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JBSA Sexual Assault Hotline
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JBSA Domestic Abuse Hotline
367-1213
JBSA Duty Chaplain
221-9363

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



SEXUAL ASSAULT AWARENESS MONTH

PAGE 4



FREEDOM FIELD OPENS AT WFSC

PAGE 6



CHANGES TO ARMY APPEARANCE REG

PAGE 14

IMCOM CHANGE OF COMMAND



Army Lt. Gen. David D. Halverson (left) accepts the colors from Army Gen. John F. Campbell (center), Vice Chief of Staff of the Army, and assumes duties as commanding general of the U.S. Army Installation Management Command and Assistant Chief of Staff for Installation Management as outgoing IMCOM commander Lt. Gen. Mike Ferriter (right) looks on during a change of command ceremony at Joint Base San Antonio-Fort Sam Houston's MacArthur Parade Field Tuesday. Halverson served as deputy commanding general for the Army Training and Doctrine Command at Fort Eustis, Va., before this assignment. An article and additional photos from the change of command will appear in the April 18 edition of the News Leader.

Photo by Joel Martinez

Ardent Sentry rocks 2014 with catastrophic incident exercise

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

U.S. Army North (Fifth Army) wrapped up the latest U. S. Northern Command catastrophic incident exercise, Ardent Sentry 14, after a week of simulated support to local, state, tribal and federal forces in a scenario set in Alaska and San Diego.

Within the bounds of the exercise, Army North, operating under U.S. Northern Command, sent out support elements in response to

massive simulated earthquakes that struck near Anchorage, Alaska and San Diego, Calif., notionally causing untold deaths and uncounted billions of dollars in damages to both regions and overwhelming each area's local and state responders and Federal Emergency Management Agency teams.

This year, Ardent Sentry was executed as part of the National



Exercise Program's Capstone Exercise which links national, regional and state-sponsored

See ARDENT, P13

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Veterans continue their service through sports

By Lt. Col. Zoltan Krompecher
Commander, Headquarters
and Headquarters Battalion,
U.S. Army North (Fifth Army)



Lt. Col. Zoltan Krompecher

Success has many fathers.

Recently, I witnessed a sport played at the highest level. Full of suspense and emotion and more powerful than ESPN's infatuation with LeBron James, this game was devoid of embarrassing interviews and self-aggrandizement. The players were children coached by military veterans.

Coaches can elevate dreams or litter young minds. Good coaches offer no guarantees other than the promise that if one tries hard enough, things happen.

Ed Colazzo probably didn't realize it when he rolled out on his 25th combat mission in Iraq, and Chris Irving probably didn't realize his coaching potential when an IED turned his vehicle into a mass of twisted steel and sinew.

stand that encouragement is the best salve for a bruised ego. Their teams are emblematic of any military platoon, replete with players of every religion, race and socioeconomic standing but united in giving their best.

It takes the power of the coach's whistle to blend differences by using camaraderie as a currency for success and keep kids coming out day after day, away from the video games and television (at least for a few hours).

At the beginning of every season, they assemble like new recruits, nervous and anxious, trying to make sense of a game.

Soon after, they form a team, and when the final whistle signals season's end, they are friends tackling life and sharing memories of having won and lost: like Soldiers.

Everybody plays, and though the scoreboard might say otherwise,

everybody wins.

They chalk up losses with wins; loss is part of life, too. At battle's end, opponents shake hands, and win or lose we celebrate the smiles more than the scoreboard.

While on the field, the lines etching these veterans' faces seem to soften, and they smile more when mentoring.

A wounded coach confided, "Being out here helps me heal." Their payment is when a sweat-soaked child looks up with a crooked smile, the sun shining on her face, and says, "Thanks, coach."

Out here, bleachers are replete with rank, but the highest rank is "Coach," and when Coach yells up that they need help, you can bet more than a few senior officers and hardened sergeants scramble down to report for duty as line judges, water boys and score keepers.

I'd like to convince myself that I can slow time, but the truth is

that there will be fewer opportunities to watch my daughters throw a ball or my son make an open-field tackle, but when they look up to the stands, making eye contact with me while flashing a smile, I am reminded that everything is as it should be.

So thanks, Coach, because years from now when the wind stirs a tattered net or I discover an old glove in the closet, I'll have memories to treasure for a lifetime and the realization that my family title is more important than anything else.

When dreams fade and life deals them a setback, these children will discover that which is deep within them to carry them forward; somewhere a coach had a hand in it.

Next season, new faces will fill the ranks and coaches will be standing ready, like Soldiers on watch.

These coaches are truly Soldiers for life.

Every dollar counts in developing a Cost Conscious Culture at JBSA

By Claudia McFadden

502nd Air Base Wing
Plans and Programs

If you have driven past a flightline, building or group of people, have you ever witnessed something that caused you to think "Well, that's a waste of money!"

Congratulations! You have a "Cost Conscious Culture" mindset. Did you have an idea on how to eliminate

that waste?

Don't let that idea get away, because the 502nd Air Base Wing and Joint Base San Antonio needs you to identify any wasteful practice you see via a C3 submission.

A Cost Conscious Culture, or C3, mindset occurs when every JBSA member makes cost considerations a part of everything they do.

If we can make an ad-

justment to, or eliminate waste in, what we're doing, save resources and still accomplish our mission – then we want to hear about it.

Here's what you need to do:

1) Recognize a wasteful process, method, activity or program.

2) Gather as much data as reasonably possible.

3) Determine, as best you can, in what func-

tional area your idea might apply.

4) Identify what sort of actions or impacts this change might have.

5) Go to the C3 link and submit your idea.

It's really that simple! Submit your C3 idea at <http://www.jbsa.af.mil/library/jbsa-c3.asp>.

This is a public domain to allow access to all our JBSA community to include Air Force, Army, Navy, Marines

and Coast Guard mission partners, as well as DOD civilians, family members and all others who use or live on our installation.

C3 is increasingly important as we face reductions in available resources across the Department of Defense.

Good ideas are needed to achieve savings at all levels. Don't let that idea get away.



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

News Briefs

JBSA-Fort Sam Houston Fiesta and Fireworks

Family fun and an explosive firework display will set the tone for this year's Fiesta and Fireworks from 1-9 p.m. Sunday at the MacArthur Parade Field, inside the Johnson Track. Arrive early and bring a lawn chair for continuous family Fiesta fun.

The event begins at 1 p.m. and features food and drink, vendors, continuous live entertainment, carnival rides, a children's activity tent, games and military equipment displays.

The live entertainment and event lineup includes DJ Stevie Mac, 1-2 p.m.; Blow My Cover, 2-3 p.m.; Sebastien De La Cruz and Mariachi Band, 3:30-4:30 p.m.; military ceremony at command pavilion with more than 300 military personnel on parade, 4:30-5:30 p.m.; U.S. Army Soldier Show "Stand Strong," 6-6:30 p.m.; 323rd Army Band "Fort Sam's Own," 7-8 p.m.; Gunn Automotive Group car drawing, 8-8:15 p.m.; 323rd Army Band "Fort Sam's Own," 8:15-9 p.m. and fireworks display, 9-9:20 p.m.

