



DOD Safe Helpline
877-995-5247
JBSA Sexual Assault Hotline
808-SARC (7272)
JBSA Domestic Abuse Hotline
367-1213
JBSA Duty Chaplain
221-9363

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

NBA legend Shaq credits Cole teammates, coaches for success

Shaquille O'Neal, a former Robert G. Cole High School student and NBA star, points to his No. 33 Cougars team jersey that was retired at a ceremony in the school's gym March 7.



Photo by Dan Solis

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

NBA legend Shaquille O'Neal's basketball jersey was retired by Robert G. Cole High School officials March 7 during a rousing 25th anniversary ceremony in the school's gymnasium at Joint Base San Antonio-Fort Sam Houston.

The ceremony commemorated the team's 36-0 season and 1989 state championship.

O'Neal played for the Cougars during his junior and senior years. After graduating from Cole, he played at Louisiana State University

See **SHAQ**, P8

SAMMC garage relighting project saves money at no cost to Joint Base San Antonio

By Steve Elliott
JBSA-Fort Sam Houston Public Affairs

The San Antonio Military Medical Center's multi-story parking facility is getting a major energy conservation face-lift starting Monday as the result of an innocuous phone call.

"A local resident called to say he was seeing the bright lights on in the SAMMC garage around the clock. He thought it was a waste of money and energy," said Frank Thomas, Joint Base San Antonio resource efficiency manager.

"I went to check it out, contacted Brooke Army Medical Center leadership and then conducted a light system audit. An energy conservation project was initiated as a result."

After the garage opened sev-

eral years ago, there was a noticeable uptick in energy costs of approximately \$300,000 a year to BAMC, with another \$150,000 in annual lighting maintenance, Thomas said.

"When the garage was originally planned, it was designed with older, less efficient lighting, as some of the new lighting technologies were not as prevalent then. This is sometimes the case with a project that takes many years to come to fruition," Thomas added. "It was found that the garage was overlit as well."

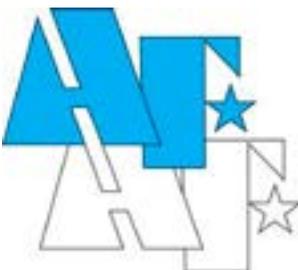
Anyone who has parked in that garage knows there are thousands of lights in there. So how much will this lighting upgrade cost?

See **SAMMC**, P9



Photo by Frank Thomas

The San Antonio Military Medical Center's multi-story parking facility is getting a major energy conservation face-lift starting Monday and will come at no cost for Joint Base San Antonio-Fort Sam Houston.



AER, AFAF KICKOFFS

PAGE 2



NAVY RECRUITING COMMAND VISIT

PAGE 7



USAISR INNOVATOR

PAGE 11

Editorial Staff

502nd Air Base Wing/JBSA
Commander

Brig. Gen. Bob LaBrutta

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

JBSA-FSH Public Affairs Chief
Karla L. Gonzalez

Managing Editor
Steve Elliott

Associate Editor
L. A. Shively

Writer/Editor
Vacant

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:

EN Communities
P.O. Box 2171
San Antonio, TX 78297
210-250-2440

News Leader email:

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

This Air Force newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of Defense. It is published weekly by the 502nd Air Base Wing and Joint Base San Antonio-Fort Sam Houston Public Affairs Office, 2080 Wilson Way, Building 247, Suite 211, Fort Sam Houston, Texas 78234-5004; 210-221-2030, DSN 471-2030. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by EN Communities, 301 Ave. E, San Antonio, TX 78205, 210-250-2440, a private firm in no way connected with the U.S. government, under exclusive written contract with the 502nd Air Base Wing and JBSA-Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Air Force. Stories and photos for publication consideration may be e-mailed to usaf.jbsa.502-abw.mbx.fsh-news-leader@mail.mil by close of business Friday.

Army Emergency Relief launches 2014 campaign

By Sgt. Lee Ezzell
Army North Public Affairs

Army Emergency Relief kicked off its annual campaign March 4 at the Military and Family Readiness Center with Maj. Gen. William Roy, deputy commanding general for operations, U.S. Army North (Fifth Army), aiming his message directly at commanders and AER unit representatives.

This year's campaign theme is "Army Emergency Relief - A Soldiers First Choice."

The purpose of the campaign is to create a greater awareness of how

AER can resolve short-term financial difficulties as well as provide an opportunity for Soldiers to help their fellow Soldiers.

"We need to emphasize how this program has immediate impact on those of us who are in need," Roy said.

"Talk with your troops about why this is important. Don't just hand out the contribution forms and say 'You should contribute, this is important.' Talk about why it's important."

Retired Col. Guy Shields, director of communications and public affairs for AER, spoke

to the audience about a trend toward reduced requests for assistance that seems to happen during periods of troop reductions.

Shields reiterated that deciding to ask for help is what almost everyone who seeks assistance describes as the hardest part of the entire process. He encouraged leaders to help their Soldiers get over the negative stigma of asking for help.

The AER campaign continues through June 30. Last year, local contributions to AER totaled

See AER, P7



Photo by Sgt. Lee Ezzell

(From left) Frank Blakely, retired Col. Guy Shields, Maj. Gen. William Roy and Barron Henry pose together following the Army Emergency Relief campaign kickoff March 3 at the Military and Family Readiness Center. Blakely is the Army Support Activity manager; Shields is the director of communications Army Emergency Relief and public affairs for the headquarters; Roy is the deputy commanding general for operations, U.S. Army North (Fifth Army) and Henry is the Army Emergency Relief officer for Joint Base San Antonio-Fort Sam Houston.

AFAF: One of the many ways to help Airmen

By Gen. Robin Rand
Commander, Air Education and Training Command



Gen. Robin Rand

I am pleased to announce the 41st annual Air Force Assistance Fund Campaign.

This year's theme of "Commitment to Caring" continues to capture our proud heritage of taking care of our own through four Air Force charities: the Air Force Aid Society takes care of Airmen and their families, with emergency assistance, educational loans, spouse tuition and base enhancement projects; the Air Force Village and Air Force Enlisted Village provide our retirees' widows and widowers with a home and caring community among fellow Air Force family members; and the LeMay Foundation seeks out and provides the same group short- or long-term financial grants.

I ask you to consider supporting this campaign for the benefit of our fellow Airmen.

Collectively, we are an Air Force family and this is one of the many ways we can help take care of every family member.

Let's pay it forward now because we never know when the day may come that we are in need. Give today to help an Airman tomorrow.

Air Force Assistance Fund Installation Project Officers

Joint Base San Antonio
installation project
officer:

671-5492

JBSA assistant IPO:

925-4896

JBSA-Lackland IPO:

671-2007

JBSA-Lackland assistant IPO:

925-4883

JBSA-Randolph IPO:

652-6849

JBSA-Randolph assistant

925-3438

JBSA-Fort Sam Houston IPO:

Vacant

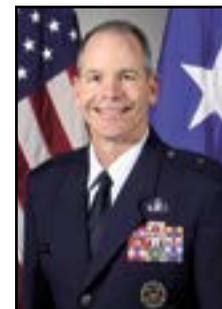
JBSA-Fort Sam Houston

assistant IPO:

295-4985

AFAF: An opportunity to help our fellow Airmen

By Brig. Gen. Bob LaBrutta
Commander, 502nd Air Base Wing and
Joint Base San Antonio



Brig. Gen. Bob LaBrutta

The annual Air Force Assistance Fund campaign for Joint Base San Antonio will be kicking off on March 24 and runs through May 2, giving us all another opportunity to help our fellow Airmen when they need it most. The AFAF campaign supports four charities that are dedicated to caring for Airmen from induction through retirement and beyond.

The four charities are the Air Force Aid Society, Gen. and Mrs. Curtis E. LeMay Foundation, the Air Force Village and the Air Force Enlisted Village. These charities are not a part of the Combined Federal Campaign lineup you've seen. Instead, they are an example of Air Force people taking care of their own. Our annual campaign demonstrates this fact: Airmen take care of Airmen!

