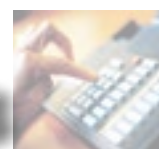


FORT SAM HOUSTON News Leader

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JBSA HOTLINES



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JBSA Sexual Assault Hotline
808-SARC (7272)

JBSA Domestic Abuse Hotline
367-1213

JBSA Duty Chaplain
221-9363



WARRIOR TASKS, BATTLE DRILLS

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PREVENTING SUICIDE IN THE MILITARY

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REVOLUTIONIZING BURN CARE

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ARMY NORTH CHANGES COMMAND



Photo by Sgt. 1st Class Christopher DeHart

Lt. Gen. Perry Wiggins (left) receives the U.S. Army North (Fifth Army) colors from Lt. Gen. William Caldwell IV (center) as he assumes command Wednesday during a change of command ceremony held in the historic Quadrangle, as Army North Command Sgt. Maj. Hu Rhodes looks on. Wiggins previously served as the deputy commanding general for Army North and was promoted prior to the ceremony in order to properly assume the position of commanding general, Army North, and senior Army commander for Fort Sam Houston and Camp Bullis. Caldwell leaves the same command that his father, retired Lt. Gen. William Caldwell III, held before he retired in 1980, both in their 37th year of service. An article and additional photos will be featured in the Sept. 13 issue of the News Leader.

SAMMC staff offers comfort, final memento to families

By Elaine Sanchez
Brooke Army Medical Center Public Affairs

Amy Beyer cradles a tiny plaster model of an infant's hand in her palm, gently sanding each crease, wrinkle and fingernail.

After several moments, she takes a step back to survey her work, tilting her head and squinting slightly as she hunts for imperfections.

"They'll like this," she said at last with a sigh of relief, referring to parents who had lost their baby

just weeks prior.

Beyer, a social worker in the neonatal intensive care unit, spends hours each month meticulously crafting 3-D models of hands, feet and even faces in the hopes of bringing a measure of comfort to family members who have lost a child at San Antonio Military Medical Center.

"We do this to preserve memories for families and to show them that we care deeply about them in their time of loss," she said.

Beyer first learned of the pro-

gram while working for the NICU at (then-)Wilford Hall Medical Center in 2007.

When the department moved to SAMMC in 2011, Beyer and a former co-worker, Air Force Capt. Crystal Gomez, sought to keep the program's momentum going.

Since that time, Beyer, along with a handful of other staff members, has painstakingly created hundreds of these models – from impressions to pouring plaster to

See MEMENTO, P13

Editorial Staff

JBSA/502nd Air Base Wing
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Brig. Gen. Robert D. LaBrutta

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

JBSA-FSH Public Affairs Officer
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Managing Editor
Steve Elliott

Associate Editor
Leslie A. Shively

Writer/Editor
Lori Newman

Layout Artist
Joe Funtanilla

News Leader office:

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

News Leader Advertisements:

Prime Time
Military Newspapers
2203 Hackberry
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News Leader email:

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

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San Antonio truly is 'Military City USA'

By Lt. Gen. William Caldwell, IV
Former Commanding General,
U.S. Army North (Fifth Army)
and Senior Commander,
Fort Sam Houston

As I flew into San Antonio International Airport this past weekend, I had an encounter which has become commonplace here in our community, as a complete stranger took the time to shake my hand and thank me for my service.

As I speak with service members in our Fort Sam Houston community, I always hear of the generosity and hospitality of San Antonians.

No matter what rank our service members are, the people of this city are always willing to lend a kind word. Indeed, in the course of my 37 years of military service, I have never seen a city so welcoming of our men and women in uniform. San Antonio's reputation as "Military City USA" is well-deserved.

As I depart, I want to share with you all some very special moments which exemplify the hos-

pitality and warmth we have come to associate with the people of South Texas.

Over the last two years, the City of San Antonio – and the Chamber of Commerce particularly – have made every effort to pay tribute to make our military families feel at home here in San Antonio.

Whether it be through events like Celebrate America's Military Week, or by simply working with the city to provide better bus services for our service members and their families, no other city is more accommodating of our men and women in uniform.

This community showed its appreciation for the Army Team at Fort Sam Houston last June, as we celebrated our 237th birthday. We kicked off our festivities that year with a run from Fort Sam Houston to the Alamo, where San Antonio Mayor Julian Castro and Chamber of Commerce President Richard Perez ran and helped us cut our annual birthday cake. Later in the day, the people of the San



Photo by Sgt. 1st Class Christopher DeHart

Lt. Gen. William Caldwell IV (left) passes on the U.S. Army North (Fifth Army) colors to Gen. Charles H. Jacoby Jr., commander of U.S. Northern Command, during the Army North change of command ceremony Wednesday.

Antonio community were on hand to witness our streamer ceremony, which paid tribute to the proud legacy of the U.S. Army in both war and peace.

Perhaps San Antonio's

finest moment occurred this past fall when both the Army Team at Fort Sam Houston and the City of San Antonio hosted a long-overdue Welcome Home Ceremony for our Vietnam-era veterans.

San Antonio had the distinction of being the first city in America to become a commemorative partner in a program with the Department of Defense to pay tribute to the sacrifice of our Vietnam Veterans.

In fact, if there were one image which perfectly captured the spirit of the city of San Antonio and its tremendous support for military, it would be that of men, women, and

children, several lines deep for over a quarter of a mile as they cheered on our veterans to thank them and their families for their sacrifice. With signs, flags, and gratitude in their hearts, the people of San Antonio gave our Vietnam Veterans the welcome home and the thanks they truly deserved.