All non-Department of Defense ID card holders must enter through the Harry Wurzbach East gate. All DOD ID card holders may enter any gate regularly open on Sundays, including the Wilson/Cunningham gate, which will be open for this event. For more information, call 221-1718.

Intuitive eating research study

Participants are needed for a 10-week intuitive eating research study in person or as an online program. The study will focus on intuitive eating, a new way of looking at weight, health and why we eat. Participants will receive nutrition advice and education, a free nutrition assessment and use an innovative activity monitor to improve fitness. To participate, candidates must be enrolled in TRICARE, be 18 years of age or older, have a body mass index of 25 or greater, Internet access, a text-capable phone and plan to be in the San Antonio area for nine months. For more information, call 221-7780 or 253-968-1148.

PROSE optical treatment helps save sight, allows patients to regain quality of life

By Maria Gallegos
BAMC Public Affairs

Brooke Army Medical Center Optometry offers a special optical treatment for patients who suffer from severe complex corneal disease.

In collaboration with the Boston Foundation for Sight, an organization that has pioneered the device, BAMC's Prosthetic Replacement of Ocular Surface Ecosystem, or PROSE, clinic has helped hundreds of patients regain their quality of life, relieving chronic dry eyes, irritation, severe pain and blurry vision.

PROSE, which resembles an oversized contact lens, fits under the eyelid and creates a reservoir of fluid that continuously keeps the eye lubricated and protected.

The service was established in 2008 by Army Col. Jeff Cleland, U.S. Army Institute of Surgical Research ocular trauma officer in charge, and is currently under the direction of Army Lt. Col. Evelyn Reyes-Cabrera, BAMC Optometry Education Programs director and PROSE clinical fellow.

Cleland and Reyes-Cabrera are the only two military service members of the 15 trained PROSE clinical fellows in the world who are able to custom fit the PROSE device to the patient. Additionally, BAMC is one of only 12 BostonSight Network Clinics in the United States.

Reyes-Cabrera recalled the first time she saw the importance of



Photo by Maria Gallegos

Lt. Col. Evelyn Reyes-Cabrera (left), Brooke Army Medical Center optometry education programs director and PROSE clinical fellow, examines retired Army Col. Cheryl Carson's left eye during a PROSE follow-up appointment at the clinic. Carson suffers from lagophthalmos, the inability to close her left eyelid completely, leaving the eye irritated, dry and sensitive.

the device and how it dramatically enables patients to regain their life.

"A few years ago, BAMC had an emergency come in," she said. "A wounded warrior was medically evacuated from Landstuhl, Germany and had sustained burn injuries to approximately 80 percent of his body.

"In order to save his eyes, we immediately fitted him with a PROSE device to protect and shield his eyes from further damage," Reyes-Cabrera said. "The treatment really made a difference. He still wears his PROSE device and is now a successful full-time comedian."

The device is not for everyone, however. After a referral from a health care provider, a thorough eye evaluation is performed to ensure it

is the right diagnosis for the patient.

"For many, the PROSE device is the last stop. However, before we can custom fit the device, we evaluate all options," Reyes-Cabrera said.

Army retiree Lewis Otero-Aquino developed a graft-versus-host disease, or GVHD, which is a complication following allogeneic tissue transplant, shortly after his bone marrow transplant in 1998. His ocular surface was adversely affected causing severe sensitivity to light, chronic dry eyes and excessive eye pain.

After many years of failed attempts to relieve his symptoms, doctors from BAMC's oncology and optometry staff referred him to the PROSE clinic as a potential candidate.

"His eyes were

constantly burning and irritated," said his wife, Carmen. "He tried on the device for one hour and for the first time in a long time, I saw a sign of relief on his face instantly."

"Many patients we see daily suffer from severe dry eye syndrome due to potential side effects of their medications or their condition," Reyes-Cabrera said. "The treatment offers instant relief to the patient because the device is filled with saline at the time of the application, creating a reservoir that continuously bathes the eye, keeping them lubricated."

"A transplant saved my life, but the PROSE lenses afforded me the opportunity to enjoy my life again," Lewis said.

Retired Army Col. Cheryl Carson recently had similar complica-

tions after her acoustic neuroma surgery in 1992.

Since her surgery, she suffers from lagophthalmos, the inability to close her left eyelid completely, leaving the eye irritated, dry and sensitive. After years of unsuccessful treatments – including a gold plate procedure in which weight is introduced to the eyelid helping it to close – she was referred to the PROSE clinic.

"During my follow-up visit with my optometry doctor, I told her the gold plate was not working and my eye was constantly dry and irritated. She referred me to the PROSE clinic.

"I've had this PROSE device for about a year now and I love it," Carson said. "The device keeps my eye lubricated and protected so I don't have to keep my eye moist all day and night or worry about losing the eye drop bottles. The PROSE treatment gave me relief I have not had for years."

"The main goal of the PROSE treatment is not just to improve patients' vision acuity, but to improve their quality of life so they can go back to work – go back to their life – shop for groceries, drive around, spend time with their kids and not be miserable or be in constant pain," Reyes-Cabrera added.

"The device is not just about seeing – it's about how it improves the quality of life for our patients."

For more information about the PROSE program, call 916-1717.

JBSA leaders send stern message about sexual assault

By Steve Elliott

Joint Base San Antonio-Fort Sam
Houston Public Affairs

Military leaders from throughout Joint Base San Antonio joined together at the Evans Theater Friday to sign a proclamation declaring April 2014 as Sexual Assault Awareness Month, with the theme "Live Our Values: Step Up to Stop Sexual Assault."

"Sexual assault is a scourge on all our military services," said Army Lt. Gen. Perry Wiggins, commander, U.S. Army North (Fifth Army) and senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis. "We tend to put a face on our enemy and, in this case, the enemy is us.

"Sexual assault changes people. It scars people," Wiggins continued. "They may not be physical scars,

but these scars run deep. We cannot accept people in our military who commit sexual assault upon another person. It is going to take action to combat this systemic problem in the military.

"This is not a time for silence on sexual assault," the general said. "You are part of a team that does not know the meaning of the word 'defeat.' This will not defeat us."

The proclamation ceremony was one of numerous events planned throughout JBSA to highlight the fact that sexual assault is criminal conduct that falls well short of the standards America expects of its men and women in uniform and is a violation of military core values.

"Sexual assault is a crime and Sexual Assault Awareness Month is an

annual reminder of the values we live by all year long," said Navy Capt. Gail Hathaway, commander, Navy Medicine Education and Training Command. "We must all be personally committed to a climate of respect to our fellow service members."

Putting a human face on the crime of sexual assault was guest speaker Air Force Master Sgt. Amanda Caldwell, a victim of sexual assault both inside and outside the military, who is now stationed at JBSA-Lackland.

"My story is hard to tell ... but there are thousands more out there suffering in silence." Caldwell began.