Our combined goal for JBSA this year is \$363,000. With your help, I am positive we can exceed our goal.

You should soon be seeing a key worker visiting your work center to let you know all about the chari-

See LABRUTTA, P17



Joint Base San Antonio
<http://www.facebook.com/JointBaseSanAntonio>
Joint Base San Antonio-Fort Sam Houston
<http://www.facebook.com/JBSAFortSamHouston>



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



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

News Briefs

Upcoming Gate Changes

Starting at 6 p.m. March 21, the North New Braunfels gate will close down operations. The Harry Wurzbach West gate, or Pershing gate, will open for operation at 6 a.m. March 24. Hours for operation for the Harry Wurzbach West gate will be from 6 a.m. to 6 p.m. Monday through Friday and closed on weekends and holidays. This 90-day trial has been requested by U.S. Army North. For more information, call 221-2342 or 221-0942.

Hardee Road closure

Hardee Road between Stanley and Scott Roads will be closed to traffic through July 7 to complete repairs of the roadway and sections of the sidewalk. Motorists are encouraged to follow the detour route to Schofield Road. The parking lot north of Hardee Road will remain open and accessible. Construction will occur in two phases. For more information, call 808-6335.

Defense Technology and Intelligence Career Fair

A defense technology and intelligence career fair takes place at Joint Base San Antonio-Fort Sam Houston's Sam Houston Community Center from 10 a.m. to 2 p.m. today. All experienced professionals – whether military, contractors or civilians – with backgrounds in cyber security, finance, linguistics, logistics, information technology and many more are welcome to attend. The fair is open to those who already have access onto a military installation, as the event organizer cannot provide access. To view the exhibitor list, job offerings and get more information, visit <http://www.TransitionCareers.com>.

Furniture Sale

Privatized Army Lodging will be having a furniture sale from 1-5 p.m. Monday and from 10 a.m. to 1 p.m. Tuesday at the Powless Guest House parking lot, located at 3698 George Beach Ave., building 3625, near the San Antonio Military Medical Center. All proceeds are donated to the Fisher House. For more information, call 357-2705, ext. 2006.

Volunteers Needed As Patients For Medical Readiness Training

The 937th Training Support

See NEWS BRIEFS, P6

U.S. Office of Personnel Management director discusses diversity in federal work force

By Staff Sgt. Corey Baltos
Army North Public Affairs

Katherine Archuleta, U.S. Office of Personnel Management director, spoke to members of the Alamo Federal Executive Board March 5 at the Fort Sam Houston Golf Club about the direction she wants to take the federal work force during her tenure.

“My major priority as the director of OPM is to build an engaged, inclusive, diverse and well-trained federal work force for the 21st Century,” said Archuleta, who was sworn in as the 10th OPM director Nov. 4, 2013 and is the first Latina to head the agency.

She also said the federal government needs to retain quality employees and recruit new skilled workers.

“My major priority as the director of OPM is to build an engaged, inclusive, diverse and well-trained federal work force for the 21st Century.”

*Katherine Archuleta
Director, U.S. Office of Personnel Management*

“We need ethnic, racial and gender diversity in our workforce,” she said. “I want to make sure everyone has opportunities.”

Robert Naething, deputy to the commanding general, U.S. Army North (Fifth Army), said that the director's comments about diversity in the work force really hit home for those on the Army North team.

“This command is totally committed to not just hiring the right people, but ensuring we challenge them intel-

lectually and develop them professionally so they stay with our team as valuable members throughout their career,” he said.

One of the keys to keeping and recruiting new employees is the Federal Executive Boards, located in 28 cities around the United States. The FEB was established in 1961 as a forum for communication and collaboration among federal agencies working outside the beltway with Washington D.C.



Photo by Staff Sgt. Corey Baltos

Katherine Archuleta, U.S. Office of Personnel Management director, spoke to members of the Alamo Federal Executive Board March 5 at the Fort Sam Houston Golf Club about the direction she wants to take the federal work force during her tenure.

“You are engaged with the local community,” Archuleta said. “Fifty-eight percent of our federal work force is outside Washington D.C.”

The OPM director also discussed the need to develop and train current employees so they can remain competitive in today's environment.

Commentary: Why did you join the military?

By Lt. Col. Tammy L. McElhaney
Commander, 502nd Logistics Readiness Squadron,
JBSA-Lackland

Since the day I raised my hand and took the oath to become an Air Force officer, I have been asked “Why did you join the military?”

For many years, my answer was about the same: I wanted to be a part of something that was bigger than me and I wanted to make a difference.

That question – and the answer – changed for me Sept. 11, 2001 at then-Bolling Air Force

Base, Washington, D.C., as our country was attacked by an enemy that shamelessly took the lives of service members and innocent civilians.

During the course of my 16-year career, there were multiple long deployments that changed my perspective on the world and the Air Force. This new and changed perspective led me to ask myself “Why do I continue to serve?”

My answer is very simple. I believe in what this great country of ours stands for: democracy, freedom and equality. I continue to

serve, to protect and maintain these principles of our country. It is not an easy life, as being in the military takes its toll on all of us, physically and mentally.

For those days when the weight of the mission feels heavy on my shoulders, I only have to look into the eyes of my four-year-old daughter to be reminded of why I serve. It is truly for family, to include the sons and daughters of America entrusted into my care as a commander ... my Airmen.

I know there will be times when I will be

asked to leave my loved ones for extended periods of time and work long duty days, but that sacrifice protects our way of life. This sacrifice makes what we do in the military unique, and more than a job, because it holds true the definition of service before self.

So, here is my challenge to you: As change approaches our Air Force with the force management programs, I ask you to take a hard look in the mirror and ask yourself “Why do I continue to serve?”

If the answer back is

anything more than for family and country, then it is time to reevaluate your priorities or just maybe even leave the military.

It sounds very harsh, but now is the time our Air Force needs selfless Airmen willing to meet new expectations and tackle emerging challenges to maintain our country's principles.

If you decide to continue to serve, then I and many others will be there standing beside you in the service of this great country as we lead our Air Force together into the future.

ULTIMATE FIGHTERS VISIT WOUNDED WARRIORS AT CENTER FOR THE INTREPID

Staff Sgt. Angel M. Figueroa poses with Ultimate fighting Championship fighters Diego Brandao (left), Pete Spratt (right) and Brazilian Jujitsu champion Rodrigo Pinheiro (center) during their visit March 4 to the Center for the Intrepid. The group visited with wounded service members and demonstrated their training regimen during their time at the CFI.



Brazilian Jujitsu champion Rodrigo Pinheiro (right) demonstrates his Jujitsu techniques for wounded service members March 4 at the Center for the Intrepid. Pinheiro and UFC fighters Diego Brandao and Pete Spratt also visited with wounded service members and demonstrated their training regimen during their time at the CFI.

**Photos by
Robert Shields**

JOINT BASE SAN ANTONIO-CAMP BULLIS HOSTS FOOD SERVICE COMPETITION



Chief Warrant Officer Pamela Null (right), U.S. Army Reserve Command food service advisor, quizzes Spc. Shera Tunstall, a food service specialist with the 851st Transportation Company based in Sinton, Texas, on her knowledge of food preparation during the Philip A. Connelly food service competition Feb. 22 at Joint Base San Antonio-Camp Bullis. The competition is an annual evaluation by the Department of the Army, in conjunction with the International Food Service Executives Association, to recognize the skills and achievements of Army food service specialists. The 851st, a subordinate unit of the 4th Sustainment Command (Expeditionary) based at JBSA-Fort Sam Houston, is one of four finalists throughout the Army Reserve and Army National Guard. The competition evaluates not only the team's ability to cook, but also how well they set up a tactical field kitchen site and the overall ability of the food service section. The Soldiers were evaluated in 10 different categories, including field food safety, food quality, site layout and attitude.