My family and I have been blessed to be part of your community. As we begin a new chapter in our lives in Georgia, we will never forget the people of Texas. We are thrilled that we could call San Antonio our home; it will forever be a wonderful memory.



"My family and I have been blessed to be part of your community. We will never forget the people of Texas. It will forever be a wonderful memory."

*Lt. Gen. William Caldwell IV
Commanding General, U.S. Army North (Fifth Army)
and Senior Commander, Fort Sam Houston*



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



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

News Briefs

S-5 Road Closure

The S-5 Road between Stanley Road and Dragon Valley Road (formally S-4 Road) will be closed to through traffic according to 502nd Civil Engineer Squadron officials. Motorists are encouraged to follow the detour route through Meyers Road. This closure is required for the relocation of a communications conduit line that runs from Building 134 to Building 142. Traffic control devices and signs will be set up Monday.

'Ready and Resilient' Soldier Show 2013

The 2013 U.S. Army Soldier Show "Ready and Resilient" is coming back to the Fort Sam Houston Theater to give their final public performances at 6:30 p.m. Sept. 18 and 19. This high-energy, 75-minute song-and-dance production is free and open to Department of Defense military ID cardholders and their guests. Seating is on a first-come, first-seated basis. Doors open at 5:30 p.m. For more information, call 466-0684 or visit <http://www.ArmyMWR.com/SoldierShow>.

Information Management Support Council

The U.S. Army Signal Network Enterprise Center hosts the Information Management Support Council at 10 a.m. Tuesday in Building 2265, basement classrooms A, B and C. For more information, call 221-4704.

JBSA 9/11 Commemorative Run

The Robert D. Gaylor NCO Academy hosts the Joint Base San Antonio 9/11 commemorative run from 7 a.m. to 4:30 p.m. Wednesday at the 1.5-mile track on JBSA-Lackland. The event is open to all JBSA Department of Defense identification cardholders and family members. Call 671-0321 for more information.

Lincoln Military Housing Closures

The Lincoln Military Housing satellite offices at Watkins Terrace and Harris Heights will be closed from 8 a.m. to 5 p.m. Sept. 30. Those 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.

401st Military Intelligence Company conducts Warrior Tasks, Battle Drills

By Gregory Rippes
470th Military Intelligence Brigade
Public Affairs

When Soldiers of the 401st Military Intelligence Company conducted their Warrior Tasks and Battle Drills Aug. 22, they didn't have to go far.

As a matter of fact, the members of the company, whose commander reports directly to the 470th MI Brigade commander, had to go only a few steps out their back doors. All the training took place in the grassy area behind Buildings 1000 and 1070 on Joint Base San Antonio-Fort Sam Houston.

Capt. Don Sheppard, the company commander, explained that the location was chosen to minimize the time the Soldiers were away from their

duty stations.

"Transportation was not an issue," he said. "However, it was one less thing we had to worry about in order to get everyone trained."

Sgt. 1st Class Fernando Torres, the noncommissioned officer in charge of the training, added that because the company has such a diversity of operational missions, it is difficult to take many of the Soldiers away from their work centers all at the same time without causing a potentially negative impact.

"By conducting training near the work centers, we were able to train more Soldiers and get personnel back to their sections with minimal impact to the mission," Torres said. "Furthermore, the training support center on JBSA-

Fort Sam Houston has such a great selection of training aids that we were able to create a very effective training environment."

The Soldiers rotated through eight different outdoor stations where they first received "classroom" instruction and then later demonstrated their Soldier skills.

The training covered such Warrior Tasks as visual signaling, voice commands, individual and team movement and movement under fire, handling of weapons systems, immediate lifesaving measures, establishing security, and assessing, adapting and responding to threats.

"Warrior Tasks and Battle Drills ensure that every Soldier can act as a rifleman – the basics of being a Soldier," Torres said.



Photos by Gregory Rippes

A Soldier prepares to look around the corner of a building to see the "enemy" in an exercise scenario. The 401st Military Intelligence Company conducted Warrior Tasks and Battle Drills training Aug. 22 on Joint Base San Antonio-Fort Sam Houston.



Two Soldiers detain a "hostile" civilian, played by a volunteer, during a portion of the Warrior Tasks and Battle Drills training Aug. 22. All the training took place in the grassy area between Buildings 1000 and 1070.



An instructor advises Soldiers from the 401st Military Intelligence Company on establishing security for their position during Warrior Tasks and Battle Drills training Aug. 22 on Joint Base San Antonio-Fort Sam Houston.

News Briefs

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Navy Birthday Ball 5K Run/Walk

A 5K run/walk to support the 238th Navy Birthday Ball takes place Sept. 28 at Olmos Basin Park, 500 Devine Road in San Antonio, with registration at 6 a.m. and a start time of 7:30 a.m. Early entry fee is \$30 or \$35 the day of the event. The first 150 registered participants receive a T-shirt, sport bag and water bottle. Proceeds go to buy tickets for junior-level Sailors. For information, call 808-1445 or 808-6374. Visit <http://www.sanan-tonionavyball.com> to register online.

TRAVCO Takes Over Travel Services on JBSA-FSH

Beginning Sept. 30, TRAVCO will assume commercial travel office services for Joint Base San Antonio-Fort Sam Houston. Carlson Wagonlit Travel/SATO will ticket approved reservations for departures through Sept. 30. All unticketed reservations for travel beginning Oct. 1 will be transferred to TRAVCO. TRAVCO cannot make changes to reservations ticketed by CWT, nor can they initiate refunds for unused tickets issued by CWT. Therefore, after Sept. 30, travelers who need to change reservations ticketed by CWT will first need to contact TRAVCO at 855-804-4943 to make a new reservation, then contact CWT at 866-282-0499 to cancel and initiate a refund on the previously ticketed reservations. For more information, call 652-1154.

