, arrive at the AETC change of command ceremony at Joint Base San Antonio-Randolph Oct. 10.

Airmen, currently serving in combat operations or humanitarian missions in every theater, on every continent of the world.

“Let no one forget that these phenomenal Airmen are fully engaged and

they and their families work and pay for their service with blood, sweat and tears,” Rand said. “Let no one forget that each and every one of

See AETC. P9

FLU from P3

<http://www.southtexasva.gov/locations/index.asp>.

On JBSA-Fort Sam Houston, flu vaccination clinics will be held from 9 a.m. to 4 p.m. Wednesdays and Fridays in October and November at the Military and

Family Readiness Center, building 2797.

Active duty service members, Department of Defense civilians, retired service members and their family members can receive the vaccines. Shots for retirees will also be available from 8 a.m. to noon Saturday

at building 2841 at the U.S. Army Medical Department Center and School on JBSA-FSH during a Retiree Appreciation Day.

(Editor's note: Some information in this article has been previously published)

ISD from P3

a devastating decline in their available funding.

"This is a very tough time, so if the cuts continue, it is only going to make our situation more difficult," said Dr. Gail Siller, the superintendent of the Fort Sam Houston ISD, the largest military school district in San Antonio. "Impact Aid is our lifeblood, so my concern is that it would directly impact whether or not we could exist."

In addition to Impact Aid, the school superintendents, Siller espe-

cially, must also explain the necessity of funding for the Individuals with Disabilities in Education Act. At the Fort Sam Houston ISD, more than 16 percent of the students are special-needs children and IDEA funds are essential to providing the staff and resources necessary for quality education and development programs.

As discussions continue, the Fort Sam Houston, Lackland and Randolph Field ISDs' leaders are dedicated to informing lawmak-

ers that their existence relies on continued funding of the Impact Aid Program. Johnson encourages parents, students and anyone in the military community to write their representatives in Congress to show solidarity in the fight to keep the program from being cut.

"We all need to keep elected officials informed and educated about the Impact Aid Program and how sequestration will eliminate it over the next eight years if something does not change," he said.

Motorcycle instructor safety class offered

By Mike Joseph
JBSA-Lackland Public Affairs

The Joint Base San Antonio Safety Office has scheduled a Motorcycle Safety Foundation class for mid-November at JBSA-Lackland to train volunteer military motorcycle instructors.

Bill James, traffic safety manager, said the seven-day, 56-hour RiderCoach preparation class is tentatively set for Nov. 16 to 22. The sign-up deadline is Wednesday, with class size limited to 12 people.

AETC from P8

these Airmen got started, shaped and molded in the first command, right here in Air Education and Training Command."

As the new AETC commander, Rand is charged with recruiting,

RiderCoach trainers certified by the Motorcycle Safety Foundation will teach the course.

"As a RiderCoach, you'll be called upon to give your time to teach RiderCourses," James said. "RiderCourse RiderCoaches are motivated by their desire to help reduce motorcycle accidents, injuries and deaths."

James said a prospective RiderCoach candidate must be a licensed motorcyclist who currently rides frequently, has several years of

varied riding experience, good communication skills, can provide a current driving record, and a commander's or supervisor's approval to attend the course and also teach a minimum of four basic RiderCourse classes per year.

Classes will be held in building 7065 at JBSA-Lackland. Class hours will be 7:30 a.m. to 4:30 p.m., Nov. 16-22, with additional time on the Lackland riding range.

For more information, contact James at 671-6274.

training and educating America's Airmen through innovation. With an assigned force of more than 60,000 active-duty Airmen, Reservists and civilians, AETC trains and educates more than 300,000 American and international students

each year throughout the country.

Rand's pledge for the command is simple.

"I will do everything humanly possible to ensure the Airmen trained in the First Command will be prepared to carry the nation's load."

San Antonio Military Medical Center offers options for weight loss

By Maria Gallegos
BAMC Public Affairs

Obesity is more than being overweight; it also leads to many health problems including hypertension, diabetes, hyperlipidemia and even certain cancers.