Photos by Master Sgt. Robert R. Ramon

Spc. Shera Tunstall (left), a food service specialist with the 851st Transportation Company based in Sinton, Texas, serves lunch to Brig. Gen. Norman B. Green (right), 4th Sustainment Command (Expeditionary) commanding general, during the Connelly Award Food Service competition Feb. 22 at Joint Base San Antonio-Camp Bullis.

News Briefs

Continued from P3

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 March 19-20, 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 April 15 tax filing deadline. Those eligible for services include active duty service members and their dependents, as well as military retirees and their dependents. 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.

BAMC Behavioral Health Seeks Dog Teams

The Department of Behavioral Medicine at Brooke Army Medical Center is looking for a qualified and dynamic dog team (dog and owner) to aid in the department's health care mission. They will help provide animal assisted therapy/animal assisted activities to the patients on the inpatient psychiatric ward. Interested owners must be able to present all necessary certification documents at the time of interview. The team's certification must be issued by a licensed evaluator applying a nationally recognized curriculum and must meet several criteria. Contact Charlotte Weiss, BAMC Behavioral Medicine, at 916-1011 or 916-2096.

Commander of Navy Recruiting Command visits Navy Recruiting District San Antonio

By Burrell Parmer
Navy Recruiting District
San Antonio Public Affairs

Mission accomplishment and Sailors' welfare were the themes stressed by Rear Adm. Annie B. Andrews, commander, Navy Recruiting Command, during a visit to Navy Recruiting District San Antonio Feb. 25 and 26.

Andrews was accompanied by Master Chief Jimmie A. Holt, Jr., NRC's national chief recruiter, and John Curry, NRC's deputy for logistics.

After visiting recruiters and staff of NRD Dallas, Andrews met with recruiters of Navy Recruiting Stations Waco, Temple and North Austin Feb. 25.

The admiral received a briefing at NRD headquarters Feb. 26 from Cmdr. Mike Briggs, executive officer, extended recognition to annual award winners, toured offices and greeted Sailors and support personnel.

Additionally, the NRC team visited Naval Recruiting Stations Hollywood Park and Ingram.

Throughout her visit Andrews thanked the Sailors and support staff for their continuing efforts to recruit the best and brightest men and women that South Texas has to



Photo by Burrell Parmer

Rear Adm. Annie B. Andrews, commander, Navy Recruiting Command, speaks with recruiters and support personnel of Navy Recruiting District San Antonio during her Feb. 26 visit. Andrews was accompanied by Master Chief Jimmie A. Holt, Jr., NRC national chief recruiter, and John Curry, NRC deputy for logistics.

offer. She also wanted to know what her headquarters can do to assist and improve the process.

During her visit to NRS Broadway, Andrews had the

opportunity to address four future Sailors.

"While at boot camp you are going to meet people from all different walks of life, all with varied backgrounds, but

they all joined to be part of something special and greater," Andrews said. "It doesn't matter which program you go into; you have to remember you are always a U.S. Sailor first."

Joint Base San Antonio Stage II water restrictions in effect

By Charles F. Baish III
502nd Civil Engineer Squadron

Stage II water restrictions are in effect for all Joint Base San Antonio and include the following measures:

- Landscape watering with an irrigation system, sprinkler or soaker hose is allowed only once a week from 7-11 a.m. and from 7-11 p.m. on designated watering day.
- Irrigation of athletic

fields is permitted only as required to maintain turf viability and safety. Athletic fields may water between the hours of 3 a.m.-8 a.m. and 8 p.m.-11:00 p.m. once per week.

- Watering with drip irrigation or five-gallon bucket is permitted any day, but only from 7-11 a.m. and 7-11 p.m.
- Watering with a handheld hose is allowed any time on any day.

- The use of fountains, waterfalls, or other aesthetic water features, outdoors or indoors, is prohibited unless a variance has been granted for 100 percent non-potable water use.

- Government vehicle washing is allowed twice per month, during the first full week and third week of each month.
- Installation of new landscape plantings or turf is prohibited unless

included in contract deliverables, required to repair damage resulting from maintenance or construction actions, or authorized by base civil engineer. Irrigation of new turf or landscape outside of the allowed times requires base civil engineer approval.

JBSA is still in drought conditions, so we must strictly adhere to watering rules and conserve water. Conser-

vation is tantamount to protecting our mission and supporting the region's conservation efforts. We need everyone's help to conserve!

We must continue to pursue ways to conserve this precious resource and ask for everyone's compliance.

For more information, or to report misuse, call the JBSA Water Conservation Hotline at 466-4H2O (4426).

HUNDREDS TURN OUT FOR HIRING HEROES CAREER FAIR



Photos by Steve Elliott

More than 500 military members took advantage of a day-long Hiring Heroes Career Fair March 5 at the Sam Houston Community Center on Joint Base San Antonio-Fort Sam Houston. Representatives from more than 40 federal and regional government agencies, such as the Texas Department of Public Safety pictured here, as well as local corporations and businesses, were on hand to allow wounded warriors, transitioning service members, spouses and veterans a chance to network, collect information and speak face-to-face about civilian career opportunities.

A representative from the VA For Vets Career Center, the flagship initiative of the Veteran Employment Services Office, speaks with a diverse group of service members about how to find federal or non-profit careers after leaving the military during the Hiring Heroes Career Fair March 5 at the Sam Houston Community Center on Joint Base San Antonio-Fort Sam Houston. The VA for Vets Career Center tools provide opportunities to translate military skills, build federal resumes and search and apply for open positions and is a service of the U.S. Department of Veterans Affairs.

AER from P2

about \$208,000, while AER distributed more than \$1.8 million in zero-interest loans and grants back into the local Army community.

“Since 9/11, almost \$800 million has been distributed to Soldiers and their families in the form of interest-free loans, grants and scholarships to children and spouses of active-duty and retired Soldiers,” said AER’s director, retired Lt. Gen. Robert Foley.

“In the last four years, nine new categories of assistance have been added to include dependent dental care, replacement vehicles, heating, ventilation and air-conditioning and appliance repair, rental vehicles, relocation travel, cranial helmets and infant car seats.”

AER provides an

average of \$74 million in assistance to about 53,000 Soldiers and family members annually.

All service members and their dependents are eligible to request assistance from the Joint Base San Antonio-Fort Sam Houston AER office or by speaking to their commander or first sergeant.

Soldiers needing AER financial assistance can contact their unit chain of command or go directly to their local AER office.

Soldiers and families not near an Army installation can also receive AER assistance at the nearest Air Force, Navy, Marine Corps or Coast Guard installation with the respective military aid society, or from the American Red Cross call center at 877-272-7337.

Contributions can be also be made the AER website at <http://www.aerhq.org>. For more information, call 221-1612.



Photo by Dan Solis

NBA legend and Robert G. Cole High School graduate Shaquille O'Neal (center) is surrounded by his teammates from the 1989 Cougars state championship team that went 36-0 during the season. O'Neal's No. 33 team jersey was formally retired in a ceremony at the school's gym March 7.

SHAQ from P1

and went onto the NBA, where he became the No. 1 overall pick in the 1992 draft, going to the Orlando Magic.

During the summer of 1996, O'Neal was named to the U.S. Olympic basketball team and was

later a member of the 1996 gold medal-winning team in Atlanta.

Known as one of the top basketball players of all time, the 7-foot-1-inch O'Neal carved out an illustrious career, scoring 28,596 points in 19 NBA seasons that included four championships – three

with the Los Angeles Lakers and one with the Miami Heat.

O'Neal retired from basketball in June 2011 and has since become a media personality, film actor, commentator and musician.

About 700 students watched and laughed as

O'Neal's former Cougar teammates, coaches and friends shared tributes, video highlights and personal stories about his two years at Cole.

During his tribute, David Madura credited all of the Cougars for their success. Madura was head coach for the team from 1979-1989. He said he didn't recognize O'Neal's basketball skills immediately, but he came to see the 16-year-old player's talent as he worked the court.

"Although O'Neal was the biggest guy on the Cole team, he did the exact same things all of them did – if we were running a full court drill, a fast break drill – he was right in the middle of it," Madura said.