Security And Policy Review

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

Straight Talk Line

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

Air Force Sergeants Association conference encourages, informs Airmen

By Staff Sgt. Marissa Tucker
Joint Base San Antonio-Lackland
Public Affairs

The strength and impact of the noncommissioned officers' corps was the theme for the night as Acting Secretary of the Air Force Eric Fanning served as the keynote speaker for the Air Force Sergeants' Association Convention and Professional Airmen's Conference banquet Aug. 28 in San Antonio.

Several guests of honor attended the annual event, including Gen. Phillip Breedlove, commander, U.S. European Command and NATO Supreme Allied Commander Europe, Chief Master Sgt. of the Air Force James A. Cody, and Cody Etchburger, son of the late Chief Master Sgt. William Etchburger, who posthumously received the Medal of Honor recently, and several former chief master sergeants of the Air Force.

Fanning spoke about the necessity of AFSA

to help senior leaders understand the scope of their decisions about Airmen. As the former deputy undersecretary of the Navy/deputy chief management officer, he expressed his excitement about being part of the Air Force and constantly learning about the complex global missions supported by Airmen every day.

"The Air Force offers something that no other service does," Fanning

Chief Master Sgt. of the Air Force James A. Cody speaks to the audience during the 2013 Air Force Sergeants Association Professional Airmen's Conference and International Convention at the Grand Hyatt in San Antonio Aug. 28. Cody spoke during the AFSA PAC's senior leader perspective professional development forum. His presentation focused on the importance of Airmen and the need to continue to develop and care for them during sequestration and budget challenges.

Photo by Senior Airman DeAndre Curtiss

said. "[General Welsh] talks about global reach, global power and global vigilance. To me that means, if you move, we will see you. If you hide, we will find you. And if you deserve it, we will punish you. We give the president the ability to hold targets at risk, all over the world, 24/7. No other service can do that."

Before handing out the Chief Master Sergeant of the Air Force



Awards, Cody spoke on the accomplishments of each of the Airmen in attendance, conveying his thanks to them for carrying on the legacy of the Air Force and their resilience and dedication to duty.

"(Airmen should know) how inspiring the men and women, our Airmen, are to your Air Force leadership," he said. "Your attributes, work ethic and commitment to service that each and every one of you display every day gives us without question, no matter what happens in the future, the confidence to know that we're in the world's greatest Air Force."

In following with the AFSA tradition of recognizing outstanding military leaders, Breedlove, the EUCOM commander, received the Excellence in Military Leadership Award for his outstanding commitment to improve the quality of life for the Air Force community at a strategic level during uncertain

economic times.

In its 52nd year of operation, AFSA strives to represent the professional and personal interests of all Airmen and their families. According to the AFSA website, to do this, AFSA leaders work with the Department of Veterans Affairs and the White House to help pass legislation to benefit members of the armed forces, and when needed, to fight laws that may problematically affect them.

As the conference came to a close, the acting secretary praised the NCO corps on being the backbone of the military, stating "we are what we are as a military and an Air Force because of our NCO corps — we couldn't do it without you." Looking forward to the force reduction stemming from sequestration, Fanning told attendees, "there are great uncertainties ... but there is one thing I do not doubt and that's the [Air Force's] NCO corps."

AIR FORCE BALL TICKETS ON SALE



The 2013 San Antonio Air Force Ball takes place Sept. 20 at the Grand Hyatt, 600 E. Market St. in San Antonio. The social starts at 6 p.m. and the main event starts at 7 p.m. Military attire is mess dress or semi-formal and civilian attire is formal/black tie. Retired Maj. Gen. Alfred K. Flowers, the longest-serving Airman in Air Force history and the longest-serving African American in the history of the Department of Defense, will be the guest speaker. For tickets call JBSA-Fort Sam Houston, 466-2583, 808-2659 or 916-5014; JBSA-Lackland, 671-6706, 977-5839, 969-5416 or 671-3560; JBSA-Randolph, 565-9521; 565-4861 or 652-3365.



'Nothing in the world is worth suicide... no matter how bad it is'

By L.A. Shively
JBSA-FSH Public Affairs

When Staff Sgt. John Martinez got the call "Shots fired!" he and a fellow private first class responded instantly.

What they found when they arrived at the barracks was gruesome. A Soldier had fired a bullet into his skull and was lying in a pool of blood, moving and gurgling, his body still trying to breathe as they entered his room.

"You could taste the blood as soon as you walked in – there was so much. Have you ever put a penny in your mouth? It tastes like – that," Martinez said darkly, remembering the ghastly scene.

The pair of Fort Polk, La., military police immediately began giving first aid to the Soldier, securing his weapon and searching for brass casings and other evidence. The search led to a set of dog tags on a bureau.

Until he read the dog tags, Martinez did not know the injured soldier was a coworker and a buddy.

"I looked at the dog tags and – holy crap."

Martinez said he suddenly became paralyzed and could not focus, his mind filled with scores of questions: What happened? When? How did it happen? Why? Why?

