

OCTOBER 24, 2014  
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A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO-FORT SAM HOUSTON

**DOMESTIC VIOLENCE****PAGE 3****BUG CHASERS****PAGE 6****ARMY CHILDBIRTH****PAGE 14****Photo by Sgt. 1st Class Wynn Hoke**

Lt. Gen. Perry L. Wiggins, commanding general, U.S. Army North (Fifth Army) and senior Army commander of Fort Sam Houston and Camp Bullis presents the Silver Star to Eileen Gunn, the widow of Col. James Gunn III and family, for his heroic actions from Aug. 17-30, 1944, during World War II. Gunn escaped and evaded the enemy and eventually coordinated the largest air rescue mission of more than 1,160 prisoners of war while also coordinating air strikes on the enemy.

## World War II hero posthumously awarded Silver Star medal

By Sgt. 1st Class Wynn Hoke  
U.S. Army North Public Affairs

In a ceremony held at Joint Base San Antonio-Fort Sam Houston's historic quadrangle Friday in front of more than 200 in attendance, Col. James A. Gunn III was posthumously awarded the Silver Star for actions from Aug. 17-31, 1944, during World War II.

The award was presented to Col. Gunn's widow Eileen Gunn and family by Lt. Gen. Perry L. Wiggins, commanding general,

U.S. Army North (Fifth Army) and Army senior mission commander for JBSA-Fort Sam Houston and Camp Bullis.

"What a great day to celebrate the stellar service of a true American hero," Wiggins said. "Today is recognizing sacrifice and service of that true American hero, a national treasure."

"It is humbling to stand here, when you are giving an award of this magnitude and today we are going to present one of the highest awards for valor that we can

bestow upon those in our formation."

On Aug. 17, 1944, Gunn, a B-17 bomber pilot was shot down near the Ploesti oil fields in Romania. After being taken prisoner of war and sent to a Bucharest prison camp for 10 days, the Romanian government surrendered and aligned with the Allies against the Germans.

Due to Romania's surrender and realignment, the Germans im-

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### Editorial Staff

502nd Air Base Wing/JBSA  
Commander  
**Brig. Gen. Bob LaBrutta**

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Associate Editor  
**L. A. Shively**

Writer/Editor  
**Vacant**

Layout Artist  
**Joe Funtanilla**

### News Leader office:

2080 Wilson Way  
Building 247, Suite 211  
JBSA-Fort Sam Houston  
TX 78234-5004  
210-221-1031  
DSN 471-1031

### 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

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# Army investigators warn public about online romance scams

By Colby Hauser  
U.S. Army Criminal Investigation  
Command

Special Agents from the U.S. Army Criminal Investigation Command, commonly known as CID, are once again warning internet users worldwide about cyber criminals involved in an online crime that CID has dubbed “the Romance Scam.”

CID special agents continue to receive numerous reports from victims located around the world regarding various scams where perpetrators are impersonating U.S. Soldiers online. Victims are usually unsuspecting women, 30 to 55 years old, who believe they are romantically involved with an American Soldier, yet are being exploited and ultimately robbed by thieves who strike from thousands of miles away.

“We cannot stress enough that people need to stop sending money to persons they meet on the internet and claim to be in the U.S. military,” said Army CID spokesman Chris Grey.

“It is very troubling to hear these stories over and over again of people who have sent thousands of dollars to someone they have never met and sometimes have never even spoken to on the phone,” Grey said.

The majority of the “romance scams,” are being perpetrated on social media and dating web-

sites, where unsuspecting females are the main target.

The criminals are pretending to be U.S. servicemen in a combat zone. Perpetrators will often take the rank and name of a U.S. Soldier who is honorably serving his country somewhere in the world, or has previously served and been honorably discharged, then marry that up with some photographs of a Soldier off the internet, building a false identity in order to prowl the internet for victims.

The scams often involve carefully worded romantic requests for money from the victim to purchase special laptop computers, international telephones, military leave papers and transportation fees to be used by the fictitious “deployed Soldier” so the false relationship can continue.

Scams include asking the victim to send money, often thousands of dollars at a time, to a third-party address. Once victims are hooked, the criminals continue their ruse.

“We’ve even seen instances where the perpetrators are asking the victims for money to purchase “leave papers” from the Army, help pay for medical expenses from combat wounds or help pay for their flight home so they can leave the war zone,” Grey said.

These scams are outright theft and are a

## Where to go for help:

- Report the theft to the Internet Crime Complaint Center at <http://www.ic3.gov/default.aspx>.

- Report the theft to the Federal Trade Commission at <http://www.ftc.gov/idtheft>.

- Report the theft by phone at 877-ID-THEFT (438-4338) or TTY, 866-653-4261.

- Report the theft by mail at the following address: Identity Theft Clearinghouse, Federal Trade Commission, Washington, D.C. 20580.

- Report fraud by emailing the Federal Trade Commission via at [spam@uce.gov](mailto:spam@uce.gov).

Your report helps law enforcement officials across the United States in their investigations.

grave misrepresentation of the U.S. Army and the tremendous amount of support programs and mechanisms that exist for Soldiers today, especially those serving overseas, Grey explained.

Along with the romance scams, CID has been receiving complaints from citizens worldwide that they have been the victims of other types of scams – once again where a cyber crook is impersonating a U.S. service member.

One version usually involves the sale of a vehicle. The perpetrator claims to be a military member living overseas who has to quickly sell his or her vehicle because they are being sent to another duty station.

After sending bogus information regarding the vehicle, the seller requests the buyer do a wire transfer to a third party to complete the purchase. In reality, the entire exchange is a ruse for the crook to get the

money leaving the buyer high and dry, without a vehicle.