The sergeant, who has been a past Fiesta military ambassador and has won numerous awards for excellence throughout her career, noted that she



Photo by Joshua Rodriguez

Military leaders from throughout Joint Base San Antonio joined together at Evans Theater Friday to sign a proclamation declaring April 2014 as Sexual Assault Awareness Month. Taking part in the signing were (from left) Army Lt. Gen. Perry Wiggins, commanding general, U.S. Army North (Fifth Army) and senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis; Air Force Brig. Gen. Bob LaBrutta, commander, 502nd Air Base Wing and JBSA; Navy Capt. Gail Hathaway, commander, Navy Medicine Education and Training Command; and Marine Maj. Martin Gale, executive officer for the 4th Reconnaissance Battalion.

keeps herself detached while talking about her past, mainly as a coping mechanism to help her get through speaking about it.

Caldwell spoke in detail about being assaulted by a trusted family member when she was a teenager working at a Minnesota summer camp.

"My whole life changed when this happened. I felt like I had no one to talk to about it," she said.

See SAAM, P17

Defense Commissary Agency reports drug company recalling 'alli' products

The Defense Commissary Agency has reported that GlaxoSmithKline is recalling all alli® weight loss products because some were tampered with, according to a letter from the company March 26.

GSK found that some of the products purchased had a bottle that was similar in both color and size as the alli® product but did not have a bottle label and may or may not have had an authentic tamper evident seal.

In some bottles, the alli® product had been removed and an unknown product was placed inside.

Tampered products have been sold in Alabama, Florida, Louisiana, Mississippi, New York,

North Carolina and Texas.

The Defense Commissary Agency has publicized this recall notice to all its stores, said Chris Wicker, a public health advisor for DeCA headquarters at Fort Lee, Va.

Whenever a commissary has a recalled or withdrawn product in its inventory, the product is immediately removed from store shelves.

“We have confirmed that DeCA only carries two of the products,” Wicker said. “Customers should still be very vigilant about their products.”

The following recalled products have been pulled from commissary shelves:

- Diet Starter Pack - GTIN: 00353100468004,

UPC Code:

353100468000

- Diet Supply Refill Pack - GTIN: 00353100469254, UPC Code: 353100469250

Commissary customers can return recalled products to the store of purchase for a full refund.

For the latest food safety alerts and product recalls affecting military commissaries, visit <http://www.commissaries.com> and click on the “Food & Product Recalls” box on the front page.

For general food safety information, visit the website, choose the “News & Info” tab and select “Food Safety” from the dropdown box.

(Source: Defense Commissary Agency)

News Briefs

Continued from P3

Gate Changes

The North New Braunfels gate is closed and the Harry Wurzbach West gate, or Pershing gate, is open. Hours for operation for the Harry Wurzbach West gate are 6 a.m. to 6 p.m. Monday through Friday and closed on weekends and holidays.

Volunteers Needed As Patients For Medical Readiness Training

The 937th Training Support Squadron's Medical Readiness Training Center at Joint Base San Antonio-Camp Bullis needs volunteers to serve as patients for medical readiness training. Patients are needed from 10 a.m. to 3 p.m. Wednesdays and 8 a.m. to 3 p.m. Thursdays on April 16-17, April 30-May 1, May 14-15, June 11-12, June 25-26, July 30-31, Sept. 17-18 and Sept. 24-25. Volunteers can assist for one hour or an entire day. Volunteers will be moulaged to have fake injuries, such as gunshot wounds, stab wounds, etc. Volunteers can be in civilian or military clothing, although it is preferable to wear old civilian clothing as the materials used for simulated injuries may stain. Call 808-3406 or 808-3410.

Military Tax Assistance Centers Open For Business

The Military Tax Assistance Centers on Joint Base San Antonio-Fort Sam Houston are open through the tax filing deadline Tuesday. Those eligible for services include active duty service members and their dependents, as well as military retirees and their dependents. Civilian employees and contractors are not eligible for services unless they fit into one of the above categories. "Gray area" retired reservists are not eligible for services until they begin receiving retired military pay. Taxes are completed on an appointment-only basis at two tax sites: the main site located at 2271 Reynolds Road (in the 502nd Force Support Group Legal Office trailer) and the San Antonio Military Medical Center site (located in the basement near the lost and found office). To make an appointment at the main site, call 295-1040. To make an appointment at the SAMMC MTAC site, call 916-1040.

Veteran returns legacy of loyalty, sacrifice to next generation through WFSC donation

By Sgt. 1st Class
Christopher DeHart
ARNORTH Public Affairs

Veterans of wars long past share a tradition of passing on a legacy to those who came after them, one generation to another. One veteran, Pvt. 1st Class Kerry Merritt, wanted to do more than pass along advice or heirlooms.

On his behalf, his family – wife Nancy, daughter Amanda Beck and granddaughters Merritt and Alexandra Beck – chose to give back to those service members and their families who have made their own sacrifices.

With assistance from Returning Heroes Home, Inc., a San Antonio-based non-profit organization, the beneficiary of that gift is the Warrior and Family Support Center on Joint Base San Antonio-Fort Sam Houston. WFSC officials opened Freedom Field, the latest and final addition to the Freedom Park expansion, during a ribbon-cutting ceremony March 25.

Merritt was a Bronze Star and Purple Heart recipient who fought in World War II. After leaving the military, Merritt became a successful Texas lumberman and advocate for the rights of returning service members.

In the spirit of his efforts, his family wanted to honor him by giving back to the military and helping the next generation of heroes – demonstrating a commitment to the ideals of being a

Soldier for life. Nancy and Amanda donated the funds to complete this portion of the project in honor of their husband and father.

"When we first started building six years ago, one of the Soldiers came to me and said 'Miss Judith, I want grass that doesn't crackle when you walk on it to play with my kids on,'" said WFSC director Judith Markelz during her opening remarks at the ceremony.

"In the middle of the million-dollar things in the building and all the buttons I'm not allowed to push, he wanted grass that doesn't crackle when you walk on it," she said. "I really never thought about it, but our grass does actually do that. So, now he got grass that doesn't crackle when you walk on it!

"When I drove by here the other day, there was a young man out here playing with four kids, rolling around on the grass," Markelz continued. "No special athletic event, no therapy session ... just rolling around with his children. And for that, all of us thank all of you very much for that moment in time."

Markelz has long advocated the WFSC mission of making wounded warriors and their families feel at home and feel like family as they rest, heal and recuperate. Freedom Field, along with Freedom Park, is one more piece of home for those service members and families.

"Thank you for com-



Photo by Sgt. 1st Class Christopher Dehart

The official party cuts the ribbon to open Freedom Field to wounded warriors and their families during a ceremony March 25 behind the Warrior and Family Support Center near Brooke Army Medical Center on Joint Base San Antonio-Fort Sam Houston. Pictured are (from left) Maj. Gen. William Roy, deputy commanding general for operations, U.S. Army North (Fifth Army); Merritt Beck, granddaughter of Kerry and Nancy Merritt; Nancy Merritt, wife of Pvt. 1st Class Kerry Merritt; Amanda Beck, daughter of Kerry and Nancy Merritt; Alexandra Beck, granddaughter of Kerry and Nancy Merritt and Steve Huffman, president of Returning Heroes Home, Inc.

ing out to help Amanda Beck and her mother, Nancy Merritt, celebrate this fabulous occasion," said Steve Huffman, president of Returning Heroes Home, Inc. "What you see here is a labor of love that started seven years ago when I had my first meeting with Judith Markelz.

