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# Army North welcomes two new senior leaders to team

By Staff Sgt. Corey Baltos  
Army North Public Affairs

The U.S. Army North (Fifth Army) team welcomed two new senior leaders – Maj. Gen. William Roy and civilian Robert Naething – during a ceremony in the historic Quadrangle Friday.

“I am probably the happiest guy here today,” said Lt. Gen. Perry Wiggins, commanding general for Army North and senior Army commander for Fort Sam Houston and Camp Bullis, during the welcome ceremony.

“I have the opportunity to welcome them to the greatest military community in the United States – ‘Military City USA.’”

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Photo by Staff Sgt. Corey Baltos

Maj. Gen. William Roy, deputy commanding general for operations, U.S. Army North (Fifth Army), chats with a member of the San Antonio community following a welcome ceremony in the Quadrangle Friday.

# Army Human Resources Command senior leader addresses upcoming changes

By Sgt. 1st Class Christopher DeHart  
Army North Public Affairs

The U.S. Army Human Resources Command’s senior leader addressed Soldiers at Joint Base San Antonio-Fort Sam Houston Sept. 4-6 about pending changes in the force structure and leader evaluations.

Maj. Gen. Richard Mustion, HRC commanding general, said he wants to make sure Soldiers and families have a clear understand-

ing of what command is doing.

“As we all know, our Army is changing,” Mustion said. “It’s important we maintain the readiness of our Army as we move forward. Readiness, as I look at it, is more than just the numbers. It’s also optimizing the right skill in the right place – rebasing our Army, shaping our Army and maintaining readiness as we move into the future.

HRC has four main lines of effort designed to achieve the

objectives: man the force, provide personnel services support, engage the Army community and transform personnel management.

These boil down to ensuring and optimizing readiness of the force, providing responsive personnel services to Soldiers and their families, actively integrating, shaping and effectively communicating how these changes will affect leaders and Soldiers, policies and

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# San Antonio Military Health System transfers leadership

By Lindan A. Moya

 Southern Regional Medical  
 Command and

**Col. Mary Garr**

 San Antonio Military Health  
 System

Air Force Maj. Gen. Byron C. Hepburn, commander, 59th Medical Wing, relinquished the position of director of the San Antonio Military Health System to Army Maj. Gen. Jimmie O. Keenan, commanding general, Southern Regional Medical Command, during the first SAMHS transfer of authority ceremony Sept. 12 at the San Antonio Military Medical Center's auditorium.

Hepburn will now serve as the SAMHS deputy director.

To meet the changing needs of military medicine in today's environment and particularly with the budget constraints our federal government faces, Army and Air Force health-care systems, to include SAMMC, the Wilford Hall Ambulatory Surgical Center and other clinics, began to integrate two years ago under the organization known as the San Antonio Military Health System.

SAMHS officially stood up Sept. 15, 2011, to integrate Army and Air Force health care delivery in San Antonio to increase efficiencies and reduce military medical care costs and Hepburn was named as the first director. The position alternates between the Air Force and Army every two years.

The deputy director's position was previously



Photo by Erin Perez

In a ceremony at the San Antonio Military Medical Center, Army Maj. Gen. Jimmie O. Keenan, front left, assumes authority as the director of the San Antonio Military Health System from Air Force Maj. Gen. Byron C. Hepburn, front right, who will now serve as the deputy director. During the transfer of authority, the senior enlisted advisors, Army Command Sgt. Maj. Marshall L. Huffman, back left, and Air Force Chief Master Sgt. Maurice A. James, back right, follow the generals as they trade places, symbolically marking the transfer of leadership from Air Force to Army.

held by Maj. Gen. M. Ted Wong, who relinquished command of SRMC and the position of SAMHS deputy director to Keenan in June.

SAMHS will receive new authorities Oct. 1 as an enhanced multiservice market based on a March Deputy Secretary of Defense memorandum mandating significant change within the military health system.

As the SAMHS director, Keenan will have authority to oversee and sustain a high-quality military health system across San Antonio, not just within Army or Air Force facilities.

She will manage the budget allocation for the Army and Air Force military treatment facilities in San Antonio, direct teams to adopt

common clinical and business functions, optimize military readiness requirements to deploy medically ready forces and direct personnel and work functions movement among San Antonio military treatment facilities to best support the patients and missions.

On Oct. 1, a Defense Health Agency will be established in Washington, D.C., to assume shared functions, services and activities of the Army, Navy and Air Force within the military health system that until now had been managed by the individual services.

Before taking command of the 59th MDW in November 2010, Hepburn was the deputy surgeon general for Headquarters, U.S. Air Force, Bolling Air

Force Base, D.C., where he was responsible for directing all Air Force Medical Service operations. There, he managed the Air Force Medical Service's \$5.1 billion, 43,000-person integrated health care delivery system serving 2.4 million beneficiaries worldwide.

During his two-year tenure as SAMHS director, Hepburn drove efficiencies and optimization of the direct care system and use of the purchased care network by providing improved health care services, supporting graduate medical education and training, and supporting basic/clinical biomedical research.

"Our five-year plan is to achieve \$237 million in savings," Hepburn said. "In partnership with

our Army colleagues, we will continue to accomplish the mission. We owe it to our patients and their families."

Prior to assuming command of SRMC, Keenan was the commanding general, U.S. Public Health Command.

Keenan is also the U.S. Army Nurse Corps chief. She will be the first Army general officer to hold the position of director of SAMHS, overseeing military health care delivery across the San Antonio metropolitan area.

"We must be integrated, we must work together. We cannot afford not to do so," Keenan said. "We have a responsibility to take care of America's sons and daughters. We are one military, one team, patients first, partners always."



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## News Briefs

### West Point Admissions Briefing

Enlisted members from any service interested in applying for the U.S. Military Academy in West Point, N.Y., can attend an admissions briefing 5:30-7 p.m. Friday at the Evans Theater, 1396 Garden Ave. To qualify for admission, service members must be recommended by their commander, be a U.S. citizen, be unmarried, have no legal obligations to support dependents and be between the ages of 17 and 22 by July of the year entering West Point. For more information, call (845) 938-5717.

### Army Emergency Relief Relocating Buildings

Army Emergency Relief will relocate Tuesday from Military and Family Readiness, Building 2797 at 3060 Stanley Road to Building 131 on Stanley Road, adjacent to the Wilson Gate. For more information, call 221-1612.