"We had this one-on-one drill where everybody would line up at half court," said current Cougars head coach Herb Moore, who was also a teammate of O'Neal.



Photo by L.A. Shively

O'Neal puts his arm around former Cougars teammate Darren Mathey during the jersey retirement ceremony March 7. Mathey was a point guard on the 1989 state championship team that went 36-0.

"Each player had a limited number of dribbles during which he would try to score while dodging the defense. As a player went into the air to score, the next player was right behind.

"I got behind Shaquille when he dunked on someone. I threw one down on him and he didn't like it," Moore recalled, amidst boisterous laughter from the crowd. "Then he got behind me, but the intelligent person I was, I threw a three-point shot and turned around immediately to play defense because he wasn't going to dunk against me.

"Perhaps it's good this ceremony is occurring today so it can be shared with most of your teammates and coaches 25 years after our state championship and the day after your birthday," Moore said as he unveiled the jersey hanging above the stage.

A framed jersey was presented to O'Neal as he stood to make his remarks to chants of "We love you!" from students.

"I love you, too," O'Neal responded. "I am very humbled by this. But before me and, I am sure, after me there were many great athletes who we could be celebrating today. One of them is standing right over here."

O'Neal then introduced Trooper Deon Cockrell, a Texas Highway patrolman.

"Deon was my idol. I wanted to be like Deon first, that's why I chose number 33. I never told you that," O'Neal said as he shook the trooper's hand. "I want to thank you for inspiring me."

O'Neal invited all of his former Cougar teammates on stage, where he introduced each player and joked with them and the audience.

"These guys right here taught me the meaning of teamwork and the meaning of friendship," O'Neal said, adding that he wanted to thank the Sandberg family who helped him transition from living in Germany where O'Neal's stepfather, Army Reserve sergeant Phillip Harrison, was stationed.

"It is as much a celebration of the military community as it is for our team and for our school, which makes it special," said Darren Mathey, a Cougars point guard and O'Neal teammate during the 1989 state championship. "I couldn't imagine a better childhood than the one that I was a part of, capped off by an experience like this and having an opportunity to play with someone like Shaquille."

SAMMC from P1

“This is what is incredible! It will come at no cost for JBSA-Fort Sam Houston,” exclaimed Thomas. “It originally had an independent government estimate of \$1,586,000. An Air Force Productivity Enhancing Capital Investment grant was awarded for \$978,200, coordinated by Craig Henry, the resource efficiency manager at the time.

“The relighting project became the inaugural energy conservation project partnered locally with CPS Energy and JBSA,” Thomas said.

“The JBSA energy team and contracting office employed the area-wide Public Utility Contract for Electricity, Natural Gas, and Regulated Energy Management Services and CPS Energy’s bid for the project came in at an amazing \$581,647.”

After the project wraps

up May 23, it will save an estimated 11,223,800 Btu or 3,288,573.4 kilowatt-hours annually. There will also be an annual savings of \$200,652 in energy and more than \$100,000 in maintenance costs. “This project will pay for itself in a very short time,” Thomas added.

By using CPS Energy’s conservation rebate program, the local utility company will rebate up to 60 percent of the cost of the project, or approximately \$230,000.

“Federal funding came through a manpower arena program called Productivity Enhancing Capital Investment or PEI,” Thomas said. “It’s an Air Force Program established in 1977 that uses self-sustaining funds to purchase equipment or facilities.”

Facility Solutions Group of San Antonio, a subcontractor to CPS Energy, will carry out the project and

Thomas said SAMMC visitors won’t notice any lack of parking spaces during the refitting project.

“The parking garage will have some closures, which will be coordinated with BAMC and not affect the flow of traffic or visitors and patients,” he said.

“Patrons will notice they will be able to see more clearly in most areas. They won’t see unnecessary lights on, when daylight is adequate.”

If anything, Thomas notes, lighting throughout the garage will be clearer, more efficient and more reliable. The new fixtures relight instantly and last longer. In addition, energy-saving LED lighting will be used on the roof.

“I guess you can say that one phone call was the first step towards a major energy savings for Joint Base San Antonio,” Thomas said.

Nutrition knowledge helps wounded warriors stay fit

By Army Staff Sgt.

Melissa A. Woods

AMEDDC&S Graduate Nutrition
Program Training NCO

March is National Nutrition Month and the Army Medical Department Center and School Graduate Program of Nutrition recently took on a challenge at the Warrior Family Support Center on Joint Base San Antonio-Fort Sam Houston.

Families, leaders and peers can both positively and negatively influence another's habits. Making positive food choices keeps Soldiers and families "Army Strong" and maintaining a strong relationship between nutrition and quality of life that includes enhanced performance, weight maintenance, disease prevention and healthy aging.

According to the Academy of Nutrition and Dietetics, a key to good nutrition is enjoying the taste of eating right. The challenge is encouraging Soldiers and families to enjoy preparing and eating healthier foods.

Capt. Sean Spanbauer and Staff Sgt. Sunnie Johnson from the

AMEDDC&S Graduate Program of Nutrition had the idea to teach people how to eat well, without an increase to their food costs, while WFSC Director Judith Markelz wanted nutritional education for the wounded warriors and their family members.

When Spanbauer and Johnson presented their idea, Markelz was completely supportive.

"We went over to the WFSC and offered our services. They were all on board with unlimited support of our idea," Johnson said. "When I decided to start putting a plan together, I knew I would need help, so I turned to my battle buddies."

Along with Johnson, the core members of the project are Staff Sgts. Melissa Woods, Julius Hunte, Paul Johnson and Kimberly Gilmore. These NCOs came up with the topics, developed the menus and conducted the classes.

Each class includes a handout featuring the menu for that particular class and recipes with nutrition information.

Classes are designed to help participants reach

nutritional recommendations promoted by the Dietary Guidelines for Americans.

Searching for recipes and trying to make something for the first time may be a difficult task for some. The goal of the class is to remove fear and create an environment where making

changes to what they prepare at home is easy.

Whether it's weight loss, diabetes control, lowering cholesterol or any of the number of health issues military members are facing, instructors try to give the participants tangible skills to supplement the information their health care

providers give them.

Another goal is to introduce healthy eating to prevent many health problems that are common for service members today. Instructors teach healthy cooking methods that can be easily done on a daily basis, building a foundation for behaviors that will support good

nutrition and health.

"We are providing nutrition knowledge to give wounded warriors the ability to consume the right foods in the appropriate amounts to optimize performances and health, along with demonstrations that will educate them without giving up tasty food," Johnson emphasized.

In the class, participants prepare items that are familiar and easy to prepare. The classes started out as a demonstration, but at the request of the participants, migrated into hands-on instruction.

At the end of class, while the participants are eating, the instructors are available to answer questions about the items prepared and provide additional ideas to go along with the topic covered.

The hour-long classes are held twice a month, with participants able to stay 10 to 20 minutes after class to talk with the instructors.

Participants try the menu items at home and prepare them for their families, so families can benefit as well.



Smart grocery store navigation: Guide to healthy food shopping on a budget

By 2nd Lt. Melissa Shaffer

Air Force Nutritional Medicine Flight
San Antonio Military Medical Center

The moment you enter a grocery store, you have been targeted. Food items have been carefully placed throughout the store to increase the amount of time you spend shopping and to entice you to buy more.

According to The Time Use Institute, shoppers spend an average of 41 minutes shopping in a

single trip and about \$2.17 for every minute they shop. Knowing how to quickly navigate through the store and focus on healthy food items can help you save time and money.

Before you go to the store, see what food items you already have at home and make a shopping list.

Avoid temptation by only walking down aisles that contain items on your list and never shop for food when you are

hungry. Be aware of the layout of the grocery store which is designed so that you spend more time and money shopping by having you travel across the entire store to get the items you need.

Try spending more time shopping the perimeter of the store and less time in the middle aisles that contain mostly processed foods.