"This campus is a reflection of the commitment from people like all of you here who love their country and want to honor and say thank you to all of the men and women of the armed services."

Huffman spoke of how they faced more than a few challenges in completing the project, which was started in

2007, and it was within the last six months that the Merritt and Beck family offered to do whatever they could to help complete it.

"With every hurdle we encountered, we knew we would overcome them and today, through the tremendous generosity of Amanda and Nancy and their family, this dream is a reality," Huffman said.

Freedom Field is a 2.6-acre portion of Freedom Park that includes a multi-purpose sports field, comprised of a 35,000-square-foot artificial turf field area, as well as a loop for a crushed granite running track, additional natural turf and irrigation

around the perimeter of the artificial turf field and additional site lighting to allow use at night or early morning hours.

The turf field will be an asset to the therapy staff at the nearby Center for the Intrepid, whose biggest problem is no open space for agility, running, sled pulling and sports drills. They currently use roll out AstroTurf on the running track at Freedom Park to provide a space for various physical therapy activities.

A turf field is a standard expectation for a state-of-the-art sports medicine facility and has been one of the goals of CFI for a number of years.

JBSA takes back unused, expired prescription drugs April 26

By Capt. Heather Kincaide
59th Diagnostics and Therapeutics Squadron

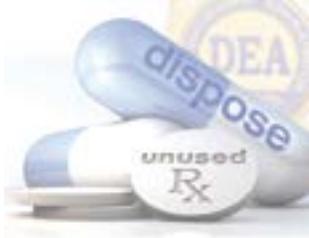
People can help prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs from 10 a.m. to 2 p.m. April 26 at several National Prescription Drug Take Back Day locations throughout Joint Base San Antonio.

Two collection sites will be located at JBSA-Fort Sam Houston: – the medical mall in the San Antonio Military Medical Center and at the Satellite Pharmacy.

There will also be a collection site at the JBSA-Randolph Exchange refill pharmacy and another at the JBSA-Lackland Exchange satellite pharmacy. The service is free and anonymous.

Last April, Americans turned in 371 tons (more than 742,000 pounds) of prescription drugs at more than 5,800 sites operated by the Drug Enforcement Administration and its thousands of state and local law enforcement partners.

In its six previous



“Take Back” events, the DEA and its partners took in more than 2.8 million pounds of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse.

Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs.

Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

In addition, Americans are now advised that their usual methods for disposing of unused medicines – flushing them down the toilet or throwing them in the trash –

pose potential safety and health hazards.

The DEA is in the process of approving new regulations that implement the Safe and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an “ultimate user” (a patient or pet or their family member or owner) of controlled substance medications to dispose of them by delivering them to entities authorized by the Attorney General to accept them.

The Act also allows the Attorney General to authorize long term care facilities to dispose of their residents’ controlled substances in certain instances.

Officials ask that all pills be emptied into a zip-lock or plastic bag and that only the bag of pills be brought to the collection site. Medication bottles can be disposed of through local recycling programs.

For more information, call 671-2262, 671-9638 or 671-9471/87. Additional local “Take Back” locations can be found at <https://www.dea diversion.usdoj.gov/NTBI/>.

SRMC chief of staff receives American College of Healthcare Executives award

By Diana L. Struski
Southern Regional Medical
Command Public Affairs

Col. David A. Bitterman, chief of staff of the Southern Regional Medical Command at Joint Base San Antonio-Fort Sam Houston, recently received the American College of Healthcare Executives Senior-Level Healthcare Executive Regent's Award. Bitterman is also a Fellow of the American College of Healthcare Executives.

The award recognizes college members who are experienced in the field and have made significant contributions to the advancement of healthcare management excellence.

Members are evaluated on leadership ability; innovative and creative



Photo by Erin Perez

Maj. Gen. Jimmie O. Keenan (left), commander, Southern Regional Medical Command, presents the American College of Healthcare Executives Senior-Level Healthcare Executive Regent's Award to Col. David A. Bitterman at a recent ceremony at Joint Base San Antonio-Fort Sam Houston.

management; executive capability in developing their own organization

and promoting its growth and stature in the community; contributions to the development of others in the healthcare profession; leadership in local, state or provincial hospital and health associations; participation in civic-community activities and projects; participation in ACHE activities and interest in assisting ACHE in achieving its objects.

Bitterman has served as the SRMC chief of staff since September 2013 and had previously served as chief of staff for the U.S. Army Medical Command, also at JBSA-Fort Sam Houston.

The American College of Healthcare Executives is an international professional society of more than 40,000 healthcare executives who lead hospitals, healthcare systems and other healthcare organizations. ACHE offers its FACHE® credential, signifying board certification in healthcare management.

Mediation: Negotiating toward a resolution from all parties

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

Does your office have a toxic climate? Do colleagues hunker down into a foxhole mentality when someone loses his or her temper and fills the air with expletives?

Maybe a co-worker or supervisor said or did something that offended you, made you feel uncomfortable and isolated and you know something needs to be done – but what and by whom?

If somebody feels belittled, marginalized or that they are not getting the same kinds of projects and opportunities that someone else is getting – being treated unfairly – there are avenues of redress available to each and every employee, civilian or military, explained

Debi Barnes, an equal opportunity specialist with the 502nd Air Base Wing Equal Opportunity Office.

Many situations may be resolved through mediation, which employs a neutral third party to help individuals in conflict reach resolution she said. Mediation, a form of alternative dispute resolution, is used instead of an investigative or litigation process.

“If an individual comes in and they are not sure they want to file an (equal opportunity) complaint, but they do feel they have an issue that needs to be brought to management’s attention, they may ask to do a workplace dispute mediation,” Barnes said.

Even when a formal complaint is filed, the complainant is given the opportunity to mediate the issue first.

Mediation is informal, confidential and the decision to mediate is completely voluntary for all parties.

The process gives each individual involved an opportunity to discuss issues, clear up misunderstandings, determine the underlying interests or concerns of each party, find areas of agreement and, ultimately, to incorporate those areas of agreement into resolutions.

“It’s a great way to get people to the table,” Barnes said. “With mediation, you are coming into a non-retribution setting and what is said in that room stays in that room.”

Once a neutral third party is in the room asking a few questions and people start to talk, the floodgates open, especially when the aggrieved party understands nothing

leaves the room and there are no repercussions.

A mediator does not resolve the charge or impose a decision on the parties. Instead, the mediator helps the parties agree on a mutually acceptable resolution that is delineated in the settlement agreement.

“With mediation, you’re going to hopefully have a win-win situation. If you get a settlement agreement saying management is going to do this and the employee is going to do this, it’s legally binding once it’s signed.”

After signing a settlement agreement, the complaint is withdrawn.