Army CID continues to warn people to be very suspicious of starting online relationships with someone claiming to be an American Soldier. The scam starts within a matter of weeks, where the alleged Soldier is asking for money, as well as discussing marriage.

The majority of these scams have a distinct pattern to them, Grey explained.

Perpetrators often tell victims that their units do not have telephones or they are not allowed to make calls or they need money to “help keep the Army internet running.”

Other ruses include saying they are widowers and raising a young child on their own to pull on the heartstrings of their victims.

Army officials report that numerous very senior officers and enlisted Soldiers throughout the Army have had their

## What to look for:

- Be extremely suspicious if asked for money for any reason. Do not send the requested funds.

- If you start an internet-based relationship with someone, check them out, research what they are saying. If they sound suspicious, there is a reason, it's routinely false – trust your instincts.

- Be very suspicious if the person on the phone cannot write or receive letters in the mail. U.S. servicemen and women overseas will often have an APO or FPO mailing address. Internet or not, service members always appreciate a letter in the mail.

- If the person you are speaking with cannot send at least one email from a military email address, then there is a high probability they are not in the military.

- Be very suspicious if you are asked to ship property to a third party.

- Be aware of common spelling, grammatical or language errors in the emails, or foreign and regional accents on the phone that do not match the person's claimed identity.

identities stolen to be used in these scams.

“We’ve even seen where the criminals say that the Army won’t allow the Soldier to access their personal bank accounts or credit cards (while deployed or on permanent change of station orders),” Grey said.

All lies, according to CID officials.

“These perpetrators, often from other countries – most notably from West African countries – are good at what they do and

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

## News Briefs

### Big Change to Storage for Contingency/Deployment Entitlement

Effective immediately, storage for contingency/deployments of 90 days or longer is not authorized, if the member concurrently receives Bachelor Allowance for Housing in the commuting area of the permanent duty station, per AFI 24-501, Personal Property Moving and Storage, paragraph 1.6.2.2, dated Oct. 10. This is a major change from the previous entitlement, which authorized storage at government expense by utilizing squadron O & M funds without regard to BAH entitlement provided to the service member. Any future requests received by the Installation Transportation Officer from commanders for storage based on a deployment must reflect the member is not receiving BAH for local housing. There is however, a grandfather clause to allow continued storage at government expense for members who currently have approved storage even though they are receiving BAH. For further clarification or questions contact the Personal Property Processing Office JBSA-Lackland, at 671-2821, PPPO-JBSA Ft. Sam Houston at 221-1605 or PPPO-JBSA Randolph at 652-1848.

### AKO 'My Medical Readiness' Link Down

The AKO (Army Knowledge Online) link in My Medical Readiness where Soldiers or civilians access their individual medical readiness data and the link for Periodic Health Assessments or Deployment Health Assessments is unavailable until further notice. No target date for the restoration of the AKO access has been given. Until the AKO link is restored, it is recommended the PHA and DHA self-assessments can be accessed by logging into the website at <https://rc.mods.army.mil/mha>; then select the appropriate tab for the Pre/Post/PDHR/PHA; complete the self-assessment and save. For Individual Medical Readiness printouts, contact unit readiness points of contact to print the IMR from the MEDPROS web reports program.

### ID Cards/DEERS Office Move

The ID cards main office formerly at building 367 has relocated to building 2263, on the first floor of 2484 Stanley road. Customers are

See NEWS BRIEFS, P6

# METC ENT staff helps issue TCAPS to Fort Bragg

Two Army staff members of the Medical Education and Training Campus Otolaryngology Technologist program recently supported a specialized team of contractors from the Project Manager Soldier Warrior office of the Program Executive Office-Soldier during the issue of the Tactical Communications and Protection System to soldiers in Fort Bragg, N.C.

The focus of TCAPS is to reduce training and battlefield-related hearing loss as well as enhance hearing and overall situational awareness both in the surrounding environment and through radio communications.

Col. Vickie Tuten, the METC ENT Technologist program director and Staff Sgt. Shane Giltner, the program's senior Army instructor, provided Soldiers with the 3rd Brigade Combat Team of the 82nd Airborne

Division with training, medical briefings and ear cleanings.

They also supervised a team of 82nd Airborne Division medics who performed ear exams and conducted fittings of the TCAPS foam ear pieces on the Soldiers.

The assistance provided by Tuten and Giltner during their week-long deployment ensured Soldiers received proper ear assemblies and accurately configured their systems.

"TCAPS are now a 'program of record' and are a highly sophisticated solution that provides dismounted Soldiers with hearing protection and hearing enhancement through an in-the-ear device," Tuten said.

The colonel explained that these systems are a viable solution to improving combat effectiveness for Soldiers in high-noise environments where traditional hearing protection has not



Photo by Staff Sgt. Shane Giltner

Col. Vickie Tuten, program director for the Medical Education and Training Campus Otolaryngology Technologist program, performs a cerumenectomy (removal of ear wax) on a Soldier with the 3rd Brigade Combat Team of the 82nd Airborne Division, in Fort Bragg, N.C., who will be receiving the Tactical Communications and Protection System.

been as effective.

The systems selected following a rigorous evaluation process are rugged and waterproof up to two meters.

Although these systems have been utilized within the Special Forces community for years,

this is the first venture taking these systems mainstream.

The TCAPS has a bone-conducted microphone which must properly be seated inside the ear canal, resting on the external opening of the ear, to allow for effective

transmission of voice during radio communications.