Begin your shopping trip in the produce section. Look for fresh fruits

and vegetables that are in season. These items are usually cheaper and displayed at the front of the produce section.

Once you navigate to the bread and cereal aisles, look for items that contain whole grains because they contain nutrients and fiber that are vital for health and decrease the risk of chronic diseases.

Also, try to select lean cuts of meat, and look for low-fat and fat-free

dairy options.

Pay attention to nutrition labels as you shop. First, look at the serving size because the nutrient information is presented for one serving and not the entire package. When looking at the serving size, think about how much of the item you would eat and consider how much that changes the amount of calories and other nutrients listed on the nutrient panel.

Pay particular atten-

tion to the amount of fat, cholesterol, sodium and sugar in the product and try to limit your intake of these.

Follow these tips and the next time that you shop for food, you'll be better prepared to navigate the store efficiently by planning for your trip in advance, purchasing only the items that you need, and staying focused on selecting a variety of produce, whole grains, lean protein and low-fat dairy.

Researcher named top emergency medical services innovator

By Steven Galvan
USAISR Public Affairs

The Journal of Emergency Medical Services selected Victor A. Convertino, Ph.D., a physiologist, researcher, and the tactical combat casualty care research task area program manager with the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston, as a 2013 top innovator in emergency medical services.

Convertino was among 10 trendsetters who were recognized Feb. 5 at the 2014 EMS Today Conference and Exposition in Washington, D.C., for his efforts in developing two life-saving technologies – the Compensatory Reserve Index and the Intrathoracic Pressure Regulation.

“This is a great honor

that is especially significant to our research team and the U.S. Army Combat Casualty Care Research Program because it's given by a leading organization in the field of emergency medical care that is independent of the military,” Convertino said.

“This award reflects an appreciation from our civilian counterparts that we've been successful in developing medical technologies that can be translated to any emergency medical setting to help civilian paramedics as well as our combat medics save lives during pre-hospital care and transport of patients,” Convertino added.

“Vic is one of the leading pre-hospital researchers in San Antonio. His work is ongoing, but it is great to see one of our area's behind the scenes guy be recognized on a

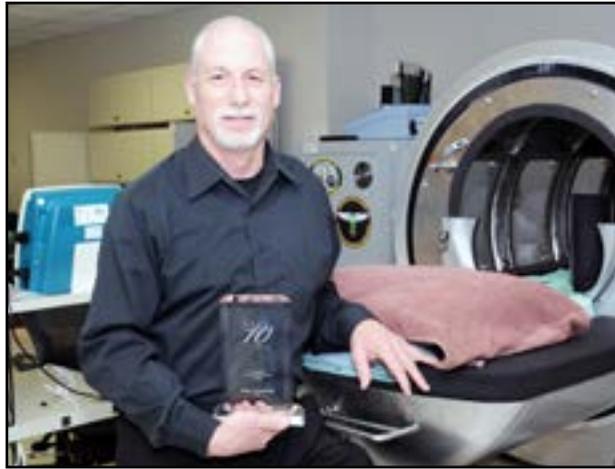


Photo by Steven Galvan

Victor A. Convertino, Ph.D., the tactical combat casualty care research task area program manager, was selected as one of the 2013 top innovators in emergency medical services by the Journal of Emergency Medical Services.

national level,” said Dr. Craig Manifold, former director of the San Antonio Fire Department EMS.

CRI uses an algorithm designed to take information from a patient's finger pulse oximeter and

gauge whether immediate medical attention is needed – even if the patient seems alert and responsive. It is the first device of its kind that can truly detect when a patient seems stable but

is actually getting dangerously worse, known as “crashing.”

IPR therapy is used to create a vacuum in a patient's chest cavity to increase blood circulation and pressure. The IPR concept was used to manufacture a small breathing device called the ResQGARD that helps patients with severe low blood pressure.

“The human body has many physiological mechanisms that compensate to maintain a constant blood pressure when there's internal bleeding,” Convertino said of the CRI. “The blood pressure can seem stable, but the patient can be losing their ability to continue to compensate. When the patient gets to the end of their compensation, their blood pressure falls rapidly, referred to by some as ‘falling off a cliff’ and now they

are in shock because we were watching their blood pressure rather than a measure of their reserve to compensate.”

In order to measure a patient's reserve to compensate, Convertino focused on an arterial waveform that is created by blood going out into the vessels.

“Each time the heart pumps, a pulse of blood creates an arterial pressure wave that is actually made up of two waveforms,” he said. “The first waveform, called the ejected wave, is caused by the blood leaving the heart. The second wave, called the reflected wave, is caused by the blood being reflected off the arteries back to the heart. These events happen so quickly that the two pressure waves are merged

See USAISR, P16

USAISR selects NCO, Soldier of the Year

By Steven Galvan
USAISR Public Affairs

The U.S. Army Institute of Surgical Research Noncommissioned Officer and Soldier of the Year competition concluded Feb. 18 with the announcement of two medical laboratory specialists as the 2013 USAISR NCO and Soldier of the Year.

Sgt. Andrew J. Ludescher, a native of St. Paul, Minn., is with the laboratory support division and was selected as the Non-commissioned Officer of the Year. Spc. Daniel S. Wendorff, who hails from Columbus, Ohio, was selected as the Soldier of the Year and is assigned to the damage control resuscitation division.

Ludescher joined the

Army in 2008 and has been at the USAISR for one year. He has said serving his country in the Army has been a life-long dream. One of the reasons that he believes he was selected for this honor is because of his drive to succeed.

“I work hard and lead by example,” he said. “I trained and studied hard for this competition. It's a great honor.”

One of Ludescher's short-term goals is to obtain a medical laboratory technician certificate and eventually attend physician's assistant school.

The thing that he likes most about his job as a research support technician is working with the people in the laboratory and said that the most challenging thing about

it was learning all of the sections.

Wendorff, who has been at the institute since November, said that he enjoys learning something new and interesting almost every day. He also said that joining the Army was a childhood dream.

“Being able to become a medical laboratory specialist was a great opportunity for me,” he said.

Wendorff joined the Army almost two years ago and said that time management can be a big challenge for him. “Also trying to balance the work I do in research with my responsibilities as a Soldier,” he said.

He believes that his performance during the competition helped him

be selected for this honor. “It's a great honor to have been selected,” the specialist said.

The advice Wendorff gives Soldiers who would like to earn his distinction is simple. “Start studying as early as possible and be ready to be physically and mentally exhausted by the time it is all over.”

His next goal is to earn the Expert Field Medical Badge in the near future and to eventually attend medical school and become a doctor.

Ludescher and Wendorff will represent the USAISR at the upcoming MRMC Soldier and NCO of the Year competition in April.

USAISR Company 1st Sgt. Bradley Proud said he was extremely pleased



Photo by Steven Galvan

Sgt. Andrew J. Ludescher (middle) maneuvers through the obstacle course as part of the U.S. Army Institute of Surgical Research NCO and Soldier of the Year competition.

to have these two Soldiers representing the institute at this year's headquarters competition.

“They both have the

drive, determination and leadership to succeed,” Proud said. “I feel confident that they'll both do well and make us proud.”

MILITARY HONORS HEROES OF THE ALAMO

Army Lt. Gen. Perry Wiggins delivers the official address during the annual memorial service for the Heroes of the Alamo March 6 in front of the Cenotaph at Alamo Plaza. The memorial service marks the second year it has been held outside in the plaza. The 323rd Army Band "Fort Sam's Own" Mission Brass quintet provided music for the ceremony while Airmen, who have just completed their basic training, volunteered to bear the flags of the nations or states that lost native sons during the fall of the Alamo. Wiggins is the commanding general for U.S. Army North (Fifth Army) and senior Army commander for Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis.