Last year was a record year with military officials reporting 516 suicides across the services. The Army also set a record with 325 suicides, nearly two-thirds of the total. From 2000 to 2010, Joint Base San Antonio-Lackland reported 20 suicides, while JBSA-Randolph reported one. Officials reported a total of 18 suicides from 2006 to 2012 at JBSA-Fort Sam Houston.

An increase in military suicides

over the last decade does coincide with escalated operational tempo, according to a 2010 Defense Department task force report on suicide prevention. But the report also identified a multitude of contributing factors such as relationship issues, substance abuse, financial setbacks and other physical, mental and spiritual stressors.

Although a failed relationship is most often cited as the reason for suicidal thinking, no single explanation can account for all self-destructive acts, explained Army Lt. Col. (Dr.) Marshall Smith, deputy chief, Department of Behavioral Medicine, Brooke Army Medical Center.

The doctor said that suicidal thinking begins as a person weighs the options available to him or her in order to deal with a situation while looking for a final solution to stop the pain, or resolve circumstances that seem impossible to work out.

Suicidal thinking can also be associated with mental illness, depression, or post-traumatic stress disorder that, once those conditions are treated, will often go away, Smith said.

"Even the toughest individual can experience the kind of thinking that might lead to suicide," he said.

"A suicidal frame of mind includes thoughts like, 'No matter what I do, it won't get me past this point in my life; so I might as well end it,'" said Lisa Martinez, Suicide Prevention Program manager at JBSA-Fort Sam Houston. Lisa Martinez is married to Staff Sgt. Martinez.

Mrs. Martinez also explained that suicidal thinking may lead to

the faulty belief that taking one's life helps family and friends, or that others will not be affected. That is not the case she said.

The Soldier who shot himself did not make it and her husband was profoundly affected. The sergeant felt tremendous guilt and blamed himself for not seeing the signs.

"It was very personal at that point. There was no way (Martinez) could keep it from his own psyche," explained Army Chaplain (Maj.) George Hammil. "Guilt is pretty common in this situation and can be overwhelming, whether it is necessary or not. It can be consuming."

After his tour at Fort Polk, Martinez was deployed to Afghanistan where he received indirect fire and sustained a concussion.

He finished the deployment and accepted an assignment at JBSA-Lackland where Martinez began to experience irritability, unrestrained anger and intense headaches. He also began having nightmares that had nothing to do with combat.

"My dreams were about my daughters always getting hurt, falling down stairs, breaking their heads open," said Martinez, a Bronze Star recipient who served multiple deployments in Iraq as well as Afghanistan.

He couldn't make sense of his dreams and his mood swings began to affect his family life. Often, he would be in a good mood when something set him off.

"It's like a light switch," Martinez said, snapping his fingers. "I become a totally different person right then and there and blow up. We had a dog – I was a dog lover, but now I hate dogs. I can cause harm to a dog. That's why we got rid of the family dog."

The military police Soldier decided to seek therapy and doctors at JBSA-Lackland finally put the puzzle together.

Along with combat-related traumatic brain injury, Martinez was diagnosed with PTSD as a result of the Fort Polk Soldier's suicide. His dreams were a product of the shock of finding his buddy with a self-inflicted gunshot wound to the head.

"My deployments and my injury

downrange didn't bother me. I know that's part of combat, but it's not supposed to happen at home. I can't get rid of that horrific, disturbing image in the barracks," Martinez said.

"When he was dealing with the issues himself, it wore him down. After he reached out, he got that relief and felt stronger," Mrs. Martinez said.

The therapeutic benefit of reaching out to others has clinical support, Hammil said. He explained that the brain deals with trauma differently, storing those memories, usually in raw form complete with smells, strong feelings and physi-

cal sensations in an area that is disassociated with everyday functions.

Speaking with others and sharing in a safe and caring environment such as with a counselor, chaplain, friend, or family member can bring about healing, a sort of touching or knocking on that painful place where traumatic memories are stored.

Healing reconnects disassociated memories and allows both sides of the brain to function together as one entity again, Hammil explained.

"It actually feels good in the group therapies," Martinez said.

"You think you're alone, but there are other Soldiers with the same problem or even worse that you can relate to."

In an effort to encourage military members to seek the help they need, military leadership has committed to combating the stigma of getting care, with the goal of providing a healthy, supportive environment promoting comprehensive fitness, Smith said.

"All you need to tell me as your supervisor is: I've got an appointment – a medical appointment –

Some warning signs a person may be considering suicide

(Courtesy various sources)

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself such as searching online or buying a gun.
- Feeling hopeless or having no reason to live.
- Feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating oneself.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

RESOURCES

• **JBSA Links**
<http://www.jbsa.af.mil/library/resiliency/>

• **Army Substance Abuse Program**
Call 295-6345
<http://www.acsap.army.mil/sso/pages/public/get-help/soldiers-cr.jsp>

• **Military Crisis Line**
Call 1-800-273-TALK (8255)
<http://www.veteranscrisisline.net/ActiveDuty.aspx>