The involvement of the audiology community has been critical to the success of the TCAPS deployment. The contract team relies on the audiologist and medics to ensure that the ear canals are relatively free of ear wax and that the in-the-ear foam comply tips are properly fitted to ensure comfort as well as adequate protection.

"As a result of the week-long support and training, the METC Otolaryngology Program will acquire some TCAPS to integrate into its audiology curriculum," Tuten said.

"My staff is excited about the technology and what it represents for the future in hearing protection."

(Source: METC Otolaryngology Program)

## Run/walk, shelter drive concludes Domestic Violence Awareness Month activities around JBSA

By Robert Goetz  
JBSA-Randolph Public Affairs

As Domestic Violence Awareness Month draws to a close, a 5K run/walk and shelter drive at Joint Base San Antonio-Fort Sam Houston will conclude a month's worth of activities at JBSA locations that draw attention to a problem that, according to the Centers for Disease Control and Prevention, affects nearly one in four women.

The run/walk will

start at 8 a.m. Saturday at JBSA-Fort Sam Houston's Jimmy Brought Fitness Center; participants are encouraged to show their awareness of domestic violence by wearing purple.

The shelter drive supporting Family Violence Prevention Services Inc. is scheduled throughout the run/walk; donations of bedding, blankets and towels for families seeking shelter to escape abusive homes will be accepted at drop



boxes at JBSA-Fort Sam Houston.

Other events this month included the I

Can We Can Art Project at the JBSA-Randolph Medical Clinic, a socially engaged art project that asked participants to consider what they can do to raise awareness and help break the silence around domestic abuse, and information booths at JBSA-Randolph's National Night Out and JBSA-Randolph's Oktoberfest.

In addition, the Taj Mahal at JBSA-Randolph was illuminated in purple throughout the month as a remind-

er of the toll domestic violence takes on its victims.

"Purple is the official color for awareness of domestic violence," Emily Mueller, 359th Medical Operations Squadron Family Advocacy intervention specialist, said. "Lighting the Taj purple gets people talking and asking questions in a new and unique way."

Mueller said domestic violence is a "pattern of

See VIOLENCE, P6

# Holcomb assumes command of Southern Regional Medical Command

By Diana Struski  
SRMC Public Affairs

On a sunny fall morning, approximately 300 guests witnessed Brig. Gen. Barbara R. Holcomb assume command of the Southern Regional Medical Command Oct. 8 from Maj. Gen. Jimmie O. Keenan.

Lt. Gen. Patricia D. Horoho, U.S. Army surgeon general and commanding general, U.S. Army Medical Command, presided over the ceremony.

“It’s an honor and privilege to take command of the Southern Regional Medical Command.

“Thank you for the opportunity to lead a region filled with innovative, dedicated command teams and an experienced region staff that understands transforma-

tion and the need for continuous progression,” Holcomb said during her command speech.

Holcomb held numerous clinical and staff assignments, including her recent assignment as the Army Action Officer for the Military Health System review and command surgeon, United States Army Forces Command Headquarters, Fort Bragg, N.C.

She is a 1987 Distinguished Military Graduate of Seattle University’s Army ROTC where she earned a Bachelor of Science degree in Nursing.

Holcomb earned a master’s degree in Nursing Administration from the University of Kansas, a master’s level certification in Emergency and Disaster Management from American Military



Courtesy photo

Brig. Gen. Barbara R. Holcomb (center), accepts the Southern Regional Medical Command’s colors from Lt. Gen. Patricia D. Horoho (right), Army Surgeon General and Commanding General of the U.S. Army Medical Command during a change of command Oct. 8 at Joint Base San Antonio-Fort Sam Houston.

University and a master’s in Military Strategic Stud-

ies from the U.S. Army War College, Carlisle, Pa.

Keenan’s next assignment is to serve as the

deputy commanding general (operations), U.S. Army Medical Command, Joint Base San Antonio-Fort Sam Houston and she will continue to serve as the chief, U.S. Army Nurse Corps.

The mission of the Southern Regional Medical Command is to provide responsive, innovative and reliable health services, influence health to improve readiness, save lives and advance wellness in support of the force, military families and all those entrusted to our care.

SRMC is the Army’s largest medical region with 11 military treatment facilities throughout the Southeast, plus the Commonwealth of Puerto Rico and the Virgin Islands.

# MICC battalion deploying to Africa in response to Ebola epidemic

By Daniel P. Elkins  
MICC Public Affairs Office

Members of the 922nd Contingency Contracting Battalion at Fort Campbell, Ky., are preparing to depart in the coming weeks in support of the government's response to the Ebola epidemic in West Africa.

Pentagon officials announced in a news conference recently the deployment of the 101st Airborne Division headquarters at Fort Campbell to Monrovia, Liberia, later this month as the Joint Force Command for Operation United Assistance.

Lt. Col. Robert McDonald, 922nd Contingency Contracting Battalion commander at Fort Campbell, will lead more than a dozen members

to provide contract support for the division and other JFC-United Assistance forces involved in the effort. This marks the first time since the 2013 integration of deployable units across the command that a battalion from the Mission and Installation Contracting Command will deploy forward and align with a division.

"The 922nd will be responsible for providing theater contract support for the joint force command as well as mission command for two contingency contracting teams," he said.

Those teams are the 718th CCT, part of the 410th Contracting Support Brigade at Joint Base San Antonio-Fort Sam Houston and the 643rd CCT from Ger-

many's 409th CSB.

Once in West Africa, the battalion will attach to the 414th CSB.

JFC-United Assistance is coordinating Defense Department resources to support the government of Liberia and contain the Ebola virus. That includes establishing Ebola treatment units across the country, training health care workers and establishing logistical centers.