### Oktoberfest at Quadrangle

A traditional Oktoberfest celebration will be held at the Quadrangle from 6-8 p.m. Tuesday. A meal of bratwurst, sauerkraut, German potato salad, German beer and more is included. The 323rd Army Band "Fort Sam's Own" will perform. Prices are \$20 for E-1 through E-6 or GS-2 through GS-6; \$25 for E-7 through O-4 and GS-7 through GS-13 and \$30 for O-5 or GS-14 and above. For couples, prices are \$35, \$45 and \$55 under the preceding categories. For more information, email scfshreservations@gmail.com.

### Band of the West Recitals

The U.S. Air Force Band of the West performs its annual recital series at 7 p.m. Monday at Village Parkway Baptist Church, 3002 Village Parkway, and at 11 a.m. Wednesday at the Northwest Vista College Palmetto Center for the Arts, 3535 North Ellison Drive. Both events are free and open to the public. For more information, visit <http://www.bandofthewest.af.mil>.

### Supply Request Cutoff

The 502nd Logistics Readiness Supply fiscal year 2013 request processing cutoff is 11 a.m. Wednesday. After the cutoff, all high-priority requests will be worked offline. For more information, call 221-9827.

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# Fort Sam Houston ISD science teacher selected as 2013 presidential award finalist

By Jayne Hatton

Associate Superintendent  
Fort Sam Houston Independent  
School District

Robert G. Cole Middle School science teacher Michalle McCallister was selected as one of eight Texas finalists for the 2013 Presidential Awards for Excellence in Mathematics and Science Teaching.

The 2013 awards recognize seventh- through 12th-grade mathematics and science teachers whose innovative methods bring teaching to life in the classroom.

"We are so proud of Ms. McCallister, as this recognition is the highest honor science teachers may receive from the United States government," said Dr. Gail Siller, Fort Sam Houston Independent School District superintendent. "The National Science Foundation administers this prestigious award on the behalf of the White House."

"I am very humbled," McCallister said. "It's the students and administrators who have helped shape me into the teacher I am today."



Courtesy photo

Robert G. Cole Middle School science teacher Michalle McCallister.

A panel of master teachers, specialists and administrators reviewed

the applications and chose the most outstanding science teachers for the National Science Foundation to consider for state finalist status.

Former students remember McCallister for her enthusiasm, high expectations, challenging content and her quote, "Do not settle for 'pretty good.'"

"Parents often comment that McCallister helps their children understand the world around them through science," said Isabell Clayton, Robert G.

Cole Middle School principal. "She makes science interesting and engages them in real problems."

After the initial selection process at the state level, a panel of distinguished scientists, mathematicians and educators can select one math and one science teacher from each state for the national awards.

National award winners will be announced during the summer of 2014. All of the 2013 finalists for Texas will be recognized by the State Board of Education.

## National Night Out activities planned at JBSA locations

By Robert Goetz

Joint Base San Antonio-Randolph  
Public Affairs

National Night Out, a neighborhood crime and drug prevention event that unites law enforcement agencies and communities, will be observed at 6 p.m. Oct. 1 at all Joint Base San Antonio locations with a variety of activities.

A motorcade led by 502nd Mission Support Group and 502nd Security Forces Squadron representatives as well as Sparky the Fire Dog and McGruff the Crime Dog will be one of the highlights of JBSA-Fort Sam Houston's National Night Out, while the Randolph High School Marching Band, Sparky, McGruff and mascots from the 902nd Force Support Squadron and 902nd Civil Engineer Squadron will be featured at the JBSA-

Randolph event.

All JBSA locations will create a block party atmosphere by setting aside areas for activities such as games, food, refreshments, music, military working dog demonstrations, and police vehicle and fire truck displays.

JBSA-Fort Sam Houston's National Night Out activities are planned at three sites: Lincoln Resident Center, Building 407, Dickman Road; Harris Heights Community Center, 3751 Patch Road; and Watkins Terrace Community Center, 5840 Frazier Road.

The main housing office, 2254 Brian McElroy St., will be the site of JBSA-Lackland's National Night Out.

JBSA-Randolph's NNO site will be North Park Street immediately north of the Parr Club.

Steven Dews, 502nd SFS crime prevention

officer, said the goals of National Night Out are to "heighten crime and drug prevention awareness, generate support for and participation in local anti-crime programs, and strengthen neighborhood spirit and police-community partnerships."

Staff Sgt. Edward Grant, 902nd SFS NCO in charge of police services, said NNO is law enforcement's "way of giving back to the community."

"It's also a way of telling the community we're on their side," he said.

"National Night Out has definitely built a sense of trust between the public and first responders."

Staff Sgt. Jason Kempel, 802nd SFS, said NNO sends a message to criminals.

"It lets them know that neighborhoods are

organizing and fighting back against crime and drug activity," he said.

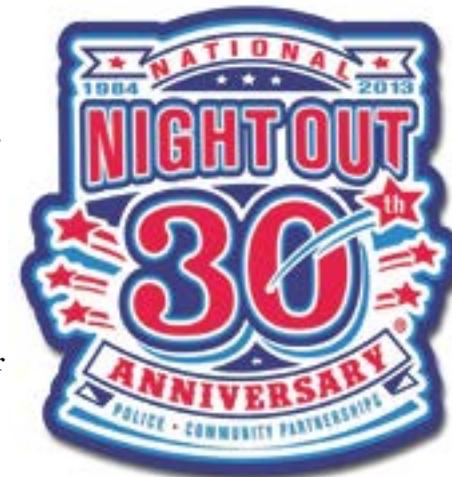
JBSA National Night Out coordinators said support for the locations' NNO events continues to grow.

"With JBSA-Lackland being involved since 2008, we have really gotten a good grasp on things," Kempel said. "We continue to add more events and more organizations are stepping up and participating to make this better and better as we go on. Knowing that we have expanded our housing community, we expect

a greater turnout and even bigger community involvement."

Grant said "constant growth" has characterized JBSA-Randolph's NNO event.

"It has continued to grow and evolve," he said. "We have added new ideas and new activities that have fostered law enforcement-community interaction."