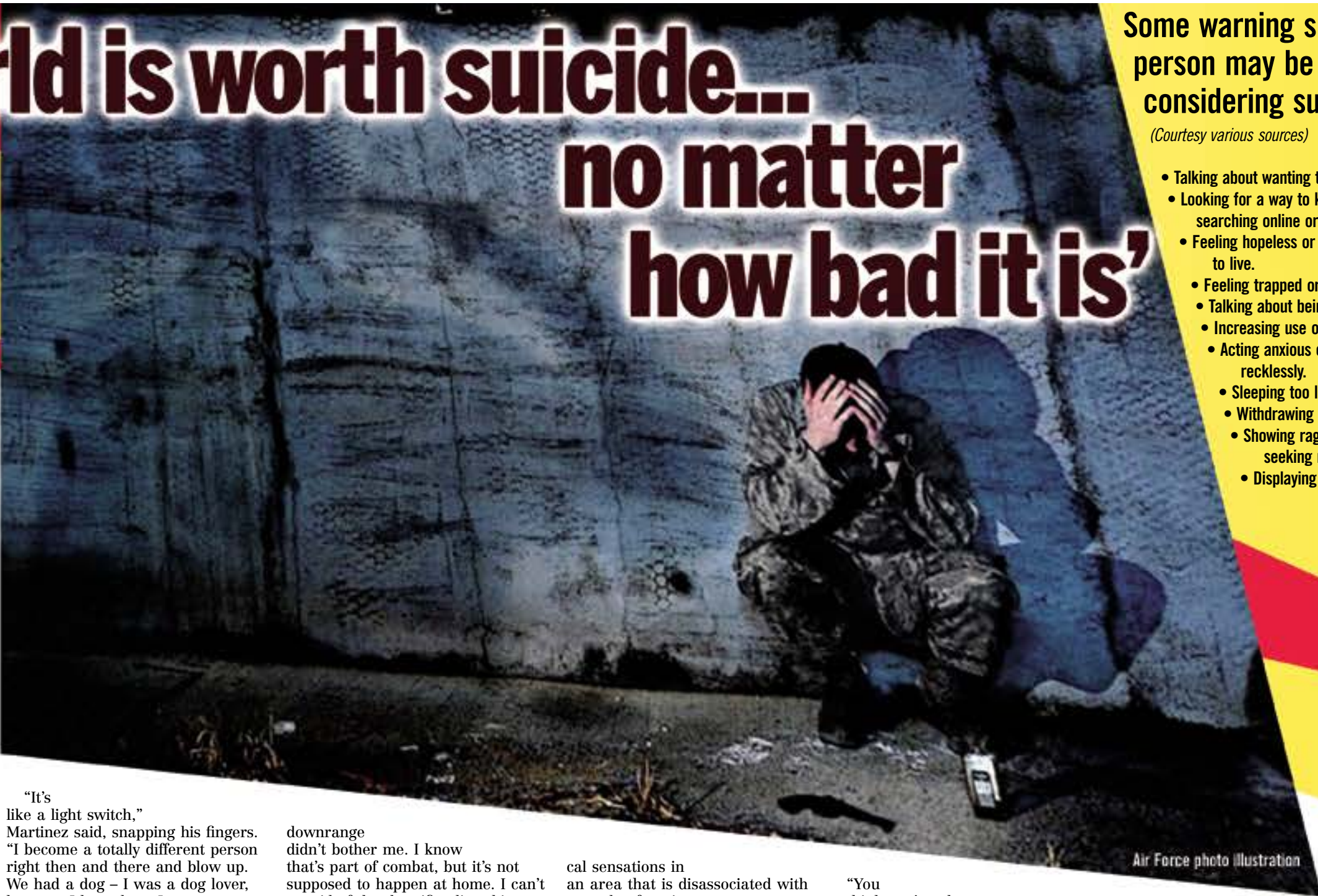
• **Military One Source**
Call 1-800-342-9647
<http://www.militaryonesource.mil/>

• **National Suicide Prevention**
Call 1-800-273-8255
<http://www.suicidepreventionlifeline.org/>

• **After Deployment**
Call 1-866-966-1020
<http://www.afterdeployment.org/>

• **Real Warriors + Real Battles**
Call 1-866-966-1020
<http://www.realwarriors.net/>

• **Chaplains' Offices**
JBSA-Fort Sam Houston 221-5007
JBSA-Lackland 671-5842
JBSA-Randolph 652-4376



Air Force photo illustration

car he drove, a graphic movie with somebody getting their head shot."

Nothing in the world is worth suicide. No matter how bad it is," Martinez stressed. "Even if you're in trouble or you know you're going to get so many years in prison, killing yourself is not worth it."

(Editor's note: September is National Suicide Prevention Month.)

and what time it is at. I don't need to know what the appointment is for," Martinez said.

"Reaching out showed his Soldiers and subordinates that it was OK to seek help," Mrs. Martinez said.

Martinez feels he has recovered from the trauma he experienced as a first responder to his buddy's suicide, but he will never forget it.

"There are things that remind me of that individual – a first name, the

Emerging procedures may revolutionize burn care

By Steven Galvan
U.S. Institute of Surgical
Research Public Affairs

“We’re on the verge of having a new day-to-day world in burn surgery.”

Those were the words used by expert Dr. James H. Holmes IV, Wake Forest University Baptist Medical Center’s Burn Center’s director, at the 2013 Military Health System Research Symposium Aug. 15, in Fort Lauderdale, Fla., as he discussed the state of health care for our country’s burn patients.

Holmes described two emerging procedures – both related to skin care – which he believes will revolutionize burn care.

Holmes shared his thoughts during a round-

table discussion with medical experts from the U.S. Army Medical Research and Materiel Command, including U.S. Army Institute of Surgical Research Director of Research David G. Baer, Ph.D; Director of the Clinical and Rehabilitative Medicine Program Army Col. (Dr.) John Scherer; and Deputy Director of the Combat Casualty Care Research Program Air Force Col. (Dr.) Todd Rasmussen.

Traditional treatment for skin care on burn patients has been to use autographs, which mean taking healthy skin from another part of the body to use at the damaged location. Issues arise when a patient has a large burned area.