Art Jackson, chief of the MICC Current Operations Division at JBSA-Fort Sam Houston, said 922nd Soldiers completed more than 30 tasks required by Army Materiel Command officials while preparing for deployment.

"They included medical training to increase our awareness of the



Courtesy graphic

The U.S. Africa Command, through U.S. Army Africa, provides coordination of logistics, training and engineering support to the U.S. Agency for International Development in West Africa to assist in the overall U.S. government foreign humanitarian assistance and disaster relief efforts to contain the spread of Ebola. More information can be found online at <http://www.africom.mil/operation-united-assistance>.

Ebola virus, the means of contracting it, recognizing symptoms of the infectious disease, how

to protect ourselves and properly don our protective equipment, as well as other individual Sol-

dier deployment tasks," McDonald said.

Pentagon officials said Soldiers are expected to remain deployed for six months, but may be extended depending on mission needs.

Supporting an operation that aims to prevent the spread of such a deadly disease will be a first for members of the battalion. The battalion commander said his unit is ready.

"The process for contracting (Ebola) in West Africa is the same as it would be in any other theater," McDonald said.

"West Africa provides some unique challenges due to the limited vendor base and familiarity with how we conduct operations, but nothing that we can't overcome with a little work."

## News Briefs

### Continued from P3

serviced by appointments only, which can be made by visiting <http://www.samhouston.army.mil/hra/idcard.aspx>. Emergencies are handled on a case-by-case basis. For more information, call 221-0415/2278.

#### Passports, Visas Office Move

The passports and visas office formerly at building 367 has relocated to the basement of building 2263, 2484 Stanley Road. For more information, call 221-0347.

#### Army In/Out Processing

All Soldiers and their families arriving and departing Joint Base San Antonio-Fort Sam Houston must report to building 2263, room 100A at 2484 Stanley Road. The office recently relocated from building 367. For info call 221-2076/0146.

#### Air Force Comptroller Office Relocation

Finance personnel services for Air Force military and civilian personnel relocated from building 4196 to building 2263, room 300. For more information, call 221-1415.

#### Turn-In/Withdrawal Excess Property Training Course

A class for representatives from all units and departments that generate excess property for disposal/turn-in to the Defense Logistics Agency Disposition Services San Antonio Field Activity site is offered the first Monday of every month, beginning Nov. 3. The class will be from 8:30-10:30 a.m. at Disposition Services San Antonio, 2999 Parker Hill Road, building 4195, suite 65, on Joint Base San Antonio-Fort Sam Houston. Call 221-4836 or email [DRMSanAntonioDSR@DLA.MIL](mailto:DRMSanAntonioDSR@DLA.MIL) to register or for more information.

#### Lost And Unclaimed Property

Numerous items of personal property have been turned into the 502nd SFS at JBSA-Fort Sam Houston this year, according to Det. Joseph Cruz. Turned in so far have been 30 wallets, 10 bicycles, one scooter, one lap timer, one return duct, one side door connector and one X-ray printer. These items will be retained for an additional 45 days and disposed of if the owner is not identified. To claim items, bring photo ID and be able to identify the property. Call 221-2340.

# Navy PMTs earn title as shipboard 'Bug Chasers'

Training the shipboard element of public health is an endeavor that was easily met when the Navy Preventive Medicine Technician School was located in San Diego, Calif. However, when the PMT training program relocated to San Antonio, it lost proximity to a fleet concentration area and the nearby support of the Navy Environmental Preventive Medicine Unit 5.

PMT is an enlisted specialty. The school trains both Navy and Army students as renowned "Jack-of-all-Trades" whose duties demand a thorough comprehension of the public health aspects of multiple distinct military environments including those unique to life aboard a naval warship.

In lieu of training onboard a ship, the Medical Education and Training Campus Public Health Specialist staff researched several simulation and technology solutions to meet

core training needs and remediate the loss of the hands-on shipboard training.

The space, technological and financial resources that would have been required to provide an adequate platform to perform shipboard training in a simulated environment were less than ideal. That being the case, the staff began looking into the large deck platforms of Military Sealift Command vessels docked in Corpus Christi on which to perform training.

Last month PMT students received actual shipboard training for the first time since the program moved to San Antonio. Aboard the USNS Benavides, a Bob Hope-class roll-on/roll-off vehicle cargo ship, program instructors, the ship's captain and crew, and Dr. David English from the Navy Entomological Center of Excellence collaborated to provide comprehensive shipboard preventive



Photo by Army Maj. Michelle Colacicco

Seaman Brian Alsbrook examines brown widow spider egg sacs collected onboard the USNS Benavides.

medicine training.

Students and staff travelled to the ship to conduct hands-on, shipboard training consisting of pier side inspections; heat stress monitoring; laundry facility and marine sanitation device inspections; ship sanitation control program management; and shipboard pest management.

The students who

participated were the first group of students to be fully trained and receive certification for shipboard pest management from NECE since the Preventive Medicine Program was relocated to San Antonio as part of the consolidated Public Health Specialist Program.

Chief Petty Officer Paul Langrehr, the pro-

gram's senior Navy enlisted leader, explained how training on a ship will better prepare Navy students for their future duties in the fleet.

"Shipboard life is a unique experience and being able to once again provide training for Sailors in a shipboard environment, much like

**See BUG CHASERS, P8**

## VIOLENCE from P3

behaviors that involves violence or abuse by one domestic partner against another" in relationships such as marriage, cohabitation or involvement with an intimate partner.

"Domestic abuse includes physical abuse, emotional or verbal abuse, sexual abuse and neglect," Mueller said.