Bryan Jackson, a Navy retiree, never had a weight problem until he injured his foot during a physical workout while on active duty.

"I injured my foot during physical training on-board my ship," Jackson said. "I was in a cast on and off for two years and had a lot of complications with my foot. Being on a ship, not eating properly coupled with limited physical activities due to doctor's orders – my health worsened along with my weight."

He retired from active duty and after two years of failing diets and poor eating habits, his weight skyrocketed. At that point he knew he had to do something about it. He talked to his primary care doctor and was referred to San Antonio Military Medical Center's Bariatric Surgery Clinic.

"Because of the weight I was carrying – breathing was a problem for me; I had asthma, was diabetic, had high cholesterol and had several mini strokes – all because of my weight. I had no energy," Jackson said. "I got to a point; I was tired of being fat."

After five months of initial pre-screening and seminars, he underwent the laparoscopic gastric bypass surgery – a surgical procedure that entails stapling and dividing the stomach and reconnecting the intestines.

"It was the best decision I have ever made,"

Jackson said. "Before the surgery, I was on nine medications and was 245 pounds and now a year later, I'm not on any medications and dropped to 136 pounds. I'm back to my high school size."

It takes hard work and commitment to maintain the weight after surgery but it is well worth it, Jackson said.

"It's not an easy change; you have to be serious about your weight loss. I'm keeping it off because I don't want to go back," he said. "Proper nutrition, food portion control and exercise are essential in keeping your weight off. You can't expect to

went the laparoscopic sleeve gastrectomy surgery – a procedure in which the stomach is 70 percent removed and folded into a long tube or sleeve.

He has lost 85 pounds since his initial screening in March and is motivated to lose 44 more pounds in the near future.

"I had no problem losing the weight before the surgery," Robert said. "The problem was that I couldn't keep it off. I didn't know about proper nutrition until I went through the nutrition classes at the clinic. It's all about the calories you intake a day. I'm watching everything I eat.

"We carry a fitness application on our iPads to help keep track of our calorie intake and exercise routine," he added.

Since the operation, Elizabeth and Robert are actively enjoying each other's company by taking four-mile walks every day, learning to salsa dance and shopping.

"Our marriage has definitely been better because I feel good about myself," Robert said. "There is that extra spark (since we both lost so much weight) and we get to do more things together without being tired all the time."

"I'm so glad we did this (surgery) – my only regret is that I wish we could have done it sooner," added Elizabeth.

"There are no negatives in the whole process; the personal care you get from everyone in the clinic is outstanding. The compassion of the staff and doctors is amazing," Elizabeth said, as Robert nodded in agreement.

"Obesity remains a growing epidemic in the United States and among military medical beneficiaries," said Air Force Maj. (Dr.) Jason Pfluke, SAMMC general surgeon and bariatric surgery officer in charge. "Many patients come in with more than one medical issue such as hypertension, sleep apnea or hyperlipidemia. Their systems usually improve about 95 percent after the surgery."



Courtesy Photo

Elizabeth and Robert Brickley, stand with their daughter, Rebekah, before their bariatric surgery.



Photo by Robert Shields

Elizabeth and Robert Brickley, show off their new silhouettes at SAMMC. Since the surgery, Elizabeth has lost more than 96 pounds and Robert has lost 85 pounds.

"Our clinic offers three surgical options to combat obesity to improve the quality of life," said Army Lt. Col. (Dr.) Marty Harnish, bariatric surgery chief. "Since the surgery is a life-changing commitment for our patients to undertake, all patients go through a comprehensive medical assessment and psychological evaluation before their surgery to make sure they are ready to take this on."