Also, if more skin needs to be harvested, the donor site must completely heal before it can be re-harvested. This can leave a patient vulnerable to infection and other complications.

Another option is to temporarily use grafts from cadavers or artificial skin, which could lead to other complications such as the body rejecting it.

“We’ve invested heavily in ways to engineer



U.S. Army photo

Harvested skin requires cell segregation before being suspended in a solution that is sprayed on a wound, where it multiplies and creates new skin tissue.

and grow skin that can be collected from a small patch between the size of a quarter and a silver dollar, processed

and grown in a lab and then returned to the patient,” Baer said. “So a very small donor site can be used to treat a

large area.”

Baer said they are also exploring “spray-on” skin.

Holmes credits the advancements in burn care and regenerative medicine to the direct support and collaboration of the military and funding by the Department of Defense.

“We’ve done a lot to improve burn surgical care,” said Scherer. “We are in this business to change the practice of medicine and make the lives of not only those in the military, but those outside the military better.”

“We could not have gotten this far without it,” Holmes said.

“Collaboration is the secret to innovation in this area,” Baer agreed.

MEMENTO from P1

sanding and glazing – for babies who are born as early as 20 weeks gestation and teens up to age 17.

Always striving for more lifelike perfection, she has painted fingernails a perfectly matched shade of red, carefully captured the nuances of a cherished ring or the individual curve of a tiny toenail.

“For the occasional newborns who are unable to survive their illness, our focus and purpose as care providers shifts from the baby to helping the family through the painful loss of their child,” explained Air Force Lt. Col. Daniel Dirnberger, chief and director of Neonatal Medicine Services at SAMMC.

“Having a tangible three-dimensional replica of their baby’s hands and feet gives them something

that photos can never satisfy,” he said. “They can touch and hold their baby’s hand, and it keeps their connection tangible and real.”

To broaden the scope of the program, Beyer has partnered with the Department of Maxillofacial Prosthetics at SAMMC, a department skilled at making impressions and crafting models.

They will assist with making the models using dental stone, which is a harder, more durable material than plaster and will offer a wider range of options, including blue and pink models, said Air Force Col. Alan Sutton, director of maxillofacial prosthetics.

“This collaboration will improve the quality and durability of our keepsakes, and will help us help our families that much more,” Dirnberger said. “This is one way that Beyer takes our peri-

natal loss program beyond what I see anywhere else in San Antonio and throughout the Defense Department.”

For Beyer, the hours of meticulous work melt away when she sees the gratitude in a family member’s eyes – mixed emotions of sadness and joy. “They hold the hand or foot for the first time and point out the little creases or the toenails. They are so happy to have something of their baby,” she said.

Beyer recalls one mom, Nikki Pinto, whose son, Matteo, passed away when he was 5 1/2.

She created handprints, along with multiple 3-D models of his hands and feet – enough to pass on to parents, grandparents and in-laws.

Pinto said she treasures her models, proudly displaying them in her curio cabinet. “I love my pictures of Matteo, but these

models are something tangible I can touch and cherish,” she said. “The detail is amazing; every wrinkle and fingernail is perfect.

“To know that his foot or hand touched the mold ... it’s priceless,” she added. “It’s so much more than just a picture – it’s a piece of him.”

Beyer said another mom was speechless for several moments as she examined the models. “That’s my baby,” she finally said, tears streaming down her cheeks.

“Soon we were all crying and hugging, and I knew we had made a world of difference,” Beyer said. “We had given her something tangible of her baby to take home.

“These models aren’t a big gift. They’re not expensive and take just a few hours to make,” she said. “They will live on for these families for years to come.”



Photo by Robert Shields

Social worker Amy Beyer displays a model of an infant’s foot in the neonatal intensive care unit at San Antonio Military Medical Center. Beyer creates these models to bring comfort to families who have lost a child.

MEDICAL EDUCATION AND TRAINING CAMPUS NAVY DENTAL ASSISTING CLASS AIMS HIGH



Photo by Chief Hospital Corpsman Laura Mack

In a Medical Education and Training Campus first, Navy Dental Assisting Class 2013-085DA scored an overall grade point average of 96.26 percent with 11 out of 12 students making the Dean's List. This is the first time in the program's history that nearly an entire class reached an average this high since relocating to METC from Great Lakes, Ill., in April 2011. The top graduate, Seaman Nicholas Kislak, completed the program with an overall GPA of 99.33. Pictured are (front row, from left) Petty Officer 2nd Class Laschon Simmons (instructor), Seaman Maria Batista, Seaman Roberto Benozza, Seaman Apprentice Natanya Braxton-Frederick, Petty Officer 1st Class Kentoya Bryant (instructor), Seaman Recruit Diontavius Burton, Seaman Philip Essienyi, Seaman Apprentice Jonathan Gonzaga and Petty Officer 2nd Class Toshi Rozzell (instructor). In the back row, from left, are Seaman Recruit Allan Henson, Seaman Nicholas Kislak, Seaman Monica Mateo, Seaman Jason Mikulec, Seaman Apprentice Jesse Schwartz and Seaman Antonio Moore.