Domestic violence is so prevalent that a CDC survey in 2011 estimated 22 percent of women and 14 percent of men experience severe physical violence

by an intimate partner. In addition, domestic violence is the leading cause of injury to women – more than car accidents, mugging and rapes combined – according to the Texas Council on Family Violence.

The unique stresses of the military lifestyle place military couples and families at risk for domestic violence, but the Department of Defense takes a proactive approach, Mueller said.

"The DOD has directives for all military services when it comes to prevention of domestic violence and child

maltreatment," she said. "Anyone who suspects maltreatment is occurring should make a report. For immediate safety concerns, contacting local authorities by calling 911 is imperative."

At JBSA, the Family Advocacy Program, with offices at three locations, works with individuals and families to reduce the risk of maltreatment through safety, education, fostering healthy relationships and strengthening families, Mueller said.

"We offer support through individual and/or family counseling,

educational classes and group settings," she said. "If you are an alleged victim and want to know your options for support, including options for restricted versus unrestricted reporting, call our Domestic Abuse Victim Advocates hotline at 367-1213."

Mueller said prevention is the "name of the game" at Family Advocacy.

"That's why we offer so many prevention programs such as couples' enrichment classes, stress management, emotions management, communica-

tion and parenting," she said.

"Additionally, we offer prevention counseling and/or connect folks to the vast array of options available, from our mental health and behavioral health providers to our chaplains, Military and Family Life Counselors, Military OneSource and TRICARE providers."

For more information, call the Family Advocacy offices at JBSA-Fort Sam Houston and JBSA-Lackland, 292-4775, and JBSA-Randolph, 652-6308.



## BUG CHASERS from P6

what they will actually experience in the fleet, reinforces what they have learned in the didactic setting,” Langrehr said. “This training will provide the fleet with a more knowledgeable and bet-

ter prepared preventive medicine technician.”

At the same time talks were occurring to train students onboard Military Sealift Command ships in Corpus Christi, the USNS Benavides was experiencing a severe black widow and brown widow spider infestation and requested



**Photos by Army Maj. Michelle Colacicco**

Petty Officer 3rd Class Daniel Chilek collects a brown widow spider specimen onboard the USNS Benavides to bring back to the preventive medicine laboratory.

fleet support to bring the issue under control.

NECE and METC took the opportunity of combining Shipboard Pest Management training and a real-world response request to assist the Benavides in eliminating the infestation.

English and METC Public Health Specialist Program staff, with the assistance of Navy students, surveyed the ship and applied pesticide treatments. Specimens were also collected and returned to the METC Public Health Specialist entomology laboratory for use in classroom training.

The infestation is being brought under control and future classes will follow-up on the pest control management plan for the spiders and will receive valuable, real-life training.

“I found it fascinating to study the spiders on the ship and, along



Seaman Megan Ingalls applies pesticide to a harborage for spiders onboard the USNS Benavides.

with Dr. English and the Preventive Medicine staff, and help try to solve the pest problem the crew was having,” stated Seaman Gabriel Griego, a student who participated in the shipboard training.

“Dr. English and the Preventive Medicine staff provided us with resources that we could use in the future. I look forward to applying the skills I gained onboard the ship

at my future commands.”

Seaman Kaileigh Heinen, another student who participated in the training, agreed. “The class trip was very helpful; Dr. English was very knowledgeable about what was being taught. It was a good experience for hands-on training.”

Lt. Cmdr. Carl Blaesing, the program’s Navy service lead, looked at the opportunity as a win-

win situation.

“This was a nice break for the staff and students and, to our surprise, happened to be mutually beneficial to the Military Sealift Command vessel that was dealing with an impressive spider infestation,” he said.

“During our trip, we were able to inspect ships berthing compartments, galley, food storage spaces, the marine sanitation device, pier side inspections, and perform actual shipboard pest management on an actual ship that is very similar to the warships we end up working on,” Blaesing noted.

“This has been a long road to get to this point but is a complete success in every way we can measure it.”

*(Source: METC Public Health Specialist Program)*



# VIA Metropolitan Transit Weekend Express Service

Officials from the 502nd Air Base Wing and VIA Metropolitan Transit recently partnered to expand weekend express service from Joint Base San Antonio-Lackland and JBSA-Fort Sam Houston to the downtown San Antonio USO from Saturday only service to Saturday and Sunday service.

**Express Route 65 services JBSA-Lackland and operates:**  
Saturday from 8:15 a.m. to 10:30 p.m. (every 30 min & once an hour for the last 3 hours)  
Sunday from 9:15 a.m. to 7 p.m. (once an hour)

**Express Route 16 services JBSA-Fort Sam Houston and operates:**  
Saturday from 8:45 a.m. to 10:30 p.m. (every 30 min & once an hour for the last 3 hours)  
Sunday from 9:45 a.m. to 7 p.m. (once an hour)

Cost is \$2.50 each way or a \$4.00 day-pass can be purchased with exact change at the bus or from the JBSA-Lackland Information, Tickets and Tours office.

VIA bus service to other routes (include local theme parks) are available with stops just outside the gates at both locations.