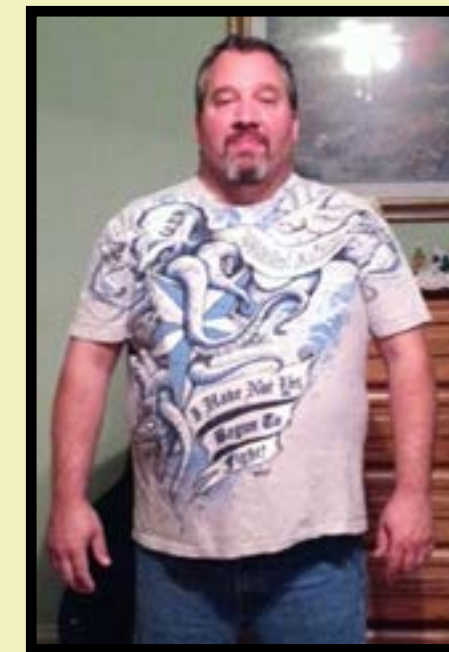
In addition to the medical screenings, SAMMC nutritionists provide nutrition and diet counseling to patients to help them to adjust and change their eating habits.

"Our nutritionists work with our patients to keep a food diary to record their daily intake, including dietary progression, protein and fluid requirements, and lifelong vitamin and mineral supplements," Harnish said.

SAMMC Bariatric Surgery Clinic offers three kinds of laparoscopic bariatric surgeries: Adjustable Gastric band (Lap-Band®), Gastric Bypass (Roux-en-Y) and Vertical Sleeve Gastrectomy.

The Bariatric Clinic is a self-referral clinic and offers informational seminars on the first and third Wednesday of each month. It is located on the second floor of the medical mall in the General Surgery Clinic and also accepts referrals from primary care managers.

For more information about the services or bariatric support groups, call 916-9023.



Courtesy Photo

Bryan Jackson before his bariatric surgery at 245 pounds.



Photo by Maria Gallegos

Bryan Jackson stands with his surgeon, Army Lt. Col. (Dr.) Marty Harnish, SAMMC bariatric surgery chief, in front of the bariatric surgery clinic at the San Antonio Military Medical Center. Bryan has lost 109 pounds since his surgery.

Most TRICARE beneficiaries meet Affordable Care Act coverage requirements

The Affordable Care Act, also known as the health care law, was created to expand access to affordable health care coverage, lower costs, and improve quality and care coordination for all Americans.

Under the health care law, people will have health coverage that meets a minimum standard (called "minimum essential coverage") by Jan. 1, 2014, qualify for an exemption, or may be required to pay a fee if they have affordable options, but remain uninsured.

Because of this, many TRICARE beneficiaries may be wondering how this new law will affect them and their families.

Simply speaking, the Affordable Care Act will have very little impact on TRICARE beneficiaries. The biggest change they will notice may be an extra letter in their mailbox every January and an extra box to check on their tax forms every April.

Beneficiaries who receive TRICARE benefits, whether at no cost, by electing to pay an enrollment fee, or by paying monthly premiums, have 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 and the Continued Health Care Benefit Program.

Eligibility alone for premium-based TRICARE benefit plans does not constitute minimum essential coverage. Eligible beneficiaries must purchase and be in good standing, by paying their premiums to have coverage in force, in order for these TRICARE programs to qualify as minimum essential coverage.

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 those only eligible to receive care in military hospitals or clinics.

Beginning with the 2014 tax season, and every tax year after that, the Department of Defense will send every TRICARE beneficiary the same information it sends the Internal Revenue Service. This notification will detail whether sponsors and their dependents had minimum essential coverage during the previous year. Sponsors can then use this information when they file their tax forms.

Because the information sent to the IRS is generated using beneficiaries' Social Security numbers, it's essential for sponsors to make sure their family's Defense Enrollment Eligibility Reporting System information is correct and up to date.

(Source: Defense Health Agency)

Support troops with Exchange gift cards

It's not the gift, but the thought that counts. This year the Army and Air Force Exchange Service is offering any American the opportunity to

get them both right by purchasing an Exchange gift card for any service member with just a few clicks.

"Gift cards give Soldiers

and Airmen the choice to buy the things they need when they want them," said Exchange senior enlisted advisor Chief Master Sgt. Tony Pearson. "An Exchange gift card is especially great if you want to show your support for the troops, but just don't quite know how."