## KEEP FIRE STATION DRIVEWAYS CLEAR



**Courtesy photo**

Joint Base San Antonio-Fort Sam Houston Fire Emergency Services request drivers be courteous and keep the fire station driveways on the corner of Schofield Road and Garden Avenue clear so fire and emergency medical service/ambulance vehicles can safely enter and exit from the driveway and the parking lot in front of the station.

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

### 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>.



## News Briefs

Continued from P3

### Legal Office Closure

The 502nd Mission Support Group Legal Office, located at 2271 Reynolds Road, JBSA-Fort Sam Houston, will be closed 11 a.m.-3 p.m. Wednesday for an official function. For emergencies, call the command post at 221-9363/9364/9365.

### Lincoln Military Housing Closures

The Lincoln Military Housing satellite offices at Watkins Terrace and Harris Heights will be closed 8 a.m.-5 p.m. Sept. 30. Residents needing assistance can contact the main office at 407 Dickman at 270-7638. For maintenance assistance, call 225-5564. For all other emergencies, call 911.

### Personal Property Processing Office Closed Wednesdays

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

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

### Army OCS Structure Interview Panel Board

The 502nd Force Support Squadron's Military Personnel Branch conducts an Army Officer Candidate School Structure Interview Panel Board at 8 a.m. Oct. 22 in Room 117B, Building 2263. All Soldiers must have a bachelor's degree. A new age requirement is also in effect, as Soldiers cannot be over the age of 33. For more information, call 221-0885.

# Intel Soldiers training at JBSA-Camp Bullis

By Gregory Ripps  
470th Military Intelligence  
Brigade Public Affairs

Reserve Soldiers from the 338th Military Intelligence Battalion recently wrapped up two weeks of training at the Intelligence and Security Command Detention Training Facility on Joint Base San Antonio-Camp Bullis.

The facility, barracks and the areas surrounding them served as home for the Soldiers, a situation not unlike that of Soldiers deployed overseas.

The facility, operated by the 470th MI Brigade on behalf of the command, provided the Soldiers with the equipment, setting and scenarios similar to what they may encounter "down range."

Although a number of intelligence units have trained at the facility,

the U.S. Army Reserve's 338th MI Battalion has a unique connection to the brigade.

"The 338th is subordinate to the Military Intelligence Reserve Command," said Lt. Col. Kevin Hosier, brigade operations and training officer. "We have a special relationship with the 338th based on its headquarters location in San Antonio and the fact that the battalion trained at the IDTF before."

The 338th MI Battalion was the first unit to complete training at the IDTF after it opened. Since then, there has been a big turnover in the battalion, which includes members from Kansas, New York and other states. Consequently, collective training has been more frequent and more intense.

"We arrived on a



Photo by Gregory Ripps

Two members of the Intelligence and Security Command Detention Training Facility staff provide technical advice to a Soldier of the 338th Military Intelligence Battalion during an August exercise in the facility on Joint Base San Antonio-Camp Bullis.

Sunday, had an in-brief, did our prep work and went into the exercise on Monday," said a sergeant first class who is a senior analyst with the battalion's B Company.

This round of training demonstrated that, despite a number of new members and despite coming from different parts of the country,

these Soldiers were functioning as a team.

"We got to know each other and learned to work together," the noncommissioned officer said. "Communication among members has improved dramatically. We have a better grasp of what will be expected of us down range."

Training assistance

came from 201st MI Battalion Soldiers returning from Afghanistan. They worked with the IDTF staff and other members of the brigade as observer-controllers for the exercise.

"The observer-controllers stayed with us the entire duty day," said a staff sergeant who transferred from the infantry to the Military Intelligence Corps two years ago. "They were dedicated to the mission."

"I could see improvement from most Soldiers, including me," said a member of Company A. "We were watching each other to make sure we're doing everything we're supposed to do. With the training, came confidence."

*(Editor's note: Names are withheld for security reasons.)*

## ARNORTH DEPUTY CG RECOGNIZES VFW SUPPORT FOR KOREAN WAR VETS



Photo by Staff Sgt. Corey Baltos

Maj. Gen. Adolph McQueen Jr. (left), deputy commanding general for support, U.S. Army North (Fifth Army), greets Jesse Dominguez, Veterans of Foreign Wars Post 8541 commander. McQueen stopped by VFW Post 8111 Sept. 7 in appreciation for the members of VFW District 20 and their continued support of Korean War veterans. After presenting certificates of appreciation to representatives from the posts that make up VFW District 20, McQueen was given a lifetime membership in the VFW and assigned to Post 8541.

## NEW NAVY CHIEF PETTY OFFICERS PINNED

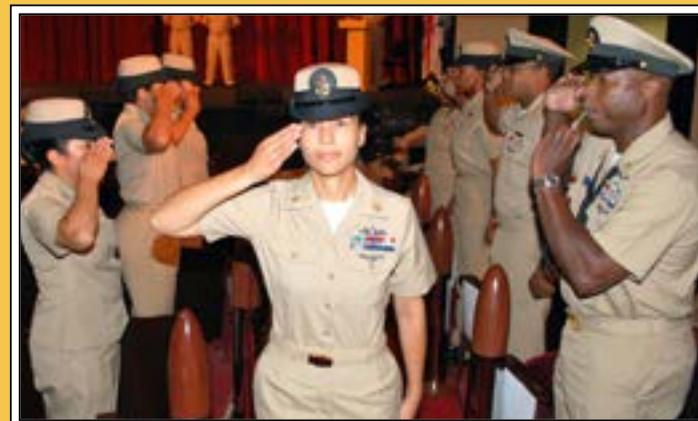


Photo by Larry Coffey

Chief Petty Officer Catherine Morales, a Navy military training instructor at the Navy Medicine Training Support Center at Joint Base San Antonio-Fort Sam Houston, salutes as she is "piped ashore." Morales was one of seven fiscal year 2014 chief petty officers promoted during an NMTSC pinning ceremony at the post theater Sept. 13. The traditional Navy ceremony included having the new chiefs "pinned" by mentors and family members, their combination cap placed on their head by a mentor and being individually "piped ashore" by a Navy boatswain's mate and saluted by Navy "side boys."



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**HRC from P1**

programs, and adapting to acquire, retain and develop the best qualified Soldiers and respectfully transition quality Soldiers to civilian life.