For detailed information go to <http://www.viainfo.net>



### Bus Stop Locations

JBSA-Lackland - VIA Route 65 has four on-base stops:

1. Carswell/Truemper intersection
2. Defense Language Institute /Inter-American Air Forces Academy Campus
3. Opposite side of street at Carswell /Truemper intersection for the return trip
4. Pflingston Reception Center (on Truemper)

JBSA-Fort Sam Houston - VIA Route 16 has 6 on-base stops:

1. Scott/Henry
2. Hardy/Patch
3. Hardy/Garden
4. Garden/Harney
5. Garden/Schoefield
6. Wilson/7th Street



**SATURDAY**

INBOUND: TRAVELS FROM A → B		OUTBOUND: TRAVELS FROM B → A	
A	B	B	A
Lackland Visitor Center	USO Club	USO Club	Lackland Visitor Center

**SATURDAY**

INBOUND: TRAVELS FROM A → B		OUTBOUND: TRAVELS FROM B → A	
A	B	B	A
Ft. Sam Houston	USO Club	USO Club	Ft. Sam Houston



# Federal Employees Health Benefits Fair

All Federal employees and retirees are invited to attend the 2014 Federal Employees Health Benefits Fair. Representatives will be present to discuss different insurance options available to employees for the upcoming year. FEHB open season is from Nov. 10 to Dec. 8.

**Wednesday**  
**Military and Family Readiness Center**  
2010 Stanley Road, Bldg 2797  
JBSA-Ft Sam Houston  
9 a.m. to 3 p.m.

**Thursday**  
**SAMMC Medical Mall**  
3551 Roger Brooke Drive  
JBSA-Ft Sam Houston  
9 a.m. to 3 p.m.

For questions concerning the health fair:

Air Force employees may call 808-0205  
Army employees may call 221-9638 or 221-2934

For questions concerning FEHB plans:

Air Force employees should contact the Benefits and Entitlements Service Team or BEST at 800-525-0102.

Army employees should contact the Army Benefits Center – Civilian or ABC-C at 877-276-9287.

All employees may also go to the OPM website (<http://www.opm.gov/insure/health/index.asp>) for additional information.



# Army helps moms maintain fitness before, after childbirth

By Chanel Weaver  
USAPH Command

U.S. service members must meet stringent physical standards to serve, but maintaining a high level of fitness can be a challenge for pregnant and postpartum Soldiers.

That's why the Army provides Pregnancy Postpartum Physical Training, or P3T, developed several years ago to assist these moms with staying healthy and fit. The intent is to provide safe, standardized physical training and education led by personnel trained in pregnancy and postpartum fitness.

"The program is designed to promote readiness through health by maintaining fitness levels of pregnant Soldiers and successfully integrating postpartum Soldiers back into unit physical readiness training," said Lisa Young, a health educator at the U.S. Army Public Health Command and program coordinator for P3T.

Army policy mandates enrollment for all pregnant and postpartum Soldiers. On confirmation of pregnancy, the Soldier is exempt from regular unit physical readiness training. After the Soldier receives medical clearance from her healthcare provider, commanders are instructed to ensure that all eligible pregnant or postpartum Soldiers enroll.

Here are some answers to basic questions about P3T:

## Why was P3T created?

- Based on several Army studies and current literature, it was shown that after 15 months of pregnancy and postpartum, Soldiers who return to unit physical training without intervention demonstrate reduced fitness levels, increased body fat and increases in injuries and illness rates. P3T offers specifically designed PT for these Soldiers to help them maintain overall health and well-being.

## Where is P3T available across the Army?

- There are currently P3T programs at 26 installations in the United States; 17 programs in Germany, Japan, Korea and Italy; and remote P3T programs at numerous small installations, Reserve and Army National Guard units.

## What are some benefits to enrolling in the P3T?

- Health experts say participation in P3T provides a Soldier with an exercise and health education program that meets the unique needs of pregnant and postpartum Soldiers. P3T provides a safe setting and trained leaders to assist Soldiers in making adjustments to their exercise regimen as the pregnancy progresses, and to teach special skills that will help with delivery and recovery. It also provides emotional support and encouragement through group activities with others who are in



Photo by Ben Bunger

The Army provides Pregnancy Postpartum Physical Training to assist mothers with staying healthy and fit.

similar circumstances.

- "Getting to know other Soldiers that are also moms can help give the reassurance, positive reinforcement and motivation needed to meet the challenges of motherhood and return to required fitness levels," Young said.

## How has it helped women? What have been the outcomes?

- In a recent evaluation, postpartum participants reported that P3T was helpful to them in passing their diagnostic APFT, returning to their unit before, or at 180 days

post-delivery, and meeting body composition standards. They also perceived P3T participation as a positive influence in boosting their morale and as helpful in being able to continue to perform their duties on the job.

## How often should a pregnant woman exercise?

- According to the American Congress of Obstetricians and Gynecologists, in the absence of either medical or obstetric complications, pregnant women can accumulate 30 minutes or more of moderate-level physical activity most, if not

all, days of the week to maintain health and well-being. A recent article in the Army Times states that such exercise improves mood, sleep and energy; prevents pregnancy-related diabetes; and promotes an easier birth and faster recovery.

## What are some tips for a healthy postpartum training regimen?

After the baby is born, fetal safety is no longer an issue, but potential injuries for Soldiers continue due to persistent musculoskeletal and cardiovascular changes. Postpartum exercises are designed to regain pre-

pregnancy fitness levels, meet mission requirements, pass the APFT and meet Army body composition standards. Exercise sessions should be conducted a minimum of five times a week.

## This is a basic postpartum fitness session, according to Young:

- A 10-15 minute warm up segment, which includes slow movements, dynamic stretching and slow-cadence calisthenics.

- A 10-20 minute muscular conditioning segment that may incorporate calisthenic drills, strength endurance exercises with free weights or resistance bands, situps and push-ups. The focus is to prepare the Soldier to pass the situp and pushup portions of the APFT.

- A 30-45 minute cardio-respiratory segment that may include low-impact aerobics, speed and agility drills, cardio machines, circuit training and ability group walk/jog/runs. The postpartum Soldier is encouraged to gradually begin running, increasing the frequency so that after the first two weeks of returning to P3T, the Soldier is jogging/running three times a week.