Gift cards offer a unique take on the idea of sending service members care packages. The Exchange operates more than 30 stores in contingency locations including

METC's first deputy commandant retires

By Lisa Braun
Medical Education and Training
Campus Public Affairs

The first deputy commandant of the Medical Education and Training Campus, Col. Rafael "Gino" Montagno, has concluded a 30-year Army career with a retirement ceremony Sept. 20.

Montagno arrived at METC in August 2010 as one of the original members of the new enlisted medical training center. His contributions helped shape the way for METC to become the largest integrated medical training facility in Department of Defense history, encompassing 52 programs of instruction, 6,000 average daily student load, more than 21,000 graduates a year and 1,400 dedicated faculty and staff.

The ceremony included Montagno's two daughters. Air Force Capt. Sheena Puleaai-Belt served as emcee

and Shannon Montagno moved the audience with her rendition of the National Anthem. The ceremony included Army, Navy and Air Force elements reflective of the tri-service environment in which he last served.

Rear Adm. William Roberts, METC commandant and host for the ceremony, spoke highly of Montagno's accomplishments.

"For today, you can take pride that, through your unyielding effort and tireless devotion, you have helped create an organization both for the present and the future," Roberts said.

"You have made a real difference and your legacy will endure. Be proud; all of us who know you are proud of you, and blessed for having known, worked with, and been influenced by you."

Guest speaker retired Col. Scott Heintz, served with Montagno at the



Photo by Lisa Braun

Col. Rafael "Gino" Montagno, first deputy commandant of the Medical Education and Training Campus is 'piped aboard' in Navy tradition during his retirement ceremony which included Army, Navy and Air Force elements to reflect the tri-service environment in which he last served. METC is a multi-service enlisted medical training center and is the largest integrated medical training facility in Department of Defense history.

Medical Evacuation Propensity Directorate in Fort Rucker, Ala.

"As we go through our military career, our life, we seek out those people who will enrich our life; people who possess compassion,

integrity, intellect and moral compass similar to our own," Heintz said. "It provides us comfort to know that regardless of the situation that we can call on one another, at any time, for support or just to reflect and

know that our brothers will be there. I, like several others in this room, are fortunate to have Gino within our band of brothers."

Montagno expressed his gratitude to those who helped get him to

this point in his career. "It's very rare that any of life's successes are achieved alone and such is the case with me. I can't think of anything successful that I've achieved without the help of great people. I'm standing here today because of you," he said.

He thanked his wife of 28 years, Michele, for her support and called her his "hero." His daughters, he said, are the sole purpose of his existence and stated how proud he is.

He also recognized those he served with who paid the ultimate sacrifice, adding that they were "all great Americans, great Soldiers who will never be forgotten."

"I'm both humbled and honored that I've had this opportunity to serve with people like you," Montagno said. "Thanks for everything that you do for our Soldiers, Sailors, Airmen and Marines."

Senior NCOs change responsibility at Southern Regional Medical Command

By Lindan A. Moya
Southern Regional Medical
Command Public Affairs

Command Sgt. Maj. Marshall L. Huffman relinquished his responsibilities to Command Sgt. Maj. Jayme Johnson during a change of responsibility ceremony for Southern Regional Medical Command at the Army Medical Department Museum amphitheater Oct. 8. Maj. Gen. Jimmie O. Keenan, commanding general of

Southern Regional Medical Command, officiated the ceremony.

SRMC is the Army's largest medical region, with 11 military treatment facilities across 11 states, plus the Commonwealth of Puerto Rico and the Virgin Islands, caring for 503,116 beneficiaries with a total of 23,284 staff members.

"Sgt. Maj. Huffman, I have enjoyed the short time we have worked together. Your leadership

as the senior enlisted advisor has made a positive difference at SRMC. You will be missed by all of us," Keenan said. "I wish you and Patricia the very best in your new assignment as the command sergeant major for the Western Regional Medical Command."