“I’m here to tell you ‘the good, the bad and the ugly’ about the state of the Army,” said HRC Command Sgt. Maj. Charles Smith. “We, as leaders, stay in our offices too much. We need to get out and talk to people.”

“There are boards going on you don’t even know about. You don’t just end up at the Pentagon. We’re always looking for the right people for a job so your records need to be up to date. We, as senior leaders, are always evaluating people because we’re always looking for our replacements.”

Soldiers who attended the officer/warrant officer and enlisted briefings by Mustion and Smith at



**Photo by Sgt. 1st Class Christopher DeHart**

Maj. Gen. Richard Mustion, commanding general, Human Resources Command, highlights some of the key areas that coming changes will address during his briefing to officers Sept. 6 at Military and Family Readiness, Building 2797.

Military and Family Readiness and Evans Theater, respectively, had a response for this direct approach and about HRC’s move to come down to

the individual level to tell them about their future in the Army.

“By coming out and talking to the (noncommissioned officers), Com-

mand Sgt. Maj. Smith is right on track,” said Sgt. 1st Class Adam Mayo, program manager and equal opportunity advisor, U.S. Army North (Fifth Army). “We, as NCOs, are now challenged to further disseminate his information to our Soldiers.”

The audiences listened and then posed their own queries about everything from broadening assignment opportunities to commander discretion in the evaluation reports. All appeared to be interested in the future of the Army.

“I have a lot of concerns of how much discretion is going to be given to commanders at different levels and within different specialties,” said Maj. Patrick Duling, Army North Provost Marshal operations officer. “For example, with a 49 percent selection rate, what do you do when you’re in an office where there are only two majors? Still, I

anticipate more guidance to come and it was definitely worth the time for them to come out here. It was a very educational experience and (Maj. Gen. Mustion) was very effective in his communicating what will be going on.”

During one of his briefings, Mustion stressed how HRC is doing its business smarter and with an eye to streamlining their processes.

“I’ve been a personnel officer for 32 years in the Army and I’ll tell you,

fundamentally, we haven’t changed the way we do business in 32 years,” Mustion said.

“Still, it’s almost exclusively a linear process, a paper-based process. We have to become more responsive and become more efficient in what we do.”

He said one of the biggest impacts the coming changes have had is in qualitative selection boards and qualitative

**See HRC, P16**

# Joint Base San Antonio honors 9/11 victims with commemorative run

By Jose T. Garza III  
Joint Base San Antonio-Lackland Public Affairs

More than 800 people participated in the Joint Base San Antonio 9/11 Commemorative Run at the JBASA-Lackland 1.5-mile track Sept. 11.

Rain was sporadic throughout the day, but it did not stop the participants from honoring those who lost their lives at the World Trade Center, the Pentagon and near Shanksville, Pa.

"We owed it to the victims of 9/11 to be out here and honor them," said Tech. Sgt. Douglas Greene, an instructor at the Robert D. Gaylor NCO Academy at JBASA-Lackland and the commemorative run's organizer.

The event began with opening words from Chief Master Sgt. Arlene Keith, Air Force Intelligence, Surveillance and Reconnaissance Agency, and closed with remarks from JBASA and 502nd Air Base Wing Commander Brig. Gen. Bob LaBrutta. Various Air-

men read the names of the deceased throughout the nine-hour run.

"Whether it was at the World Trade Center in New York City, the Pentagon in our Nation's Capitol, or the lonely field in Shanksville, Pa., today's event was established as 'our way' to pay tribute to the thousands of men, women and children who lost their lives on that fateful September day in 2001. We are also here to honor those who have paid the ultimate sacrifice by giving their lives so valiantly on the battlefields of Iraq, Afghanistan, and other lands throughout the world to defend our way of life," LaBrutta said.

"I am so proud of our country for its resiliency and I consider myself extremely privileged to be at this incredible venue as a fellow warrior to memorialize 9/11, the proceeding 12 years of war, and to stand by your side to publically state, 'never again, not on our watch.'"

One Airman ran in honor of her husband, Senior Airman Wesley

Channell, 93rd Intelligence Squadron, who has been deployed three months as of Sept. 10.

Senior Airman Olivia Channell, 59th Medical Diagnostics and Therapeutics Squadron lab technician, said her husband is expected to return to the United States before Christmas.

"It is killing me," Channell said about her husband's deployment. "I can't wait to see him. I'm counting down the days until he gets here."

A Cincinnati native, Channell remembers being in fifth-grade science class when the attacks occurred. She was worried that her father would not be able to retire from the Air Force after the tragedy. He was set to retire a week later.

"I thought we were going to have to move and he was going to have to deploy and have to fight the bad guys," she said.

Participating in the event also helps Channell "become a better Airman," she said. "At least, I can do some-



Photo by Ben Faske

Joint Base San Antonio and 502nd Air Base Wing Commander Brig. Gen. Bob LaBrutta gave the closing remarks at the JBASA 9/11 Commemorative Run.

thing to help show support more than I do already," she said.

Channell's fellow Airmen from the 59th MDTs participated in the event, including her supervisor, Tech. Sgt. Monique Monteiro.

Partaking in the run was personal for Monteiro, who had a family friend in the World Trade Center Sept. 11, 2001. Monteiro said her friend left behind three children.

"It's nice that I'm able to do a little something to remember them," she said.

## BAMC pays tribute to victims of 9/11

By Robert Shields  
BAMC Public Affairs

In remembrance of the heroes of 9/11 and their sacrifices, wounded warriors, family members and staff participated in its first 9/11 Memorial Run, hosted by Brooke Army Medical Center's Warrior Transition Battalion Sept. 11.

More than 350 participants met before daybreak to pay tribute to the lost heroes in a 2-mile run/walk near the hospital. The event started at the Center for the Intrepid and ended at the Warrior and Family Support Center.

WTB Soldiers normally do weekly, monthly and quarterly runs, but this run was about remembering the victims of 9/11, according to Lt. Col. Eric Edwards, WTC commander.

"These folks arrive here with a heck of a lot on their plate, a lot of adversities to overcome and this is one way we're able to symbolize unity and resiliency as a team ... much like how we rallied after 9/11," Edwards said. "Everyone gets over the emotions of this day in their own way, but at the same time, it's the strength, ac-

knowledge of what a great country we have and what we stand for at the end of the day."