Mediation may be held in person or by phone and participating does not constitute admission of guilt or a violation of laws enforced by the Equal Employment Opportunity

Commission such as discrimination against a job applicant or an employee because of race, color, religion, sex, including pregnancy, national origin, age (40 or older), disability or genetic information.

Each party may have an attorney, friend, relative or support person and is allowed official or administrative time to participate.

Everyone in Barnes’ office is a mediator and several volunteer mediators support the process. She said her office sees a range of complaints but there is a striking similitude between nearly all of them.

“Communication is our biggest issue,” Barnes said, adding that 99.99 percent of complaints can be traced to a lack of communication in the work place.

“When two parties take a stand and neither will

budge, they will not be able to compromise and will not be able to work with others in the office because those people are not completely objective – each is already a player in the game,” she said.

“We have no stake in the outcome,” Barnes said explaining mediation can be very successful at removing barriers to communicating.

The first step toward resolving issues in the workplace is to contact the equal opportunity office on Joint Base San Antonio-Fort Sam Houston at 221-1177.

During that initial contact, a counselor will fill out an information sheet and do an intake assessment in order to define the parameters of the issue and brief the complainant on his or her rights and responsibilities.



'Xeri' sum game

Landscaping for water conservation

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

When it comes to rainfall and lawn care, the grass is not always greener on the other side for Texas residents. Sometimes, there isn't much residents can do with the amount of water they are allowed to use during dry months.

But there are measures that can be taken to maximize water usage while reducing how much of it is used when taking care of lawns.

The 502nd Civil Engineer Squadron suggests xeriscaping – the creation or adjustment of landscape to require little water – which they said is gaining popularity.

Xeriscaping is applied by using soil, turf grass, mulch and plants that best accommodate regional weather conditions.

"A common misconception people have is xeriscaping automatically means the use of cactus and rocks," said Bruce Dschuden, 502nd CES resource efficiency manager. "While cactus and rocks are great tools for xeriscaping, design choices are not limited to them."

St. Augustine and Bermuda grasses are widely used in Texas, but lack some of the xeriscape features of other grasses. For example, Buffalo grass is a Texas-native alternative that has excellent drought resistance and can stand well against high temperatures. Zoysia grass is another alternative that is versatile, and maintains well during a drought and in the shade.

Mulches are a principle component of xeriscaping that help retain water in soils, and are a great addition to plants and shrubbery.

Xeriscape plants also require less watering – one deep soaking every two or three weeks – as opposed to the more frequent water-

ing needed for non-xeric plants.

Planning and designing a landscape is perhaps the most important xeriscaping principle. "There are a lot of options out there," Dschuden said. "You just need to be educated as a consumer. Any of your big box stores like Home Depot or Lowe's, and local nurseries as well, will help you get in tune with your plants' needs."

Dschuden also suggested the Internet as a perfect launching pad for anyone wanting to look up registries about different types of grasses, shrubs, trees, etc.

Considering the state's susceptibility to drought, Joint Base San Antonio is on board to reduce water usage.

The Air Force Personnel Center at JBSA-Randolph and the 502nd Air Base Wing headquarters building at JBSA-Fort Sam Houston are examples of water-efficient design in action on JBSA.

More buildings across JBSA locations are likely to implement water-saving design features, in turn reducing the amount of energy it takes to pump the water across the base.

Since 2007, the Air Force requires an annual 2 percent reduction in water usage, Dschuden said.

To meet these needs, Dschuden asked for the help of base residents to change their mindset when it comes to water and energy usage. However, his advice applies to all beyond the gates of JBSA.

"Texas is a semi-arid climate, and xeriscaping can reduce water consumption by 25 percent, which is significant in a drought situation," Dschuden said. "Xeriscaping might tend to be more of a dollar-saving plan for homeowners, but when you cut back your dollar amount in water costs, you actually help save resources."

"As a civilian or active-duty military member, saving resources is the right thing to do," he said. "Xeriscaping is one small part in helping change the culture of how we use our resources."



Photos by Benjamin Faske

The Air Force Post Graduate Dental School and Clinic on Joint Base San Antonio-Lackland uses xeriscaping as a low cost, low water alternative to traditional landscaping.

Ground rules for xeriscaping

Xeriscaping is an approach to landscaping that emphasizes activities and plant selection to minimize the use of water. Xeriscaping comes from the Greek word xeros, meaning dry, and was first used in Denver in 1978.

Over time this approach evolved into a set of seven principles:

- Planning and design
- Soil analysis
- Practical turf areas
- Appropriate plant selection
- Efficient irrigation
- Use of mulches
- Appropriate maintenance

Probably the most important of these principles is planning and design. Since so much of xeriscaping – in fact, all of the subsequent principles – depends on deciding beforehand how a facility will install and maintain its lawns and open spaces, this principle is critical to success.

Properly done, a plan should begin with a soil analysis to determine what types of plants are appropriate. Is the soil sandy? Mineral rich? Compact? The answers to these questions will determine the types of ground cover, plants and trees that are most likely to thrive with minimal water use in that environment.

When selecting plants for a xeriscape, local conditions must

be taken into account as not all xeriscaping is the same across the country. The drought resistant ground cover used in San Antonio will probably not be appropriate for grounds in colder climate. Carefully choosing plants suited to the local area will contribute to the success of a xeriscaping project.

Water tip

Water lawns and outdoor plants in the early morning or late in the day to reduce evaporation.

Since lawns are such huge users of water, consideration of practical turf areas will affect future costs. Does an entire area have to be sodded, or can decorative flagstones or rock placements be used for variety? How can walkways be chosen to minimize the area devoted to lawns?

Possibly the most significant of xeriscaping issues is efficient irrigation. Is it better to use sprinklers or drip irrigation? What technologies are available to determine when an irrigation system should operate? (Perhaps irrigation can be completely secured during the winter months). Is the irrigation system installed to avoid the wasteful watering of hardscape

(e.g., driveways and sidewalks)?

After an efficient system of irrigation is installed what can be done to ensure that the water is best used for efficient plant growth? One of the techniques that can be used to retain moisture around plants is mulching. Whether organic, such as wood chips or compost, or inorganic, such as limestone or lava rock, mulches are effective in preventing the evaporation of water once applied to plants.

But xeriscaping doesn't end with the installation of a lawn, trees and plant life. Effective maintenance is necessary to ensure that the landscaping continues to thrive using a minimum of water. For example, different grass varieties should be mowed at different lengths: St. Augustine grass and Buffalo grass, three inches; Bermuda, one inch; and Zoysia grass, two inches.

It might seem like there are a lot of things to keep in mind for successful xeriscaping. But with some planning up front, the selection of appropriate turf and plant life, and applying some water conservation measures to reduce water costs in the home or business, applying these principles will almost certainly make the effort worthwhile.