Photo by Sgt. Lee Ezzell

FUTURE SAILORS TAKE OATH OF ENLISTMENT AT SPURS GAME



Photo by Burrell Parmer

Thirteen future Sailors from throughout the city took the oath of enlistment during the San Antonio Spurs' Military Appreciation Night Feb. 28 at the AT&T Center. The oath was administered by Commander Mike Briggs, executive officer of Navy Recruiting District San Antonio. He was accompanied by Command Master Chief Petty Officer Vaughn Coker, Petty Officer 1st Class Allyson Robertson and Petty Officer 2nd Class Cecil Ford.



Photo by Tim Hippias

World Class Athlete Program Sgt. Jen Lee defends the net for the San Antonio Rampage Sled Hockey Team in San Antonio, Aug. 1, 2013. Lee was selected to represent Team USA at the 2014 Paralympic Winter Games in Sochi, Russia.

Paralympic Games open in Sochi; local sled hockey Soldier taking part

By Gary Sheftick
Army News Service

The Sochi 2014 Paralympic Winter Games opened Friday and Staff Sgt. Jen Lee, a goalie for the USA sled hockey team, was among athletes at Fisht Olympic Stadium and the sports complex along the Black Sea, where the closing of the XXII Olympic Winter Games took place two weeks ago.

Lee is also a goaltender for the San Antonio Rampage Sled Hockey Team. Lee joined the Rampage sled hockey team in 2009 and the national team in 2010. He then joined the U.S. Army World Class Athlete Paralympic Program. He is the first active duty Soldier selected for a paralympic winter sports team.

Lee was injured in a motorcycle accident in 2009, and lost his left leg above the knee. During rehab at the Center for

the Intrepid on Joint Base San Antonio-Fort Sam Houston, the San Francisco native explored several sports options, including wheelchair basketball and sled hockey.

"I told my wife, 'I haven't even put on a skate or touched a puck since freshman year of high school,'" Lee said in an earlier interview with U.S. Army Installation Management Command. "I was definitely excited and nervous at the same time. As soon as I got on the ice, I was just like 'Wow!'"

At the opening ceremony, spectators watched a two-hour performance about the power of the human spirit overcoming obstacles to limitless potential. Center to the story was a mythical firebird that linked all scenes of the show, which included 150 performers with physical impairments, along with popular Russian opera singers and

entertainers.

The USA Sled Hockey Team competed first against Italy Saturday, winning 5-1. USA's second game against Korea Sunday was a 3-0 victory.

NBC will air the sled hockey final on NBC at 2 p.m. Saturday.

Team USA is led by Andy Yohe, who was a member of the USA squad that won gold in Vancouver, as well as goaltender Steve Cash, who did not allow a single goal in five games in Vancouver.

The team also boasts four military veterans, including active duty Soldier Lee, with the U.S. Army World Class Athlete Program, who serves as the back-up goalie.

Other veterans on the USA sled hockey team include Purple Heart recipients Paul Schaus, a Marine Corps vet; Josh Sweeney, another Marine veteran; and Rico Roman, an Army veteran.

Bath salts: What's in a name?

By Kirsten Anke,
Public Health Nurse, USAPHC

Bath salts – not the Epsom salts for bath water, but the synthetic stimulant street drug – have many names including “Bloom,” “Blue Silk,” “Cloud Nine,” “Hurricane Charlie,” “Ivory Wave,” “Lunar Wave,” “Scarface,” “Vanilla Sky,” “White Lightning,” “Zoom” and others.

What is in a name? The catchy names for this dangerous product create an illusion that using it will lead to relaxation or an exhilarating high. But the reality is that the use of bath salts comes with unpredictable reactions and dangerous consequences.

What is in the drug? Bath salts are unregulated street drugs. The crystals or powder may include combinations of one or more man-made chemicals related to drugs like amphetamines, cocaine and Ecstasy.

Chemical mixtures are created to avoid being identified as an illegal substance. The types and amounts of chemicals vary in each packet or jar.

What is in it for you? Nothing good results from swallowing, inhaling or injecting the white, yellow or brown crystals or powder that is sold in packages labeled “not for human consumption.” Because you do not know what is in this dangerous product, you do not know how it will affect you.

What happens? Bath salts are toxic chemicals, not helpful medicines. They increase levels of brain chemicals (serotonin, dopamine or norepinephrine), which may result in feelings of euphoria or increased alertness. However, the short-lived intoxication comes with potentially life-threatening mental, emotional, behavioral and physical reactions.

Your mind: Mental, emotional reactions may include anger, agitation, paranoia, hallucinations, panic attacks, insomnia, and psychotic or combative behavior. Paranoid behaviors and delusions may last for days after the high is over. Impulsive and violent behavior may result in hurting someone else or self-inflicted injury, which may lead to death.

Your body: The physical effects to your body can be dangerous and deadly. Bath salts may cause a fast heart rate, increase in body temperature, high blood pressure, chest pain, dehydration, breakdown of skeletal muscle tissue, seizures, kidney failure and death.

Your future: Bath salts may be addictive. The body may develop a tolerance to and dependence on the chemicals. Once you start to use the drugs, you may crave them, and find it difficult to stop using them.

What is the law? The Synthetic Drug Abuse Prevention Act of 2012 was signed into law to ban the possession, use or distribution of chemicals used to make man-made drugs like bath salts.

What is Army policy? In accordance with Army Directive 2012-14 (Prohibited Substances (Controlled Substance Analogues)), “Army personnel are prohibited from using, possessing, manufacturing, selling, distributing, importing into or exporting from the United States any controlled substance analogue,” such as bath salts. Violations of the policy may result in punishment.

What's the bottom line? Bath salts, the so-called designer street drugs, have many sexy names, but no matter what you call them, they are illicit drugs that can destroy your mind and body.

BAMC public affairs team earns multiple command awards

Brooke Army Medical Center's newsletter, events and writers were among the winners of the U.S. Army Medical Command level of the 2013 Keith L. Ware Public Affairs competition.

The annual competition recognizes Soldiers and Department of the Army civilian employees for excellence in achieving the objectives of the Army Public Affairs Program.

BAMC's first-place awards include:

- Army Funded News Publication: BAMC Focus, editor Maria Gallegos
- Community Relations Special Event: BAMC Appreciation Day, featuring Gary Sinise and celebrity chef Robert Irvine
- Commentary: "Uniform Reminder of Call to Duty" by Elaine Sanchez

BAMC also earned an honorable mention in the feature category for the article titled "Double amputee gets another chance at starting a family," by Maria Gallegos.

All first-place winners will compete next at the Army-level competition.

(Source: Brooke Army Medical Center Public Affairs)

METC DEDICATES CONFERENCE ROOM FOR FORMER EMPLOYEE

A ceremony to dedicate a conference room in honor of retired Master Chief Petty Officer Clarence Hodges was held Feb. 28 at the Medical Education and Training Campus headquarters building. Following his retirement after serving more than 27 years in the U.S.

Navy, Hodges became the management analyst/human resources liaison for METC, where he played an integral part in the planning and alignment of manpower that was instrumental in standing up METC. While still serving at METC, Hodges died in January 2013. His widow, Lorna Hodges (left), views a copy of the plaque with her mother, Angelique Kayani, and daughter, Asia, presented in memory of Hodges.



Photo by Lisa Braun

INSIDE THE GATE

Women Encouraging Women

Today, 11 a.m. to 1 p.m., Military and Family Readiness Center, building 2797. Bring a bag lunch and come talk with other women. Call 221-0349.

3-on-3 Basketball Tournament

Today, 9 a.m., JBSA-Fort Sam Houston Jimmy Brought Fitness Center. There is a 32-team limit and registration deadline is today. Cost is \$15 per team and open to all Department of Defense ID cardholders ages 18 and up. Call 221-1234.

Pre-Deployment Training

Today, 9 a.m. to 3 p.m., Military and Family Readiness Center, building 2797. Call 221-0946.

Spring Into Savings

Today, learn how to trim your wallet and your waistline, discuss meal planning and couponing and learn from guest speakers from 11 a.m. to 1 p.m. at the Military and Family Readiness Center, building 2797. Call 221-0349.