HHD, 228TH COMBAT SUPPORT HOSPITAL WELCOMES NEW COMMANDER



Photo by Esther Garcia

Col. John Fasano (center), 228th Combat Support Hospital Commander, presents the Headquarters, Headquarters Detachment, 228th Combat Support Hospital guidon to incoming commander 1st Lt. Kortney Flete (left) during a change of command ceremony held at Joint Base San Antonio-Camp Bullis Aug. 18 as outgoing commander Capt. Mercedes Gonzalez (right) looks on. The 228th CSH is a trauma center providing surgical care, post operative care, intensive care and intermediate care. Normally a deployable unit, the hospital can be packed up, deploy to a theater, set up and start to treat patients. With more than 500 personnel, the 228th CSH is comprised of the HHD, two companies, a forward surgical team and a renal dialysis detachment.



Savings and Investing

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

H.U.G.S. Playgroup

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

CARE Team Training

Tuesday, 9-11:30 a.m., Military and Family Readiness, Building 2797. Call 221-0946 or 221-2418.

Immigration Services

Tuesday, noon-2 p.m., Military and Family Readiness, Building 2797. Call 221-1372/9698/2707.

Budgeting

Tuesday, 2-4 p.m., Military and Family Readiness, Building 2797. Call 221-2380 or 221-2418.

Bringing Baby Home

Wednesday and Sept. 18, 9 a.m.-1 p.m., Military and Family Readiness, Building 2797. Call 221-0349 or 221-2705.

Overseas Orientation

Wednesday, 10-11 a.m. and 5-6 p.m., Military and Family Readiness, Building 2797. Call 221-1372/9698/2707.

Hearts Apart

Wednesday, 11:30 a.m.-1 p.m., Military and Family Readiness, Building 2797. 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.

Microsoft Hiring Event

Wednesday, 4-7 p.m., Military and Family Readiness, Building 2797. Call 221-0516/0427/9216.

Army Family Advocacy Program Unit Training

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

Pre-Deployment Resiliency for Families

Thursday, 1-3 p.m., Education Center on Hood Street. Call 221-0946 or 221-2418.

Employment Assistance Program Job Fair

Oct. 3, 2-6 p.m., Military and Family Readiness, Building 2797. Call 221-0516/0427/9216.

Harlequin Dinner Theatre

The Harlequin Dinner Theatre presents "Bad Seed" Sept. 19 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-Fort Sam Houston CDC Hours Change

The hours for the JBSA-Fort Sam Houston Child Development Center, Building 2530 Funston Road, are 5:30 a.m.-5:30 p.m. Call 221-5002 or 221-4058.

JBSA Force Support/MWR Survey

As part of Joint Base San Antonio, Fort Sam Houston wants your feedback on how to better serve you the customer on the best types of media we can use to get the word out about JBSA Force Support/MWR programs and events. Your feedback is very important. Take five minutes to fill out this survey at <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.

\$1 Bowling

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

JBSA-Fort Sam Houston Ticket Office

The ticket office, located in the Sam Houston Community Center, offers discounted tickets for Schlitterbahn water parks, Six Flags Fiesta Texas, SeaWorld, Aquatica and Universal Studios Orlando. The ticket office is open 10 a.m.-5 p.m. Tuesday through Friday and 10 a.m.-2 p.m. Saturday. 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 or 221-2256.

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.

Thrift Shop Open

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

Pet Consult Services Available

The JBSA-Lackland Veterinary Treatment Facility provides animal behavior consult services for military pets. The VTF's military animal behavior resident is scheduling appointments. The Army resident can assist pet owners with understanding their pet's behavior, and preventing, managing, or resolving pet behavioral problems. Common problems may include aggression, fear, anxiety, hyperactivity, inappropriate elimination and tail chasing. Call 671-3631 or 671-2245.

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.

Education and Training Office

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

Basic Skills Education Program

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

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.

Cloverleaf Communicators

Meetings are held the first and third Friday of every month from 11:45 a.m.-1 p.m. at Building 4011A, off Reynolds and Wilson Way. Visit <http://powertalkinternational.com/> or call 916-3406 or 221-8785.

Future Speakers on the Horizon

Enjoy food and develop public speaking and leadership skills the second and fourth Wednesday of each month, noon-1 p.m. at the Joint Program Management Office, Building 4196. Call 295-4921.

Top 3 Enlisted Association

The JBSA-Fort Sam Houston Top 3 meets 11:30 a.m.-12:30 p.m. the second Thursday of each month at Building 2263. All senior enlisted members and E-7 selects are encouraged to attend. The Top 3 association is aimed at establishing important relationships across all services.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month, noon-1 p.m. at the Army Medical Department Museum. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 221-4028.

Enlisted Association

Chapter 80 of the Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the JBSA-Lackland Gateway Club. Call 658-2344.

Lost Property

If you have lost any property on JBSA-Fort Sam Houston, call 221-2340. To claim items, you must have a form of photo identification and be able to identify the property.

San Antonio Metropolitan Planning Organization conducts 'Mobility 2040' public meetings

By Joint Base San Antonio
Public Affairs

The San Antonio and Bexar County Metropolitan Planning Organization will hold eight public meetings Sept. 23 through Oct. 3 to get input on their 25-year metropolitan transportation plan.

According to MPO, the San Antonio metro area population is expected to grow by 1.5 million people by 2040 bringing the area population to approxi-

mately 3.4 million people.

The 'Mobility 2040' plan will provide a vision and goals to meet the needs of the metropolitan area's transportation system going forward from 2015 through 2040. San Antonio and Bexar County residents are encouraged to attend a meeting in their area where they will be asked to review and provide input on this plan.

Meetings are scheduled as follows:

Northwest Meeting – 6-8

p.m., Sept. 23 at Woodlake Hills Middle School, 6625 Woodlake Parkway, San Antonio.