(Originally published by the Marine Corps Base Hawaii E-notes newsletter)

ARMY TEAMS UP WITH RANGERS FOR BIG LEAGUE WEEKEND



Photo by Sgt. Lee Ezzell

Lt. Gen. Perry Wiggins (left) gets a few pitching pointers March 27 from Texas Rangers pitching legend Nolan Ryan (right) before the start of Major League Baseball's Big League Weekend military appreciation day in the Alamodome. Wiggins, who threw out the first pitch, is the commanding general for U.S. Army North (Fifth Army) and senior Army commander, Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis.

ARDENT from P1

exercises into a "one exercise, one-world" environment for the purposes of operational management, resource allocation and decision making. The exercise ran from March 27 to April 3.

One key asset Army North possesses to ensure all its partners are supported properly is Task Force 51, their premier all-hazard response force, consisting of a core of more than 70 people assigned from within various Army North staff sections.

"We'll help move them to the right area to get the right capabilities to the right places at the right time," said Col. Russell Lewis, chief of

staff of Task Force 51. "We communicate with the local officials, look at their assessments of the situation and process their requests in order to provide support where it's needed."

Typically, TF-51 brings a different level of support to emergency response forces, instilling a sense of confidence that comes with them knowing the Department of Defense has their backs covered and they are not alone. In this way, TF-51 integrates their operations and planning with local, state, tribal and federal partners more efficiently and intuitively.

This exercise saw Task Force 51 operate in a role outside their norm. Supporting two

FEMA regions necessitated splitting the task force's personnel into two Joint Coordination Elements – one supporting the Alaska response and one supporting southern California.

In the Ardent Sentry exercise scenario, the task force was "deployed" to Camp Pendleton, Calif., but in reality, they established a makeshift command post at Joint Base San Antonio-Camp Bullis, where they operated around the clock for seven days in austere conditions.

The task force used its own deployable satellite communications vehicles to support the exercise, mirroring how they would operate in an actual catastrophe.

Army tightens personal appearance, tattoo policy

By David Vergun
Army News Service

The number, size and placement of tattoos have been dialed back under revised Army Regulation 670-1, which governs the Army's grooming standards and proper wear of the uniform.

The revised regulation was published March 30, along with Department of the Army Pamphlet 670-1, outlining the new standards. Effective dates for the various changes can also be found in All Army Activity message, or ALARACT 082-2014.

Sgt. Maj. of the Army Raymond F. Chandler III addressed why the changes were made.

"The Army is a profession, and one of the ways our leaders and the American public measure our professionalism is by our appearance," he said. "Wearing of the uniform, as well as our overall military appearance, should be a matter of personal pride for all Soldiers.

"Every Soldier has the responsibility to understand and follow these standards," he continued. "Leaders at all levels also have a responsibility to interpret and enforce these standards, which begins by setting the example."

Some of the changes include:

TATTOOS

Tattoos cannot be located anywhere on the neck or head above the lines of a T-shirt. They also cannot be located anywhere below the wrist bone.

Visible band tattoos cannot be longer than two inches wide. There can be no more than one visible band tattoo. Sleeve tattoos on arms or legs are not allowed.

Each visible tattoo below the elbow or knee must be smaller than the size of the wearer's extended hand. There cannot be more than four total tattoos below the elbows or knees.

Soldiers who currently violate these revisions can be grandfathered in as long as commanders validate their current tattoos. Also, each year, commanders much check each Soldier for new tattoos that might be prohibited. The checks will be done when Soldiers are in their physical fitness uniform and do not include tattoos that might be hidden by the shorts or T-shirts.

Prohibited tattoos include those just mentioned, as well as ones that could be deemed extremist, indecent, sexist or racist.

UNIFORMS

Soldiers on official travel and traveling by commercial carrier are no longer allowed to wear the Army Combat Uniform, or ACU. Instead, they must either wear civilian attire or the service uniform.

The only ACU exceptions are when Soldiers are deploying, on rest and recuperation leave to and from theater and when authorized to do so by commanders for emergency leave or casualty assistance duties.

Identification tags must be worn at all times while on duty in uniform unless otherwise directed.

Soldiers can carry plain, black umbrellas only during inclement weather when in service, dress and mess uniforms. However, umbrellas are not allowed in formations or when wearing field or



Photo by Army Staff Sgt. Xaime Hernandez

A Soldier displays his tattoos March 31, the day new regulations on tattoos and other appearance standards went into effect. This Soldier's tattoos no longer conform to the new regulations. However, he could be grandfathered in under the older uniform regulations. The number, size and placement of tattoos have been dialed back under revised Army Regulation 670-1, which governs the Army's grooming standards and proper wear of the uniform.

utility uniforms.

Revisions also cover the wearing of badges and tabs, the carrying of bags, sewing on of nametapes, U.S. Army tape and grade insignia; wearing of insignia representing regimental affiliation, windbreakers, all-weather coats and other garments.

MALE GROOMING

Fancy-style haircuts, including the "tear drop," "landing strip" or "Mohawk," and "horseshoe" are no longer authorized.

Sideburns cannot extend below the bottom of the ear opening and cannot be flared or tapered to a point, and the length of the sideburn hair cannot exceed one-eighth of an inch.

A mustache cannot extend past the corners of the mouth and no portion can cover the upper lip line or go higher than the lowest portion of the nose.

Fingernails cannot extend past the tip of the finger and nail polish cannot be worn.

FEMALE GROOMING

Hair must be neatly and inconspicuously fastened or pinned. Bangs are now authorized, as long as they don't fall below the eyebrows. "Bulk of hair," measured from the scalp up, as opposed to the length of hair, will not exceed two inches, except for a bun, which can protrude three inches from the scalp. The bun cannot be wider than the width of the head.

Also hair needs to be properly secured, cannot be unbalanced or lopsided and parting of hair must be in a straight line.

Hair extensions and wigs are now authorized as long as they have the same general appearance as the natural hair and conform to all other hair

regulations.

During physical training, women can now wear the full length of their hair in one pony tail that's centered on the back of the head.

Fingernails cannot exceed 1/4 inch from the tip of the finger and only clear nail polish is authorized with all uniforms.

OTHER

Soldiers cannot mutilate their bodies in any manner, such as tongue bifurcation. Tooth caps or veneers of any unnatural color, design, shape or texture cannot be worn.

Jewelry or objects cannot be attached to, through or under the skin or other body part. This applies to all Soldiers on or off duty. The only exception is that female Soldiers can wear authorized earrings.

Commanders can authorize the wearing of

sunglasses in formations or field environments. Glasses of any type cannot be worn on top of the head.

Soldiers cannot walk in such a way as to interfere with saluting, giving salutations or in a manner that detracts from a professional image. Examples include walking while eating, using electronic devices and smoking. All restrictions that apply to cigarettes also apply to tobacco-free cigarettes.

Personnel in civilian clothing, whether on-duty or off-duty, on or off post, must dress in a way that does not detract from the profession.

The wearing of wireless and non-wireless devices such as earpieces while in uniform is prohibited. However, hands-free devices used in a vehicle or bicycle are allowed as long as they are not prohibited by policy or civilian law.