Thrift Shop Closure

The Thrift Shop at Fort Sam Houston, located at 3100 Zinn Road, next to Outdoor Recreation, is closed through Saturday for spring break. When the shop reopens for business Wednesday and Thursday,

the hours of operation will change to 9:30 a.m. to 2:30 p.m., with consignment hours from 9:30 a.m. to 1 p.m. Saturday opening for March changes from Saturday to March 22. In addition, the monthly Saturday operation will switch from the third Saturday each month to the first Saturday beginning April 5.

Demonstration of the New Employee-Manager Portal

As a part of the Defense Civilian Personnel Advisory Service marketing strategy for the new Employee-Manager Portal, Defense Connect Online will host a demonstration at 7 a.m. and noon every Friday through March 30. To connect to the DCO, visit <https://connectcol.dco.dod.mil/r7z4nfv0s0u/>. The sessions last about 15 minutes and participants must have headphones or speakers connected to their computer to hear the presentation. There will be no telephone dial-in for the presentation. The demonstration will focus on the presentation of employee and manager information and functionality. For more information, call 221-2526.

St. Patrick's Day 9-Pin Tournament

Saturday, JBSA-Fort Sam Bowling Center is having a nine-pin tournament. The entry cost is \$30 entry, \$10 to lineage and \$20 to the prize fund. Call 221-3683.

General Resume Writing

Monday, 9 a.m. to noon, Military and Family Readiness Center,

building 2797. Call 221-2380.

Madness in March Bracket Contest

Starting Monday, participants can stop by the front desk at the Fitness Center on the Medical Education and Training Campus and pick up their NCAA college basketball bracket. Brackets must be turned in by 9 a.m. March 20. Individual who selects the most correct games will win a \$50 gift card. This event is open to all Department of Defense ID cardholders ages 18 and up. Call 808-5709.

H.U.G.S. Playgroup

Tuesday, 9-11 a.m., Middle School Teen Center, building 2515. The children age 5 and under. Call 221-0349.

Credit and Debt Management

Tuesday, 2-4 p.m., Military and Family Readiness Center, building 2797. Call 221-2380.

Family Readiness Group Leadership Academy

Tuesday and Wednesday, 8:30 a.m. to 4 p.m., Military and Family Readiness Center, building 2797. Call 221-0946.

Mandated Army Unit Family Advocacy Training

Wednesday, 2-4 p.m. and Thursday, 8-10 a.m. Military and Family Readiness Center, building 2797. Sessions consist of 30 minute increments every half hour. Call 221-0349 or 221-2418.

Bringing Baby Home

Wednesday, 9 a.m. to 1 p.m., Military and Family Readiness, building 2797. Call 221-0349.

Child Safety Seat Inspections

Thursday, the JBSA-Fort Sam Houston Fire Department will inspect children's safety seats from 1-3 p.m. for recalls, functionality and proper installation. Registration is required. Children must be present for proper weight and height measurements. Call 221-0349 or 221-2418.

Post-Deployment Planning Training

Thursday, 9-10:30 a.m., Military and Family Readiness Center, building 2797. Call 221-0946.

Harlequin Dinner Theatre presents "Doo-Wop City"

From Thursday through May 3, a musical revue featuring more than 60 "doo-wop" hits from the '50s and '60s at the Harlequin Dinner Theatre at JBSA-Fort Sam Houston. Call 222-9694.

Federal Resume Writing

March 24, 9 a.m. to noon, Military and Family Readiness Center, building 2797. Call 221-2380.

Army Family Team Building Leadership Development

March 25-27, 8:30 a.m. to 2:30 p.m., Military and Family Readiness Center, building 2797. Call 221-0918.

Exceptional Family Member Program Job Fair

March 28, a job fair for exceptional family members will be held 4-7 p.m. at the JBSA-Fort Sam Houston Military and Family Readiness Center, building 2797. Preparation rallies will be conducted for those who submit application forms prior to the event. Call 221-2962.

9th Annual Cowboys for Heroes

March 29, 11 a.m. to 5 p.m., at the JBSA-Fort Sam Houston Equestrian Center. This event features authentic Cowboy cooking on 1800s-style chuck wagons. Live horseback riding performances, mutton-busting, photo opportunities with a live longhorn, live musical entertainment, pony rides, petting zoo and much more. This is a free event and is open to all DOD ID cardholders. Call 221-1718.

Community Extravaganza Fair

April 28, the Community Extravaganza Fair, formerly known as Newcomer's Extravaganza, takes place 9-11 a.m. at the Fort Sam Houston Golf Club, 1050 Harry Wurzbach. Department of Defense ID cardholders can visit with representatives from post agencies and local businesses to learn more about Joint Base San Antonio-Fort Sam Houston and the San Antonio area. Call 221-2307.

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. Volunteer officials need to be a certified in the sport they officiate. Certifications may be obtained through local official associations and chapters, and must remain current by attending a yearly rules clinic. Volunteer officials should be willing to officiate at least once a week and officiate all games on that day. In addition, showing up 30 minutes before and staying 30 minutes after will ensure the intramural program runs smoothly. Officials will be required to attend a rules meeting prior to season start. For more information, call 221-1367 or email douglas.w.stanley2.civ@mail.mil.

Massage Therapy At Jimmy Brought Fitness Center

The Jimmy Brought Fitness Center is offers massage therapy sessions. There will be a licensed massage therapist on site helping patrons to release and unwind from the rigorous routine of the workday. Various packages and discount prices are available. Call 221-1234.

Computer Lab

The computer lab is available 8 a.m. to 4 p.m. Monday through Friday at Military and Family Readiness, building 2797. Call 221-2705 or 221-2418.

USAISR from P11

so they look like a single waveform."

With newly advanced computer technologies, they now have the capability to measure features of each arterial waveform that reflect the sum of all mechanisms of compensation that affect the heart (ejected wave) and the arteries (reflected wave), according to Convertino. They call this measurement the "compensatory" reserve.

"If you're monitoring blood pressure in a patient with internal bleed-

ing, you may not notice the problem because the body is compensating for the blood loss," he said. "The algorithm can gauge how much the body is compensating and how much the body has left to compensate."

Originally, the algorithm was developed with the help of robotics engineers and a pediatric trauma surgeon at the University of Colorado with unique biomedical engineering talents of combining machine learning with feature extraction capabilities. These engineers used data gath-

ered from more than 250 men and women studied in a lower body negative pressure chamber that produces responses in humans similar to those observed in someone bleeding, but without losing an ounce of blood.

Convertino and his task area began a clinical trial earlier this year on 20 human subjects to gather data for submission to the Food and Drug Administration for 510(k) clearance. The FDA uses the 510(k) premarket submission to ensure that a medical device is safe for use on patients and can

then be made commercially available.

"This is so new that we really have to demonstrate that it works," Convertino said. "No one has done this before, but we're pretty confident that we can meet FDA requirements."

Separately, IPR was created in collaboration with Advanced Circulatory Systems Inc.

"What the IPR does is provide resistance during a patient's inspiration, so that greater negative pressure is created in the thorax. That sucks more blood to the heart and

brain," Convertino said. "It's so eloquently simple that I'm almost embarrassed that I didn't think of it first."

The devices that deliver IPR therapy are lightweight and easily fit in any medical or first aid kits on or off the battlefield.

IPR therapy has been used in the pre-hospital setting to assist in saving countless lives, particularly in cases of cardiac arrest, and provides rapid resuscitation without the use of fluids. As a result, the ResQGARD has been deployed in the medi-

cal kits of air and land ambulances as well as battalion aid stations on the battlefield.

"This award recognizes Vic's unwavering search for better understanding of human physiology and better ways to treat patients in emergent situations," said Dr. Keith Lurie, inventor of the IPR concept.

"The cutting edge research that Vic and his team are conducting will prove critical in the advancement of capabilities for EMS care on the national level as well as on the battlefield."