- A 10-minute cool-down segment, which may include slowing down aerobic activity followed by gentle stationary stretching. All Soldiers' heart rates must be at or below 100 beats per minute before leaving the area.

**Did you know?**

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



## HONORARY COMMANDERS

Civilians chosen as honorary commanders toured locations at JBSA-Lackland and JBSA-Camp Bullis and also observed demonstrations during a 502nd Air Base Wing Honorary Commanders' Immersion Tour Oct. 10 at Joint Base San Antonio-Camp Bullis. The immersion offers civilian leadership a chance to better understand the joint-service mission and build a stronger bond between the local community and the military.



Air Force Tech Sgt. Kevin Nelson, 802nd Security Forces Squadron kennel master, briefs 502nd Air Base Wing honorary commanders about the missions and capabilities of military working dogs and their handlers.



Joyce Brown, 502nd Air Base Wing honorary commander, listens to Air Force Tech. Sgt. Thomas Humphreys, 937th Training Support Squadron Aeromedical Evacuation Patient Staging course supervisor, while he gives a tour of a C-130 Hercules, which has been converted into a medical training platform.

Airmen perform a combat medic demonstration.

Photos by Airman  
1st Class Stormy  
Archer



### CID from P2

quite familiar with American culture, but claims about the Army and its regulations are ridiculous," Grey said.

To date, there have been no reports to Army CID indicating any U.S. service members have suffered any financial loss as a result of these attacks. Photographs and actual names of U.S. service members have been the only thing utilized.

But victims have lost thousands.

One victim revealed that she had sent more than \$60,000 to a scammer. Another victim from Great Britain told CID officials that over the course of a year, she had sent more than \$75,000 to the con artists.

"The criminals are preying on the emotions and patriotism of their victims," Grey added.

The U.S. has established numerous task force organizations to deal with these scams. But the criminals committing these scams are using untraceable email addresses on Gmail, Yahoo, Hotmail, etc., routing accounts through numerous locations around the world and utilizing pay-per-hour Internet cyber cafes, which may maintain no accountability of use.

The ability of law enforcement to identify online scammers is very limited, so individuals must stay on the alert to protect themselves.

"We don't want victims thinking that a U.S. serviceman has ripped them off when in fact that serviceman is honorably serving his country and often not even aware that his pictures or identity have been stolen," Grey said.

**SILVER STAR from P1**

mediately began bombing Bucharest. Gunn, now an ally, immediately coordinated his return to Italy by flying in the fuselage of a one pilot Romanian ME-109 at an altitude of 19,000 feet. The flight would take Gunn and the pilot, Constantin Cantacuzino, a member of the Romanian royal family, through extremely dangerous enemy airspace and anti-aircraft fire and on into Italy covering more than 600 miles. With the American flag painted on the sides of the ME-109 to help identify the plane as an

ally of the United States, Gunn laid motionless and helpless until the plane landed at the San Giovanni airfield, Italy, without incident.

Upon his return to the American airbase in Italy, Gunn coordinated fighter strikes against the German military in Romania and the World War II's greatest air rescue mission of more than 1,160 prisoners of war held in Bucharest.

"Winston Churchill said, 'life is a great honor and you should live to the fullest, but only live it once.' Well my father lived once, but I think he lived it to the fullest," said William Gunn, the

medal awardee's son. "The principle of this award is not to my father or to my family so much as to the military; we take care of our own and leave no one behind,"

"We are humbled beyond description and it is an overwhelming honor to be here at this presentation," said William Gunn.

Wiggins encouraged everyone to read about this historic event to help honor Gunn and the bravery of our Soldiers.

The full story on Gunn's heroic actions can be read at [http://legendsintheirrowntime.com/Content/1945/AN\\_4503\\_reunion.pdf](http://legendsintheirrowntime.com/Content/1945/AN_4503_reunion.pdf).



Photo by Sgt. 1st Class Wynn Hoke

William Gunn, son of Col. James Gunn III, speaks on behalf of the Gunn family at the Silver Star award presentation. The medal was given to Eileen Gunn, widow, for her husband's heroic actions from Aug. 17-30, 1944, during World War II.

# Halloween fire safety tips for JBSA

By Ricardo S. Campos  
JBSA Fire and Life Safety Educator

Going from house to house to collect as much candy as possible before the bag bursts is on every child's mind; that's the excitement of Halloween.

Halloween is a fun holiday but it's also an important time to practice fire safety.

The occurrence of fire increases around Halloween due to arson and the use of candles as decorations. However this year, make sure you have an extra safe Halloween night with these trick-or-treat tips:

- If you buy a costume, make sure the label says "flame resistant." Flame Resistant means the costume will be hard to catch on fire and if it does, the fire will go out fast.
- If you make a costume, try not to make one that is big and baggy so that the material doesn't touch candles or other flames. Use flame-re-



Graphics by Joe Beach

sistant fabrics, such as polyester and nylon. These materials will resist burning if exposed to a flame.

- Tell kids to stay away from candles and Jack O' Lanterns that may be on steps and porches. Their costumes could catch fire if they get too close.

- Kids should never carry candles when they are trick-or-treating. Always use a flashlight, flameless candle, or light stick.

- Tell kids to let you know right away if they see other kids playing with matches or lighters.

- Don't use candles for decorations. They're dangerous, especially when left unattended.

- Use only decorative lights tested for safety by a recognized testing laboratory. Check lights for broken or cracked sockets, frayed or bare wires, or loose connections. Throw away dam-

aged sets. Don't overload extension cords.