1st Lt. David Brunett, who was injured by an improved explosive device in Kandahar, Afghanistan, said the run was very special.

"The very least we can do is show our remembrance of the 9/11 attacks and that's what the run is all about," he said. "All of us here were injured, whether in combat or in a service-related injury and none of us have forgotten what happened on 9/11."

Staff Sgt. Daniel

Burgess, who was injured in Afghanistan in November 2011, said the run was inspirational for him.

"Even though something so tragic happened, we're still resilient as a population and as a military force," he said. "Nothing is going to bring us down. You can throw your hardest and fastest at us and hit us, but we're going to get back up and come right back at you."

Participants from BAMC, Army North and Southern Regional Medical Command staff and family members also took part in the event.



Photo by Susan Hare

In remembrance of 9/11, more than 350 participants paid tribute to lost heroes in a 2-mile run/walk near the San Antonio Military Medical Center Sept. 11.

# Military comptrollers remember 9/11

By Staff Sgt. Corey Baltos  
Army North Public Affairs

Many Americans paused on the 12th anniversary of the 9/11 terrorist attack to remember those who died and how we, as a nation, changed forever.

One of those groups was the American Society of Military Comptrollers, Alamo City Chapter, whose members listened during their annual luncheon at the Fort Sam Houston Golf Club, where two of their members told them about the day that changed their lives.

Sept. 11, 2001, started out like any other day in America.

For the nearly 3,000 people who were at the World Trade Center, the Pentagon and on four hijacked planes however, Sept. 11 would be the last day of their lives. For the rest of us, it was the first day of a new era.

"We were attacked," said Patrick Reynolds, chief financial officer and director of resource management for U.S. Army North (Fifth Army) and president of the Alamo City Chapter of the ASMC. "The United States of America was viciously and diabolically attacked. America has not been the same since."

On 9/11, Reynolds said he pulled into his parking spot outside the Quadrangle shortly before 8 a.m. He heard on his car radio that a plane crashed into one of the towers at the World Trade Center.

"I didn't think much of it at the time," Reynolds said. "I headed into work like I always did."

The first plane, American Airlines Flight 11, crashed into the north tower of the WTC at 8:46 a.m. Eastern Standard Time.

And then, the second plane, United Airlines Flight 175, crashed into the south tower at 9:03 a.m. EST.

"Shortly after arriving at work, I heard a second plane had hit the towers," Reynolds

said. "After that, we were all glued to the TV set. After the second plane hit, our guys started planning on how to respond."

As part of its mission to assist Army National Guard and Army Reserve units west of the Mississippi River with pre-mobilization training, Fifth Army had a weapons of mass destruction response task force designed to respond to WMDs used in the continental United States.

As part of his talk about the events of 9/11, Reynolds focused on the day before. He asked what was America like Sept. 10, 2001?

"As I pondered how we could commemorate Sept. 11, 2001, I asked myself what I was doing on Sept. 10. What were the headlines that day? What was big in the Department of Defense?" he said.

For Cynthia Fleming, a fellow ASMC member who works at the U.S. Air Force Civil Engineering Center as a Defense Travel System budget analyst, Sept. 11, 2001, also started out as an ordinary day.

"I worked at the 11th Wing customer service office on the fifth floor of the Pentagon," Fleming said. "I was always the first one in and usually I was the first to leave. However, on this day, I was the last."

Shortly before 9 a.m., as she was preparing to take burn bags to the basement and then stop and chat with a customer, Fleming's husband called her to tell her a plane had hit the WTC. Like Reynolds, she said she didn't think much of it ... at first.

"We opened the office as usual, and then we heard a second plane had hit the tower," Fleming said. Like many people, Fleming and her co-workers went searching for a computer with internet access or a TV.

"I remember talking to this staff sergeant and saying, 'Wow, those planes are hitting buildings and here we



Photo by Staff Sgt. Corey Baltos

Patrick Reynolds, chief financial officer and director of resource management for U.S. Army North (Fifth Army), talks to members of the American Society of Military Comptrollers, Alamo City Chapter, about how the United States changed after Sept. 11, 2001, during the group's monthly luncheon Sept. 11 at the Fort Sam Houston Golf Course. Reynolds is also the chapter president.

are at the Pentagon - we are sitting ducks,'" she said. "Five seconds later, a plane hit the building."

The third plane, American Airlines Flight 77, crashed into the Pentagon at 9:37 a.m.

"We ran out to the parking lot," Fleming said. "We were crying, holding hands and praying. The phones were down and I couldn't call my family. I didn't get home that night until 9:30 p.m."

"Even though I got home late that night, I was grateful," Fleming said. "I was alive. When I returned to work on Friday, I found out the customer I was planning to talk to that morning was one of the people who died in the attack."

America changed that morning. Once again, like our parents and grandparents nearly 60 years before following the attack on Pearl Harbor, people came together as one and discovered they were not alone - they were united.

"We were all shaken," Reynolds said. "Some of us stood up and shook our fists in anger. Others dropped to their knees in prayer. But we all proudly proclaimed that we were Americans."

# MICC, 412th Contracting Support Brigade honor 9/11 victims

By Maj. Michael Ozols  
412th Contracting Support Brigade

Members of the 412th Contracting Support Brigade and Mission and Installation Contracting Command-Fort Sam Houston took part in the first San Antonio 9/11 Memorial Climb to the top of the Tower of the Americas Sept. 11 in San Antonio.

They joined firefighters, law enforcement and members of the community to honor the first responders and victims of the attacks that took place Sept. 11, 2001.

The inaugural memorial and climb to the top of the Tower of the Americas honored the 343 firefighters, more than 60 law enforcement officers and a countless number of civilians who were killed that day.

The climb to the top consisted of 910 stairs, and participants were asked to go to the top of the tower twice, surpassing the 110 floors and height of the World Trade Center Twin Towers.

Each firefighter, law enforcement

and military participant was asked to carry the name of a first responder who died in the towers. A bell was rung for them and their name was placed on a replica tower at the top of the Tower of the Americas at the end of the second climb.