OUTSIDE THE GATE

Valero Open Pro-Am

Active duty military (0-5 and below) with an established U.S. Golf Association handicap of 18 or better that are interested in participating in the Pro-Am at the Valero Open March 26 need to go to a pro shop at any JBSA Golf Course to sign up through Sunday. Ten participants will be selected by a drawing Sunday and will be notified by 502nd Force Support Group officials.

Boerne Outdoor Family Fair Walk

The Randolph Roadrunners Volksmarch Club hosts 5-kilometer and 10-kilometer walks in conjunction with the Boerne Outdoor Family Fair starting at Main Plaza, 100 North Main Street in Boerne Saturday, starting between 8 a.m. and noon and finishing by 3 p.m. For information call 723-8574 or visit <http://randolphroadrunners.info/>.

Boardwalk on Bulverde St. Patrick's Day Celebration

Boardwalk on Bulverde, San Antonio's original food truck park, located at 14372 Bulverde Road, has its 3rd Annual St. Patrick's Day Celebration from 6 p.m. to midnight today, noon

to 11 p.m. Saturday and from noon to 8 p.m. Sunday. For more information, call 402-2829 or visit <http://www.boardwalkonbulverde.com>.

Fiesta of Gems

The Southwest Gem and Mineral Society hosts the 53rd annual "Fiesta of Gems" from 10 a.m. to 6 p.m. Saturday and 10 a.m. to 4 p.m. Sunday at the San Antonio Events Center, 8111 Meadow Leaf Drive. Cost is \$5 for adults, \$3 for seniors and military, \$2 for students (with ID) and \$1 for children under 12 years of age. Parking is \$3. There will be 28 vendors offering books, gem samples, artistic creations, jewelry-making supplies and fine jewelry. In addition to exhibits, there will be children's games, hourly door prizes, silent auctions and demonstrations with how-to instruction. For more information, visit <http://www.swgemandmineral.org>.

U.S. Army Warrant Officer Association Meeting

The March meeting of the Lone Star Silver Chapter of the U.S. Army Warrant Officer Association is at 5:30 p.m. Monday at the Longhorn Cafe, 1003 Rittiman Road, at the corner of Rittiman Road and Harry Wurzbach. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call 413-1965 or 257-0931.

'Standing Their Ground: Tejanos at the Alamo'

Through June 6, an exhibit titled "Standing Their Ground: Tejanos at the Alamo" is featured at the Alamo, 300 Alamo Plaza. Fans of Texas history can learn about the Tejano contributions to the Alamo and Texas history. The exhibit is free and open to the public from 9 a.m. to 5:30 p.m. every day. For more information, visit <http://www.thealamo.org>.

2014 Joint Services Luncheon

The Spouses' Club of the Fort Sam Houston Area will host the Texas Timeless and Classic 2014 Joint Services Luncheon 10 a.m. to 2 p.m. Tuesday at the Pearl Stable and Brewery, 312 Pearl Parkway, building 2. Guest speaker is Tara Crooks, co-founder of the Army Wife Network, author and motivational speaker. Cost is \$25 for the meal only or \$40 with a copy of the book "1001 Things to Love About Military Life." Reservations or cancellations must be made by Sunday. For more information, visit <http://www.scfsh.com> or call 236-9400.

Diamonds and Denim Dinner, Auction

The Wilford Hall Auxiliary presents the 3rd annual Diamonds and Denim dinner and auction at 6 p.m. March 22 at the Oak Hills Country Club, 5403 Fredericksburg Road. Cost is \$40 per person. RSVP by March 16

to rvspwba@gmail.com. Dress is casual denim with as much "bling" as you desire.

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 of their responses to victimization and the impact on their lives. The group offers a safe, open atmosphere for discussion and support to facilitate understanding of sexual victimization and the healing process. The group meets from 6:30-8 p.m. Mondays at the Rape Crisis Center group room at 7500 U.S. Highway 90 West, building 2, Suite 201. Call 521-7273.

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 6-7:30 p.m. Wednesday at the Rape Crisis Center group room at 7500 U.S. Highway 90 West, Building 2, Suite 201. Call 521-7273.

Did you know?

File with caution, IRS lists common tax scams to avoid

If something sounds too good to be true, it probably is. Oftentimes taxpayers fall victim to scammers during tax season. They hear promises of lower taxes, huge refunds or settlements of back taxes. Individuals may also try to scam the Internal Revenue Service themselves by hiding income or reporting more expenses.

Each year the IRS compiles a list of the "dirty dozen" tax scams, a variety of common scams taxpayers can encounter at any point during the year. But many of these schemes peak during filing season as people prepare their tax returns.

The full list of the dirty dozen can be found at <http://www.irs.gov/uac/Newsroom/IRS-Releases-the-Dirty-Dozen-Tax-Scams-for-2014-Identity-Theft-Phone-Scams-Lead-List>.

Based on the dirty dozen, the 502nd Installation Support Group, Judge Advocate wants Joint Base San Antonio taxpayers to keep the following in mind.

- Taxpayers should be wary of anyone or any communication (phishing emails and websites, harassing phone calls) that claim to be from the IRS and ask for personal information or demand payments. The IRS does not email individuals asking for personal information. Report any suspected phishing to the IRS by sending it to, phishing@irs.gov. If tax fraud or scams are suspected, contact the IRS.

- Fraudulent filing can result in serious penalties. Hiding income offshore, claiming more expenses, less income, zero income, false exemptions and other practices can result in financial penalties and criminal prosecution.

- Filing scams can take many forms. Taxpayers should avoid any filing service that promises large returns and "free money" but has suspect practices like asking for large fees or not providing the customer with copies of the filings. Fraudulent filing services also can put tax payers at risk of identity theft and loss of their returns. Remember, no matter who files the return, the taxpayer is ultimately responsible for what is on their forms. For tips about choosing a preparer, details on preparer qualifications and information on how and when to make a complaint, view IRS Fact Sheet 2014-5, "IRS Offers Advice on How to Choose a Tax Preparer."

Military members, dependents and retirees can take advantage of free tax preparation on base at the Military Tax Assistance Centers. Contact for hours and locations; JBSA-Fort Sam Houston, 295-1040/916-1040; JBSA-Lackland, 671-8331/8475; JBSA-Randolph, 652-1040.

(Information compiled from the IRS with assistance from the 502nd Installation Support Group, Judge Advocate office)

LABRUTTA from P2

ties, answer any questions you may have and give you the opportunity to donate if you should so choose.

You'll also be able to participate in fundraising events by way of helping or donating – either way, please get involved if you can! I invite our private organizations and units to be creative and have fun with your fundraisers for AFAF during our six-week campaign.

While the average Air Force installation has historically had between a 19 and 30 percent participation rate from their active duty members, I believe JBSA can

certainly exceed the average! Remember, just a few dollars a month from your paycheck will ensure your fellow Airmen will have the assistance they need when they need it the most!

Thank you in advance for your consideration and for continuing our proud tradition of supporting the AFAF Campaign!

If you have any questions or need additional information, please contact the JBSA installation project officers at DSN 473-2282, or assistant installation project officer at DSN 945-4896.



FOR SALE: Three-quarter length fur coat, \$1,768 new; asking \$675; numerous large pieces of furniture, excellent condition, call for item description, size and price; new Penmate large dog crate, originally \$208, asking \$85; Oakley sun glasses, new, iridium, more than \$350 new, 99 percent ultraviolet, includes hard case, \$76; bamboo bench for sun room, excellent condition, six new cushions, 58 inches long by 31 inches wide, \$112 obo. Call 313-0061.

WATER CONSERVATION TIPS

1. Insulate all hot water pipes to reduce the delays and wasted water experienced while waiting for the water to "run hot."
2. Be sure the water heater thermostat is not set too high. Extremely hot settings waste water and energy because the water often has to be cooled with cold water before it can be used.
3. Use a moisture meter to determine when houseplants need water. More plants die from overwatering than from being on the dry side.
4. Install an automatic rain/wind shutoff device on lawn sprinkler systems.
5. Use mulch around landscaped plants to reduce evaporation and weed growth.

(Compiled by 502nd Civil Engineer Squadron)