VALERO TEXAS OPEN HAS 'A NIGHT TO HONOR OUR HEROES'



Lt. Gen. Perry Wiggins speaks to the crowd about the sacrifices and heroism that have been a hallmark of the military throughout history and are still present today at the J.W. Marriott hotel for "A Night to Honor Our Heroes" March 27. The annual event is part of the Valero Texas Open Pro Golf Association Tournament. Wiggins, commanding general for U.S. Army North (Fifth Army) and senior Army commander, Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis, also recognized two living Medal of Honor recipients in attendance, retired Maj. Gen. Patrick Brady and Sgt. Santiago Erevia, as well as numerous veterans of the wars in Iraq and Afghanistan.



Retired Sgt. Santiago Erevia, one of the newest Medal of Honor recipients, is recognized March 27 for his service to the nation and receives a standing ovation from the audience during "A Night to Honor Our Heroes" at the J.W. Marriott. The event is part of the Valero Texas Open Pro Golf Association Tournament.



Photos by Sgt. Lee Ezzell

Lt. Gen. Perry Wiggins (left) shares a laugh with his wife Annette (right) and Bruce Bowen (center) March 27 before the start of "A Night to Honor Our Heroes" at the J.W. Marriott hotel. The event was part of the Valero Texas Open Pro Golf Association Tournament. Lt. Gen. Wiggins who is the commanding general of U.S. Army North (Fifth Army) and senior Army commander, Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis, was also the night's guest speaker. Bowen, a former player with the San Antonio Spurs and an amateur golfer, participated in a panel discussion with other sports celebrities, which capped off the evening.

Burn flight team provides training for combat support hospital

By Steven Galvan
USAISR Public Affairs

The burn flight team from the U.S. Army Institute of Surgical Research Burn Center at Joint Base San Antonio-Fort Sam Houston has a reputation of living up to its motto: "Anytime, Anywhere."

That's because, since 1951, the team has been deployed throughout the world to provide their expertise in burn care and transport burn casualties to the burn center, which has been crucial in saving hundreds of lives on and off the battlefield.

The team's burn care and transport know-how was requested March 19-20 at Fort Hood, Texas by members of the 21st Combat Support Hospital who were training to deploy later this year in support of overseas contingency operations.

Maj. Michael Plueger,

a 21st CSH critical care nurse, stressed that the training is necessary in providing those wounded in combat the best care.

"There's always the possibility of us having to care for a burn patient," Plueger said. "This training will not make us experts in burn care, but can provide us the insight that can help us care for a burn patient effectively."

The three-day training commenced with classroom presentations on emergency care of burn patients, burn resuscitation and the use of the Burn Navigator, management of a patient with inhalation injury, and preparing a burn patient for transport. Team members also served as subject matter experts and provided guidance during the hands-on portion of the field training exercise.

"Burn patients have specific needs that if not

addressed appropriately can cause detrimental results," said Maj. Michael P. Meissel, Burn Intensive Care Unit critical care registered nurse and burn flight team chief nurse. "We want to emphasize these needs and highlight the resources available to units to provide the right care at the right time."

Burn flight teams are composed of five vital team members who are assigned to the BICU: a general surgeon trained in burn and surgical critical care services; a critical care registered nurse; a licensed vocational nurse; a certified respiratory therapist, and an operations noncommissioned officer. All except for the operations NCO were providing training to the CSH.

Also on hand was the burn center chief of nurses, Lt. Col. Paul Mittelsteadt, who said



Photo by Steven Galvan

Maj. Michael Meissel (right) demonstrates the features of the Burn Navigator to Pfc. Christopher Larsen of the 21st Combat Support Hospital during a field training exercise March 19-21 at Fort Hood, Texas.

that this type of training serves the USAISR mission of advancing combat casualty care.

"It's not all research," he said. "Sometimes, it's assessing practical applications derived from combat casualty

care research."

Meissel added that the BFT involvement in the field training exercise is essential because the lessons learned in recent conflicts have led to improved outcomes for burn patients.

"In order to maximize the use of these lessons, I hope the combat support hospital staff knows they have the burn center and the USAISR clinical practice guidelines as resources available 24/7."

USAISR Burn Center's Activities of Daily Living skills put to full use

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

Ask any injured service member who is a patient at the U.S. Army Institute of Surgical Research Burn Center what they want to achieve while rehabilitating and chances are that they'll say "to get back to living a normal life."

While some injuries require more rehabilitation than others, the staff members at the USAISR Burn Center Rehabilitation Clinic are there to provide the wounded warriors with the best therapy to help them realize their goals.

A recent addition to the rehab center is now being taken full advantage of by

these wounded warriors.

The Activities of Daily Living skills room, a mock-up of a one bedroom apartment, gives patients the opportunity to experience living independently before being discharged from the Burn Center.

"It's a way for patients who have been here for months to transition back into a routine without leaving the hospital," said USAISR burn rehabilitation occupational therapist Emily Welsh. "They get to spend the night and do things for themselves similar to what they'll have to do after they are discharged."

The first patient to experience full use of the ADL was 1st Sgt. Matthew Deller, a member of the

232nd Medical Battalion at Joint Base San Antonio-Fort Sam Houston. Prior to spending the night in the Activities of Daily Living skills room, Deller was taken to the post commissary to shop for items to cook for supper that evening.

"The purpose of the trip to the commissary is to acclimate the patient back into the community," said Maj. Erik J. Johnson, chief of burn rehabilitation. "It gets them to interact with people and to see how they react to their injuries."

Deller said that it felt good to be out shopping at the commissary.

"I needed to see how it was going to be and how much my body can

tolerate," he said.

The oldest boy of 10 children, Deller had always been independent. He was looking forward to cooking his first meal in the ADL, something he had not been able to do in months.

Welsh also said that she feels good about Deller getting back into a routine.

"He is a special soldier," she said. "He has had a remarkable recovery and is always pushing himself to get back to where he was before."

Deller recently attended a graduation ceremony at the battalion where he is charged with training and graduating top-notch medics.

"Out of nowhere, he

goes up to the stage and delivers a speech to the students for 15 minutes," said Welsh. "It was inspiring and motivating. That's the type of soldier he is."

Deller was discharged from the burn center March 27 after spending 109 days being treated to a burn that covered 77 percent of his body. He was burned at home when a cracked gas line ignited while starting a fire in his fireplace.

He will spend at least another year at the Burn Center rehab gym working on getting his "normal" life back.

"I know that he will," Welsh said. "That's how he is. He's always looking at what's next. He's remarkable."



Courtesy photo

1st Sgt. Matthew Deller shops at the post commissary to cook his first meal in months at the Burn Center Activities of Daily Living Skills room – the first burn patient to fully utilize it.

INSIDE THE GATE

Volunteer Sports Officials Needed

The Joint Base San Antonio sports and fitness programs are seeking volunteers to officiate intramural sport games at JBSA-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph. Officials will be

required to attend a rules meeting prior to season start. For more information, call 221-1367.

Budgeting for Your Vacation

Tuesday, 9-11 a.m., Military and Family Readiness Center, building 2797. Call 221-0918 or 221-2705.