During his tenure at SRMC, Huffman also served as the command sergeant major of Brooke Army Medical Center for 18 months. He worked side by

side with former SRMC commanding general Maj. Gen. M. Ted Wong, providing support during the transformation of BAMC through the Army's portion of the Base Realignment and Closure process, seamlessly integrating with Wilford Hall Medical Center, the largest Air Force military treatment facility located on Joint Base San Antonio-Lackland. Huffman also supported



Photo by Diana L. Struski

Command Sgt. Maj. Jayme D. Johnson passes the command guidon to commander of troops Sgt. Maj. Gregory Smith during the Southern Regional Medical Command change of responsibility ceremony Oct. 8. Command Sgt. Maj. Johnson assumed the responsibility from Command Sgt. Maj. Marshall L. Huffman, who served as the command sergeant major for both Brooke Army Medical Center and Southern Regional Medical Command for the last two years.

See SRMC, P15

GIFT CARDS from P12

Afghanistan, Jordan and Kuwait.

Sending a gift card instead of a care package allows troops to choose the name brands and products they want, saving the sender unnecessary and costly postage fees.

While only authorized

military shoppers can redeem Exchange gift cards, any American can send one by simply logging on to <http://www.shopmyexchange.com> and clicking "Support Your Troops" and then the "Gift and Calling Cards" icon.

From there, Exchange gift cards, ranging in values from \$10 to \$500,

can be addressed to a specific Soldier, Airman, Sailor or Marine or sent to "any service member" through the Fisher House Foundation, Air Force Aid Society, Warrior and Family Support Center or Navy-Marine Corps Relief Society.

(Source: AAFES Public Affairs)

SRMC from P14

Wong and Keenan during their tenures as San Antonio Military Health System deputy director.

A 25-year Army veteran, Johnson's previous leadership positions in-

clude, Forward Support Medical Company first sergeant, medical evacuation observer/controller, U.S. Army School of Aviation first sergeant, 6th Medical Logistics Management Center sergeant major, U.S. Army Medical Department-

Bavaria Medical Department Activity command sergeant major and Bayne-Jones Army Community Hospital command sergeant major at Fort Polk, La. Johnson was also the 32nd Medical Brigade command sergeant major.

**FSHISD WEEKLY
CAMPUS ACTIVITIES****Fort Sam Houston
Elementary School****Tuesday**

FSHISD School Board Meeting, 11 a.m., Professional Development Center

Oct. 25

Fall picture retakes

**Robert G. Cole Middle and
High School****Monday**

Middle School Volleyball vs. Stacey at Cole, 5 p.m. (7th Grade) / 6 p.m. (8th Grade)

Tuesday

High School Volleyball vs. Dilley at Dilley, 5 p.m. (V) / 6 p.m. (JV) / 7 p.m. (9th Grade)

Thursday

Middle School Football vs. Marion at Cole, 5 p.m. (7th Grade) / 6:30 p.m. (8th Grade)
Junior Varsity Football vs. Marion at Marion, 6 p.m.

Oct. 25

Cole grades six through 11 school picture retakes
Varsity Football vs. Marion at Cole – Pink Out game, 7:30 p.m.
High School Volleyball vs. Brooks at Brooks, 4:30 p.m. (JV) / 5:30 p.m. (V)

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>.



Scan with Smartphone app to access the Joint Base San Antonio website at <http://www.jbsa.af.mil>



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. Tuesday 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.



Army Family Team Building

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

General Resume Writing

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

First-Termer Financial Readiness

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

Savings & Investing

Tuesday, 9-11 a.m., Military and Family Readiness, building 2797. Call 221-2705.

H.U.G.S. Playgroup

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

Budgeting

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

Web-Based First Termer Financial Readiness

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

Family Readiness Support Assistant Training

Wednesday and Thursday, 8

a.m. to 3 p.m., Military and Family Readiness, building 2797. Call 221-2705.

Army Family Advocacy Unit Training

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

Fort Sam Houston Spouses' Conference

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

Army Family Advocacy Unit Training

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

Military Spouse Career Fair

Thursday, 2-6 p.m., Military and Family Readiness, building 2797. Call 221-2705.

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 Wednesday at the Fitness Center on the METC. Call 808-5709.

Federal Resume Writing

Oct. 28, 9 a.m.-noon, Military and Family Readiness, building 2797. Call 221-2705.