The eight participants from the 412th CSB and MICC, and the name of the first responder who died in the towers whom they represented, included Lt. Col. Sylvia Farmer (Capt. Vernon Richard, Ladder 7), Command Sgt. Maj. Jesse Hammond (James Riches, Engine 4), Maj. Manuel Prado (Lt. Michael Russo, S.O.), Maj. Michael Ozols (Joseph Rivelli Jr., Ladder 25), Capt. Francisco Cordero (Stephen Russell, Engine 55), Sgt. 1st Class Kevin Carter (Lt. Robert Regan, Ladder 118), Staff Sgt. Brian Roussel (Kevin Reilly, Engine 207) and Lysette Sanchez.

Sanchez, a Department of the Army civilian for the 412th CSB, wanted to participate after hearing about the climb through an email. Sanchez had previously climbed the tower to raise



Courtesy photo

(First row, from left) Lysette Sanchez, Maj. Michael Ozols, Maj. Manuel Prado, (second row, from left) Sgt. 1st Class Kevin Carter, Lt. Col. Sylvia Farmer, Command Sgt. Maj. Jesse Hammond and Staff Sgt. Brian Roussel (rear) joined more than 600 participants Sept. 11 at San Antonio's Tower of the Americas to honor the memory of those lost during the 9/11 attacks.

money to fight cystic fibrosis.

The Tower of the Americas is a 750-foot observation tower and restaurant on the southeastern side of downtown San Antonio. The tower was built in 1968 and, until 1996, was the tallest observation tower in the United States.

It is currently the tallest building in San Antonio and the 27th tallest building in Texas. The tower is a total of 65 flights, or 910 individual stairs.

Roussel, a member of the 607th Senior Contingency Contracting Team at MICC, is a native New Yorker and volunteer firefighter. He knows firsthand the sacrifices that first responders have to make during an emergency situation.

"I was honored to be able to participate in this amazing event and carry with me the name of a fallen firefighter," Roussel said. "Sept. 11, 2001, changed my life forever, and the bravery those first responders showed that day is what inspired me to enter the military. I will never forget, and I hope I honor their memories with my service."

Participants from the 412th CSB and MICC were accompanied by more than 600 participants at the event to honor the memory of the men and women who sacrificed their lives during the attacks 12 years ago.



# Navy chiefs help beautify downtown SA

By Larry Coffey  
Navy Medical Education and  
Training Command Public Affairs

Twenty-eight local Navy chief petty officers and seven CPO selectees provided the muscle for a community outreach project Sept. 10 designed to beautify downtown San Antonio.

Sailors from the Navy Medicine Training Support Center Chief Petty Officer's Mess along with fiscal year 2014 chief petty officer selectees, who were promoted to their rank Sept. 13, coordinated with Bexar County Commissioner Tommy Adkisson and the San Antonio Main Plaza Conservation Society to perform a fall beautification project on the city's one-acre main plaza in the heart of San Antonio.

"The project helped us engage with the local community, as well as showcase the pride we have being Sailors stationed in Military City USA," said Senior Chief Petty Officer Donald J. Allbright, the NMTSC N-3 Student Services Program leading chief.

The society provided top soil, mulch and more than 250 flowers for planting. The Navy volunteers weeded the beds, planted the flowers in the new topsoil and spread



Photos by Larry Coffey

Precinct 4 County Commissioner Tommy Adkisson thanks Navy Medicine Training Support Center chief petty officers and CPO selectees for their work during a volunteer project to help beautify downtown San Antonio.

the mulch.

"Once we finished with the Main Plaza area, we moved over to the Bexar County Purple Heart Memorial, where we pulled out every weed and picked up every piece of trash," said Chief Petty Officer Santiago Martinez, an NMTSC N-3 Student Services supply chief. "We planted purple flowers donated by the county to help give the Bexar County Purple Heart recipients the respect they deserve."

For Chief Petty Officer-select Catherine Morales, the day was about spending time with the chiefs and lending a hand in the community.

"I had an awesome time!" said Morales, an NMTSC military training instructor. "I got to spend

more time with the chiefs and learn more about them. I enjoyed helping the community and making the naval presence known."

When the work was done, Adkisson brought



(From left) Master Chief Petty Officer Rodney Ruth, Chief Petty Officer-select John Ross and Master Chief Petty Officer Tonya Carlson plant flowers during a volunteer project to help beautify downtown San Antonio.

Master Chief Petty Officer Shanon Best, NMTSC command master chief, and the CPO selectees into a session of the Bexar County Commissioner's Court, where county budgetary, personnel, and tax and revenue decisions are made. Best and the CPO selectees were introduced and thanked by the court members.

"Today's events were a lot of fun," said Chief Petty Officer-select John M. Ross, from the NMTSC training support/education and training department. "They really appreciated us being there to help improve the look of that area. It was an opportunity for us, as selectees, to get to know the men and woman we will soon be working with very closely."

## LEADERS from P1

Roy assumed the position of Army North deputy commanding general for operations Aug. 1.

Prior to this assignment, he worked at the Pentagon as the deputy director of Operations, Readiness and Mobilization, Headquarters, Department of the Army, Office of the Deputy Chief of Staff for Operations, Plans and Training.

"This officer is one of the great ones in the Army today," Wiggins said.

Roy was commissioned into the New Hampshire National Guard in 1982 and has commanded Soldiers at every level from platoon to brigade and has held key positions in the Army National Guard.

Roy said he and his family were excited to be in San Antonio and at this command.

"I couldn't be happier or prouder than to serve under you, with this command, in this community," Roy said to Wiggins. "I can't imagine being in a better place at a better time."

Naething, who became the deputy to the commanding general, Army North, in June, will provide Army support for Homeland



Official photo

Robert Naething, deputy to the commanding general, U.S. Army North (Fifth Army).

Security operations as well as support to civil authorities throughout the United States during disaster relief missions.

"He brings a perspective that is sorely needed in this command," Wiggins said.

Naething, a retired cavalry officer, previously served as the director of the Mission Command Capabilities Development Integration Directorate at the Combined Arms Center at Fort Leavenworth, Kan.

"It's great to be back in Texas," Naething said. "Coming here gives me the best of three worlds. I love Texas. I love serving Soldiers and I get to be an active member of a great community."

# Running evaluations reveal improper running form, unnecessary injuries

By Alex Salinas  
Joint Base San Antonio-Randolph  
Public Affairs

Recent gait analysis evaluations of 20 Airmen at the Joint Base San Antonio-Randolph Health and Wellness Center revealed a potentially large Air Force problem: incorrect running often

goes unnoticed and can lead to fatigue, decreased performance and serious injury.