Family Readiness Forum

Tuesday, 11:30 a.m. to 1:30 p.m., Military and Family Readiness Center, building 2797. Provides Family Readiness Group

leaders and support assistants the opportunity to discuss, network and share lesson learned. Call 221-0946 or 221-2418.

Safety Seat Clinic

Thursday, 9:30-11:30 a.m., JBSA-Fort Sam Houston Fire Station, building 3830. The safety seat clinic's purpose is the inspection and installation of safety seats to ensure children are safely and properly restrained when on the road. Registration is required and

the child (children) must be present to be weighed and measured. Call 221-0349 or 221-2705.

Cougar Pride Golf Scramble

April 19, the Cougar Pride Club of Robert G. Cole Middle and High Schools holds a golf scramble with a 12:30 p.m. shotgun start at the Fort Sam Houston Golf Course. Cost is \$60 per person, includes greens fees, cart, goodie bag, and dinner. To sign up, call 957-6717, 705-4729, 487-9651 or 222-9386.

SAAM from P4

"Looking back, I see how it changed my attitude and the way I acted. I started drinking and other destructive behavior. I ended up turning myself into the perfect victim."

The sergeant said she was also raped at a college party, again by someone she had trusted. After joining the Air Force and getting stationed at Elmendorf Air Force Base, Alaska, Caldwell said she was sexually assaulted in a dormitory by a fellow airman.

"I didn't think anyone would believe me if I reported it," Caldwell said. "In May 2006, a close friend of mine committed suicide. I knew she had had the same thing happen to her with the same airman.

"After all the female airmen in the unit were interviewed, I finally told the truth about what had happened to me. Unfortunately, the male airman took a plea bargain and didn't serve any jail time."

Caldwell said when she was assigned to JBSA-Lackland in 2010, she changed her mind set about her past.

"I looked in the mirror and saw a survivor. I focused on improving myself," she said. "I'm still me and I'm still strong."

Caldwell has put her past experiences into action, becoming a victim advocate for the JBSA Sexual Assault Prevention and Response office.

"These events are burned into my memory for the rest of my life," the sergeant said. "To survivors, I hope my story gives you hope."

Brig. Gen. Bob LaBrutta, commander, 502nd Air Base Wing and JBSA, wrapped up the event.

"If you take a look at the perpetrators of these crimes, you usually see they have done this before," he noted. "They build trust and then they betray that trust.

"We had better start now – right here and right now – to get this crime out of our military," LaBrutta said. "We all have to be part of the solution. My challenge is that I want to put the sexual assault response coordinators out of business by eliminating this crime."

The JBSA Sexual Assault Prevention and Response office collaborates with all service branch SAPR programs.

JBSA maintains a report hotline at 808-SARC (7272) for all service personnel 24 hours a day, seven days a week.

For more information about Sexual Assault Awareness Month events, visit <http://www.jbsa.af.mil/library/jbsasapr.asp>.

JBSA Active Shooter Process

IMMEDIATE DANGER (SEE)

If you find yourself in immediate danger during a shooting incident within your work center,

ESCAPE/EVACUATE

from the scene, HIDE or as a last resort, TAKE ACTION.

ESCAPE/EVACUATE:

Plan your route, leave your stuff behind and exit with your hands visible. Security Forces personnel may mistake you for the shooter.

HIDE:

If you HIDE, contact Security Forces as soon as possible and safe to do so.

TAKE ACTION:

If you find yourself in IMMINENT DANGER, take action as a last resort. Attempt to incapacitate or act with physical aggression and throw items at the active shooter.

RISK OF DANGER (HEAR)

If you find yourself in risk of danger, such as you hear shooting, but are not being immediately threatened.

LOCKDOWN:

Secure yourself and your location. Once secured, position yourself in a place clear of direct fire. You should be able to observe the "way in" and "way out" routes. This will include the process of facility lockdown and mitigating the room vulnerabilities. Mitigation will start with locking the doors and windows and barricading access with anything available. Turn off the lights and make your location appear unoccupied. Monitor communications i.e. phone, computer, radio.

NOTIFY AUTHORITIES:

Call Security Forces. If a phone

is within your secure location, dial your local emergency number and provide as much information as possible. Law enforcement officials will ask direct questions to include locations, number of shooters, weapons involved, and descriptions.

STAY PUT:

Until the authorities instruct you to move or you have been released,

DO NOT MOVE:

Persons milling about increases confusion and the likelihood of injury.

BASE NOTIFICATION

Lockdown takes precedence over all other security related actions to include the administrative function of force protection condition changes. Once the hostile situation is resolved and lockdown is terminated, all other security related actions should resume, to include any force protection condition changes.

Only security forces move during lockdown.

ACTIVE SHOOTER RESOLUTION ALL CLEAR:

Lockdown ends when installation command authority declares the incident over and the situation safe. This order may be transmitted through local command or notification systems.

Emergency Dial 911

Security Forces: JBSA-Fort Sam Houston/JBSA-Camp Bullis, 221-2222, JBSA-Lackland, 671-2018, JBSA-Randolph, 652-5700

JOINT LENTEN AND PASSOVER WORSHIP SERVICES

CHAPEL LOCATIONS

Main Post (Gift) Chapel
Building 2200, 2301 Wilson Way

Dodd Field Chapel
Building 1721, 5584 Dodd Blvd.

Army Medical Department Regimental Chapel
Building 1398, 3545 Garden Ave.

Brooke Army Medical Center Chapel
Building 3600, 3551 Roger Brooke Road

Joint Base San Antonio-Camp Bullis Worship Location
Armed Forces Reserve Center Assembly Hall

Thursdays during Lent - March 27, April 3 and 10: 6 p.m., soup and Stations of the Cross

PROTESTANT SERVICES

Main Post (Gift) Chapel
Noon - April 17, Maundy Thursday 6:30 a.m. (outdoors) - Easter Sunday, April 20, Community Sunrise Service 8 a.m. - Protestant Service, Sunday 11 a.m. - Protestant Service, Sunday 11 a.m. - Protestant Easter Service, April 20

Dodd Field Chapel

8:30 a.m. - Sunday Samoan Service 10:30 a.m. - Sunday Gospel Service

Army Medical Department Regimental Chapel

9:20 a.m. - 32nd Medical Brigade Contemporary Service 11:01 a.m. - Contemporary "Crossroads"

Brooke Army Medical Center Chapel

10 a.m. - Traditional

JEWISH SERVICES

8 p.m. - Jewish Worship, Friday, MPC 8:30 p.m. - Oneg Shabbat, Friday, MPC 7 p.m. - April 14, Seder, Jewish Community Center, 12500 NW Military Highway 7 p.m. - April 15, Seder, MPC

ISLAMIC SERVICES

1:15 p.m. - Jummah, Friday, AMEDD

LATTER DAY SAINTS SERVICES

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

BUDDHIST SERVICES

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

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

FIRE SAFETY IS EVERYONE'S BUSINESS

Fire Safety Tips for Grilling

There's nothing like outdoor grilling. With summer around the corner, many are getting ready to fire up their barbeques again. However, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

- Propane and charcoal barbecue grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.