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.

HIRE! 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.

Equipment Rentals

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

World Climb Tower Challenge

Sign up at the Jimmy Brought Fitness Center for the World Climb Tower Challenge. Call 221-1234.

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. to 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. Range users should call before coming out for target practice.

Call 295-7577.

Theater Arts Program

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

Home Child Care Providers Needed

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

Parent Central Customer Service

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

School Liaison Office

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

Story Time at the Library

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

Harney Path. Call 221-4702.

Game Time at the Library

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

Thrift Shop Open

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

Air Force e-Learning Tool

Air Force e-Learning is a self-development tool that is free and available 24/7 with on-line courses, books, and mobile options and a leadership knowledge portal. Access AF e-Learning via a link located on the Air Force Portal home page under Top Portal Links and Education/Training/Force Development.

Basic Skills

Education Program

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

See INSIDE, P17

TODD from P6

sign began after the FOB shut down. She contacted the Soldiers in his unit, Company D, 101st Forward Support Battalion, 1st Brigade, 1st Infantry Division, based out of Fort Riley, Kan., to see if they knew where it was.

Mary said the Soldiers had no idea, so her quest continued. After making other inquiries, the sign was finally located at the Special Warfare

Museum at Fort Bragg, N.C., where it had been brought back to the states by a Fort Bragg-based Army special operations unit.

"A lot of agencies worked together to find the sign and bring it to San Antonio," said Command Sgt. Maj. Isaia Vimoto, the senior enlisted leader for XVIII Airborne Corps and Fort Bragg, who flew to Texas to present the sign to the Todds.

While Vimoto never knew Mary and David's son, he said he volunteered to present the sign for a very personal reason ... he, like the Todds, also lost a son in war.

"My son, Pfc. Timothy Vimoto, was killed in Afghanistan in 2007," Vimoto said. "I know what it is like for them. When I heard about the sign, I volunteered to present it to them and thank them for their

son's service to our nation."

David Todd Jr. began his career in the Army as a cavalry scout May 16, 1991, shortly before his 19th birthday. Many years later, while serving as a Reserve Officer Training Corps instructor at Tulane University, he volunteered to join a military transition team, which advises, teaches and supports Afghan security forces.

He transferred to Fort

Riley, Kan., to complete the 60-day training program before moving on to Afghanistan in April, 2008, where he was assigned to Afghan Regional Security Integration Command - West.

"David came home for leave on June 20th," Mary said. "He returned to Afghanistan in early July. In August, he was gone."

While the Todds said they are happy the sign is back home with them,

they are still looking for one more sign.

"My son was a big physical fitness buff," Mary said. "It is how he relieved stress. His Soldiers told us when they would return from a mission, he would go to the gym and exercise - so they also named the fitness center after him.

"We haven't found that sign yet, but we are still looking. Never tell a mom no."

OUTSIDE THE GATE

Out of the Darkness Walk

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

Zuehl Walk and Boat Events

The LoneStar Walkers Volksmarch club is hosting a 6K and 11K walk and 1,500-meter boat event Saturday starting at Zuehl's Hall at Rio Cibolo Ranch, 1101 Ulrich Road, Marion, Texas. Walk start between 8 a.m. and 11:30 a.m., finish by 2:30 p.m. and the boat event starts between 10:30 a.m. to 12:30 p.m., finish by 1 p.m. Canoes, paddles and life jackets will be available to use at no

charge. Call (830) 980-5723.

Fall Bazaar

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

Hiring Our Heroes Spouse Employment Networking Reception

Hiring Our Heroes holds a military spouse employment program networking reception from 7-9 p.m. Wednesday at the USAA Federal Savings Bank, 10750 McDermott Freeway. Event open to all active duty, Guard and Reserve military spouses, as well as surviving spouses. Register at <http://HOH.greatjob.net>.

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 32ndmed-bde@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 6:30-8 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 survi-

vors 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.