Northwest Meeting – 6-8 p.m., Sept. 24 at Leon Valley Community Center, 6421 Evers Road, Leon Valley.

Southwest Meeting – 6-8 p.m., Sept. 25 at Indian Creek Elementary School, 5830 Pearsall Road, San Antonio.

Southeast Meeting – 6-8 p.m., Sept. 26 at Highland Hills Elementary

School, 734 Glamis Ave., San Antonio.

Central Meeting – 9-11 a.m., Sept. 28 at VIA Community Room, 1021 San Pedro Ave., San Antonio.

Seguin Meeting – 6-8 p.m., Oct. 1 at Seguin-Guadalupe County Coliseum, 950 S. Austin St., Seguin.

New Braunfels Meeting – 6-8 p.m., Oct. 2 at New Braunfels Civic Center, 375 S. Castell Ave., New Braunfels.



We Plan to Keep You Moving

Boerne Meeting – 6-8 p.m., Oct. 3 at Boerne Civic Center, 820 Adler Road, Boerne.

Public comments can also be made online at <http://www.mobility2040.org>.

MPO meetings are ac-

cessible to persons with disabilities. To request special assistance or an interpreter, call 227-8651 or TDD 1-800-735-2989 (Relay Texas) at least five working days in advance. For more information, call 227-8651.



Army Warrant Officer Association

The next meeting of the Lone Star Silver Chapter of the U.S. Army Warrant Officer Association is at 5:30 p.m. Sept. 16 at the Longhorn

Cafe, 1003 Rittiman Road. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call 475-2565.

Band of the West Horizon Saxophone Quartet

The U.S. Air Force Band of the West Horizon Saxophone Quartet performs at 2 p.m. Wednesday at the Memorial Branch Library, 3222

Culebra Road. The concert is free and open to the public.

Job Fair for Veterans

A special hiring event for veterans and military spouses takes place from 11 a.m.-3 p.m. Thursday at the Norris Conference Center, 4522 Fredericksburg Road. Veteran-friendly local and national employers scheduled to attend include USAA, Toyota Motor Manufacturing of Texas, Aldez Containers, Methodist Healthcare Systems, Silver Eagle Distributors, Department of Public Safety-Texas Highway Patrol, Schlumberger, Baytown Police Department, First Command Financial Planning, General Dynamics C4 Systems, Chevron Corp., Walgreens, Lockheed Martin and many more.

AMEDDC&S and 32nd Medical Brigade Reunion

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

variety of sporting events in the morning followed by a reception with dinner and dancing beginning at 5:30 p.m. at the San Antonio Airport Hilton. Email 32ndmedbde@gmail.com to register or for more information visit the Facebook page at "2013 Center Brigade Reunion."

Women's Survivor Group

A women's survivor group has been created for women who have experienced sexual trauma. The goal is to increase survivors' understanding to their response to victimization and the impact on their lives. The group offers a safe, open atmosphere for discussion and support to facilitate understanding of sexual victimization and the healing process. The group meets from 6:30 to 8 p.m. Mondays at the Rape Crisis Center group room at 7500 U.S. Highway 90 West, Building 2, Suite 201. Call 521-7273 for more information.

Teen Survivors Group

A teen survivors' group has been created for teens who have

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

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, either online at <http://www.wavesof-honor.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.

FOR SALE: GE 25-cubic-foot Profile Artica side-by-side refrigerator/freezer. Includes water/ice dispenser/drinks door. Excellent condition. Includes four brand-new, never-used GE (not OEM) water filters (a \$190 value). \$550. Call 771-7480 or 295-6131.

FOR SALE: White "Welcome Home" banner with yellow letters, paid over \$120, asking \$75 obo. Email lynda_5296@hotmail.com.

FOR SALE: Noritake Stoneware, desert flower pattern, microwave and oven safe, 8.5-inch serving bowl and 14-inch serving platter, coffee/tea pot, creamer, sugar bowl, butter dish and salt/pepper shakers, \$75. Call 495-2296.

Dependents may take advantage of the offer without their service member, though an adult must accompany minor dependents.

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.



COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT

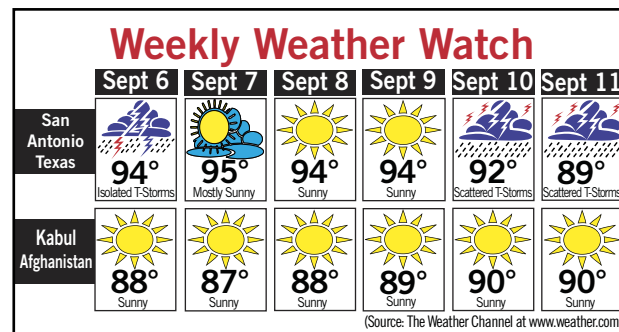
The 2013 Combined Federal Campaign begins Sunday and runs through Dec. 15. The following is a list of points of contact for Joint Base San Antonio:

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

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

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

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



WATER CONSERVATION TIPS

1. When washing dishes by hand, don't let the water run while rinsing. Fill one sink with wash water and the other with rinse water.
2. Evaporative coolers require a seasonal maintenance checkup. For more efficient cooling, check your evaporative cooler annually.
3. Check your sprinkler system frequently and adjust sprinklers so only your lawn is watered and not the house, sidewalk or street.
4. Run your washing machine and dishwasher only when they are full and you could save 1,000 gallons of water a month.
5. Avoid planting turf in areas that are hard to water, such as steep inclines and isolated strips along sidewalks and driveways.



(Source: 502nd Civil Engineer Squadron)

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