Karl Leonard, HAWC exercise physiologist, arrived at JBSA-Randolph in August and hit the ground running by analyzing and assessing walking and running forms of military mem-

bers – a cost-free service to them and their dependents Leonard said few know about.

"My goal is to assess a handful of people a day and teach them proper running techniques, which they can share with others," Leonard said.

"An objective is for

Airmen to run efficiently and injury-free so they can pass the physical training test and avoid unnecessary injuries and surgeries."

Improper running form, most commonly identified as heels striking the ground first, can create a "kinetic chain of events that radiate from

the feet up the body," meaning the knees and back are at risk for damage, Leonard said.

"The majority of people we've seen are bad runners," Leonard said. "This is important for our young Airmen, especially those coming out of basic training, who may be put on profile (limiting or pro-

hibiting physical activity) from improper running."

When improper running persists for long periods, "the body will only tolerate so much the older we get," Leonard said.

Master Sgt. Brenda Greer from Air Education and Training Command,

See **RUNNING**, P15

## BUSH MIDDLE SCHOOL REMEMBERS 9/11



**Photo by Esther Garcia**

Lt. Col. Neil Nelson (right), commander, 264th Medical Battalion, 32nd Medical Brigade, visits with Christie Hirst and her son Jacob, 11, at the Bush Middle School's Military Appreciation Breakfast Sept. 11, held for the students and parents who are serving or have served in the military. A moment of silence was held before the ceremony began in remembrance of the victims who lost their lives Sept. 11, 2001. "It is important to start this day by remembering the 2,977 patriots who sacrificed so much on this day, 12 years ago," Nelson said. "At that moment in time, the nation called upon its people to rally and defend our American way of life."

## ARMY NORTH PERSONNEL GATHER FOR PRAYER LUNCHEON



**Photo by Staff Sgt. Corey Baltos**

Members of the U.S. Army North (Fifth Army) leadership join their fellow Soldiers and civilians in prayer during the Army North prayer luncheon Sept. 5 in the Quadrangle. The luncheon, which took place the day after the unit's change of command ceremony, was designed to bring people together to share prayer, fellowship and food. "It is good we are gathering at the beginning of this command tour – to pray for our new commanding general and the success of our work, mission and people," said Col. Gary Studniewski, command chaplain, Army North. Pictured in the front row are Command Sgt. Maj. Hu Rhodes (left), Army North senior enlisted leader; Lt. Gen. Perry Wiggins, commanding general of Army North and senior Army commander of Fort Sam Houston and Camp Bullis; Col. Keith Detwiler, chief of staff, Army North; and Maj. Gen. Charles Gales Jr., commanding general, Task Force 51, Army North. The next Army North prayer event will be the St. Michael's Medallion luncheon scheduled for Sept. 27 in the Quadrangle.



**Family Movie Night**

Saturday, 7 p.m., Military and Family Readiness, Building 2797. Free popcorn, cotton candy and snow cones provided. Call 221-1718.

**Federal Resume Writing**

Monday, 9 a.m.-noon, Military and Family Readiness, Building 2797. Call 221-0516/0427/9216.

**H.U.G.S. Playgroup**

Tuesday, 9-11 a.m., Middle School Teen Center. Call 221-0349 or 221-2705.

**Saving and Investing**

Tuesday, 9-11 a.m., Military and Family Readiness, Building 2797. Call 221-2380 or 221-2418.

**Family Readiness Group/ Support Assistant Forum**

Tuesday, 11:30 a.m.-1 p.m., Military and Family Readiness, Building 2797. Call 221-0946 or 221-2418.

**Scream Free Marriage**

Tuesday, noon-2 p.m., Military and Family Readiness, Building 2797. Call 221-0349 or 221-2418.

**Budgeting**

Tuesday, 2-4 p.m., Military and Family Readiness, Building 2797.

Call 221-2380 or 221-2418.

**Post-Deployment Resiliency for Families**

Wednesday, 9-11 a.m., Education Center on Hood Street. Call 221-0946 or 221-2418.

**Web-Based First Termer Financial Readiness**

Wednesday, noon-4 p.m., Military and Family Readiness, Building 2797. Call 221-2380 or 221-2418.

**Army Family Advocacy Program Unit Training**

Wednesday, 2-4 p.m., Military and Family Readiness, Building 2797. Call 221-0349 or 221-2705.

**Family Readiness Group for Commanders**

Thursday, 8 a.m.-12:30 p.m., Military and Family Readiness, Building 2797. Call 221-0946 or 221-2418.

**Army Family Advocacy Program Unit Training**

Thursday, 8-11 a.m., Military and Family Readiness, Building 2797. Call 221-0349 or 221-2705.

**Women Encouraging Women**

Sept. 30, 11 a.m.-1 p.m., Military and Family Readiness, Building 2797. Call 221-0349 or 221-2705.

**Employment Assistance Program Job Fair**

Oct. 3, 2-6 p.m., Military and Family Readiness, Building 2797.

Call 221-0516/0427/9216.

**Preservation Fort Sam Houston Society**

The Preservation Fort Sam Houston Society meets at 11:30 a.m. Oct. 17 for lunch and a guest speaker, the great-great-grandson of Gen. Sam Houston. Call 224-4030 or email stilwellhouseevents@gmail.com for information.

**Military Retiree Appreciation Day**

Oct. 19, 8 a.m.-noon, Blesse Auditorium, Building 2841. Call 221-9004.

**METC Volleyball Tournament**

Gather your friends and form a six-person team. Doors will open at 7:30 a.m. for warm up and the tournament begins 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.

**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.

**Harlequin Dinner Theatre**

The Harlequin Dinner Theatre presents "Bad Seed" Thursday

through Nov. 2. This is the story of a mother's realization that her young daughter has committed a murder. For more information, call 222-9694.

**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>.

**Computer Lab**

The computer lab is available 8 a.m.-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.

**Catfish Pond Open**

Saturday and Sunday, 8 a.m.-2 p.m. through the end of September, JBSA-Camp Bullis, cost is \$3 per pound. Call 295-7577.

**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 is open 10 a.m.-5 p.m. Tuesday through Friday and

10 a.m.-2 p.m. Saturday and offers discount tickets for local events and theme parks. 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.