SeaWorld Offers Waves of Honor

SeaWorld Parks & Entertainment is honoring the men and women of the U.S. armed services through its Waves of Honor™ military salute program. Any active duty military, activated or drilling reservists, or National Guardsman representing any of the five service branches is entitled to one complimentary admission and as many as three direct dependents to SeaWorld® and Busch Gardens® Parks, and Sesame Place® for members of U.S. armed forces through 2013. The service member must register, online at <http://www.wavesofhonor.com> or in the

entrance plaza of a participating park and show a valid active military identification. All dependents 10 and older must present a valid military dependent identification for entry into the park. Dependents may take advantage of the offer without their service member, though an adult must accompany minor dependents. There is also an offer for veterans to receive a half-price admission in the website. That offer is available exclusively online or at participating military bases and not available at the front gate.

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: GE 25-cubic-foot Profile

side-by-side refrigerator, black, ice and water dispenser, excellent condition, \$300. Call 771-7480. **FOR SALE:** Pro Fit 310 T elliptical, good condition, \$125 obo; DXG Luxe 1080p full HD pocket camcorder with many accessories, \$100 obo. Call 688-2445.

INSIDE from P16

Education and Training Office

The 502nd Force Support Squadron Education and Training Office offers a variety of military testing, including Professional Military Education, Career Development Courses and Defense Language Proficiency testing. PME Testing is conducted on Tuesdays, CDC on Wednesdays, and DLPT on Thursdays. Education and Training also offers Armed Forces aptitude testing such as the Armed Forces Classification Test and Armed Forces Officer Qualification Test. Tests scheduled on an as-needed basis. To schedule military testing at JBSA-Fort Sam Houston, call 221-0852.

Green to Gold Program Briefing

The 5th Brigade Army ROTC conducts a Green to Gold Program brief 2 p.m. the second Monday of each month excluding training/federal holidays at the Post Education Center, Building 2248, Room 207C. The purpose of the brief is to educate active duty

Soldiers on the benefits, options, and qualifications of the Army Green to Gold Program. Call the UTSA recruiting officer at 458-5607 St. Mary's University recruiting officer at 436-3415 or the 5th Brigade at 295-2005 or 295-0429.

Army Substance Abuse Program

The Army Substance Abuse Program is located at 1835 Army Blvd., Building 2007 and serves all branches of the military, including active duty service members, trainees, Reserves on active duty and those in the Warrior Transition Battalion. The program office is open 7:30 a.m.-4 p.m. Mondays, Tuesdays, Wednesdays and Fridays. For more information, call 295-4094.

Tobacco Cessation Program

Army Health Promotion offers active duty service members and individuals covered under TRI-CARE help to quit using tobacco. Call 295-2538 or 295-2399 for more information.

Weekly Weather Watch

	Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23
San Antonio Texas	72° Isolated T-Storms	75° Few Showers	79° Sunny	80° Few Showers	84° Partly Cloudy	81° Partly Cloudy
Kabul Afghanistan	76° Sunny	78° Sunny	78° Sunny	78° Sunny	74° Sunny	68° Sunny

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

WATER CONSERVATION TIPS

1. Put a few drops of food coloring in your toilet tank. If it seeps into the toilet bowl, then there is a leak. It's easy to fix and you can save more than 600 gallons of water each month.
2. When taking a bath, plug the bathtub before turning the water on and adjust the temperature as the tub fills up.
3. Use porous material for walkways and patios to keep water in your yard and prevent wasteful runoff.
4. Direct downspouts and other runoff towards shrubs and trees or collect to use in your garden.
5. Designate one glass for your drinking water each day. This will cut down on the number of times you run your dishwasher.

(Source: 502nd Civil Engineer Squadron)

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays

Main Post (Gift) Chapel

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

Dodd Field Chapel

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

Army Medical Department

Regimental Chapel

Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade
Collective Service
11:01 - Contemporary "Crossroads"
Brooke Army Medical Center Chapel
Building 3600,
3851 Roger Brooke Rd.
10 a.m. - Traditional

CATHOLIC SERVICES

Daily Mass

Brooke Army Medical Center Chapel
Building 3600,
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>.