**RUNNING from P13**

who's been on profile for seven years since she's been at JBSA-Randolph, was evaluated by the HAWC Sept. 4.

Based on a customer satisfaction survey response, Greer discussed her gait evaluation.

"The information provided was new and relevant," she said. "I prefer to be shown how to improve my technique rather than be told I cannot perform an activity."

Greer underwent plantar fasciitis surgery, but said she "could have graduated off of a profile

and remained physically limited" had she addressed her improper running years prior.

What Leonard hopes to achieve is a mindset shift from running as fast and far as possible to running the right way.

Senior Airman Jessica Aulenbacher, Air Force Personnel Center's Air Force training quota manager, who runs five to six miles every other day and up to eight miles on the weekends, ran into a health issue shortly before summer began.

She ran until one day she could barely walk due to pain in her right foot.

"I was really stubborn about the pain at first," Aulenbacher said.

"When I had my foot examined by a doctor, I learned I was tearing microfibers in my Achilles tendon. I had to completely stop running for two weeks and was close to being put on profile."

She pleaded not to be put on profile in order to continue physical activity - something she loves to do.

"Before the injury, I was more concerned with distance and pace than running mechanics," Aulenbacher said. "Now I'm thinking about how

I run differently."

Leonard's self-described motto is "prehab before rehab" - practicing correct running before pain strikes - "which can start as simple tendonitis and then lead to larger issues like meniscus tears, arthritis and disc herniation in the back," he said.

An ideal running form is landing on the ball of the foot with a slightly forward lean at a pace of 180 beats per minute, Leonard said.

"At this cadence, stride length is shortened," he added. "A metronome can help reinforce this quick

cadence and landing on the balls of your feet."

A telltale sign of erroneous running is loud foot strikes.

"Runners should not be heard," Leonard said. "Running should sound like 'tap, tap, tap,' not 'thud, thud, thud.'"

Footwear plays a major role in how people run, Leonard said.

"The majority of shoes in the market have elevated heel lifts, which cause the person to land on the heel," Leonard said. "The flatter the shoe, the better."

By correctly altering running form, people

usually experience sore calves, Leonard said, but that's OK because they are conserving energy in the long run.

During an Air Force study while at Altus Air Force Base, Okla., Leonard discovered Airmen who participated in a running program that evaluated their gait and educated them on effective running shaved two minutes off their PT test.

Real-world results in the form of injury prevention, improved performance and better runners are what Leonard plans to bring to the JBSA community.

# OUTSIDE THE GATE

## The Bat Tunnel Walk

The Kerrville Trailblazers volksmarch club is hosting a 5K and 10K walk Saturday starting at Alamo Springs Cafe, 107 Alamo Rd. in Fredericksburg. Walks start between 8 a.m. and noon, finish by 3 p.m. For information call 830-377-4239 or visit <http://www.walktx.org/KerrvilleTrailblazers>.

## 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](mailto: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.



**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

**502<sup>nd</sup> Mission Support Group:**  
221-1844  
221-2207

**802<sup>nd</sup> MSG:**  
671-2528  
671-5511

**902<sup>nd</sup> MSG:**  
652-3797  
652-6915  
652-3088

## 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. - Jumma, 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>.*

## FSHISD WEEKLY CAMPUS ACTIVITIES MONDAY-SEPT. 28

### Fort Sam Houston Elementary School

#### Tuesday

Science in Action Day for 5th grade with the 502nd ABW, 8:45 a.m.-12:30 p.m.

#### Wednesday

Patriot Day: Wear red, white and blue

#### Thursday

School Fall Pictures

#### Sept. 27

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

### Robert G. Cole Middle and High School

#### Monday

Cole senior parent "Project Graduation" meeting during Pride class

Middle school (7th grade)

volleyball at Natalia, 5 p.m.; 6 p.m. for 8th grade

#### Tuesday

High school volleyball at Randolph, 5 p.m. varsity, 6 p.m. junior varsity, 7 p.m. for 9th grade

#### Thursday

MCEC parent-to-parent workshop, middle school mall, 6-7 p.m.: "Finding Your Fit", tips for parent involvement in middle school to ensure success of your maturing student.

#### Sept. 27

High school volleyball at Marion, 4:30 p.m. varsity, 5:30 p.m. junior varsity, 6:30 p.m. for 9th grade.

#### Sept 28

Cross country, Fredericksburg Invitational at Lady Bird Johnson Park, 8:30 a.m.

## HRC from P9

management boards for many of the senior NCOs and officers across the Army.

However, while there have been many similarities drawn between the reshaping of the force today and what has occurred in decades past after extended wartime, there is greater emphasis being put on retaining quality Soldiers and giving proper assistance with transition for those who choose to get out or are forced to do so.

"If we do ask you or your Soldiers to go home, we are going to do the proper thing and send you the right way - with dignity and respect," said Smith. "It may not be your fault that you have to go home; it may

be your military occupational specialty is over strength."

There was a lot of information put out to everyone here, but there will be time to absorb and digest these changes in the months ahead.

"Leaders have to do the right thing; we have to hold people accountable to the standard," said Col. Sharon Wisniewski, personnel chief for Army North. "Soldiers have a personal responsibility in managing their careers. They need to take the opportunities to go to schools and develop themselves and communicate to their leaders where they want to go to achieve their goals and objectives."

No matter what the future holds, Mustion, Smith and leaders at

## WATER CONSERVATION TIPS

1. Minimize evaporation by watering during the early-morning hours, when temperatures are cooler and winds are lighter.
2. Wash produce in the sink or a pan that is partially filled with water, instead of using running water from the tap.
3. Use a layer of organic mulch around plants to reduce evaporation and save hundreds of gallons of water each year.
4. Use a broom instead of a hose to clean your driveway or sidewalk and save 80 gallons of water each time.
5. If your shower can fill a one-gallon bucket in less than 20 seconds, then replace it with a water-efficient showerhead.

*(Source: 502nd Civil Engineer Squadron)*



Army North said they want to make sure Soldiers know they are not facing anything on their own.

"The Army has a plan to help them whichever route they choose," Wisniewski said. "We've got a draw down. We

don't have a choice so we want to let Soldiers and leaders know we have systems that are going to help folks deal with whatever scenario or situation they find themselves in the best way (the Army) can."