- Check the Consumer Product Safety Commission's website for the latest on Halloween-related consumer product recalls.

- If you have a Halloween party, check for cigarettes under furniture cushions and in areas where people were smoking before you go to bed.

- Remove any materials around your home or property, such as garbage

or excess vegetation, which an arsonist could use to start a fire.

To learn more about Halloween fire safety tips visit the National Fire Protection Association's Website at <http://www.nfpa.org/education>, or contact our Fire Prevention Offices: JBSA-Fort Sam Houston at 221-2727, JBSA-Lackland at 671-2921 or JBSA-Randolph at 652-6915.

**JOINT BASE  
SAN ANTONIO  
HALLOWEEN  
TRICK-OR-  
TREATING  
HOURS**

Across Joint Base San Antonio, Halloween ghouls and ghosts will roam base neighborhoods for sweet treats. For the safety of the trick-or-treaters and their families, participants are asked to conduct their candy conquests during specific hours.

Trick-or-treating hours at JBSA-Fort Sam Houston are 5-8 p.m., at JBSA-Lackland 5-8 p.m., at JBSA-Randolph, 6-8 p.m.

Keep an eye on your witches and goblins and have a safe Halloween night.

# INSIDE THE GATE

## Student Ultimate Disc Tournament

The Fitness Center on the Medical Education and Training Campus holds a Student Ultimate Disc Tournament at 9 a.m. Nov. 1 at the Pershing Ball Park. This is a free event for METC students and all letters of intent must be received no later than Oct. 27. The LOI must be signed by the organization/unit commander or sports advisory representative. All teams must play within their unit or organization. Call 808-5710 or 808-5707.

## 2015 CYS Sports Youth Basketball Program

Registration for the CYS Sports Youth Basketball Program begins Nov. 3 at Parent Central, building 2797, with games starting the first week of January 2015. This event is open to all Department of Defense youth ages 3-15. Participants must have a sports physical covering the full season to register. Instructional basketball will be offered for youth ages 3-4 for \$45, while ages 5-15 can enjoy

basketball for \$65. This event is sponsored by The Gunn Automotive Group and no federal endorsement of sponsor implied or intended. Call 221-4871.

## Turkey Trot 5K Fun Run

The Fitness Center on the Medical Education and Training Campus is holding a pre-Thanksgiving Turkey Trot 5K Fun Run at 9 a.m. Nov. 15, starting at the JBSA-Fort Sam Houston Aquatic Center parking lot. This fun run is free and open to all Department of Defense ID cardholders. No registration required. Call 808-5713 or 808-5709.

## Tuition Assistance Changes

Military tuition assistance is no longer paying fees. Tuition assistance requests must be approved before the start date of the class. Soldiers should request tuition assistance at least 10 days prior to course start date in order to allow approval. Requests submitted less than 10 days prior to course start date may not be funded by GoArmyEd. For more information, call 221-1738.

## Positive Parenting

Monday and Oct. 27, 1:30-3 p.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Three-part

class will discuss what to expect from an infant and toddler and will help parents learn about the stages of child development. Call 221-0349 or 221-2418.

## Couple's Enrichment

Monday and Oct. 27, 4-6 p.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Three-part class centers on reconnecting with partners. Part one is about gender differences and communicating effectively, part two focuses on commitment and part three strives to enhance intimacy. Call 221-0349 or 221-2418.

## Oktoberfest/Domestic Violence Awareness Month 5K Fun Run

The JBSA-Fort Sam Houston Jimmy Brought Fitness Center is partnering with the Family Advocacy Outreach Program to host a fun run at 8 a.m. Oct. 25. All participants can show their awareness of domestic violence by wearing purple. If possible, everyone is asked to bring some gently used linen (sheets, pillow cases, towels, blankets) as a donation for the Battered Women and Children's Shelter. This event is open to all Joint Base San Antonio Department of Defense ID cardholders. For more information, call 221-1234.

## 2014 Navy Birthday Ball 5K Run/Walk

The 2014 Navy Birthday Ball 5K Run will be held at 8:30 a.m. Saturday at the South Side Lions Park East Pavilion 4, 3100 Hiawatha in San Antonio. Race day registration and packet pick-up is from 7 to 8:15 a.m. All runners and walkers are welcome. Price is \$25. Register at [https://www.thedriven.net/driven\\_race\\_reg/eid/1154015689](https://www.thedriven.net/driven_race_reg/eid/1154015689).

# CORRECTION

In the Oct. 3 edition of the paper, there was a report that contained incorrect information regarding the court-martial of Tech. Sgt. Kathryn Thomas, 344th Training Squadron, JBSA-Lackland. The correct information regarding her court-martial is as follows: Thomas was tried by a special court-martial Aug. 11-14 at JBSA-Lackland. She was charged with one charge and 29 specifications of unauthorized debit card purchases in violation of Article 121, Uniform Code of Military Justice, regarding allegations that she used for personal purposes the debit card of an organization dedicated to providing services for the benefit of training students. Thomas pled not guilty to all specifications but was found guilty of 26 of the specifications and not guilty of the remaining three. She was sentenced by a panel consisting of officer and enlisted members to confinement for 4 months, to a reduction to the grade of E-3, and to forfeit \$400.00 of her pay per month for 10 months.



## Celebrate America's Military 2014 events

The 2014 schedule for Celebrate America's Military in San Antonio has been released by the San Antonio Chamber of Commerce.

Since 1970, the San Antonio Chamber of Commerce has organized an annual tribute to our nation's military. Known as "CAM," the two-week celebration includes numerous events hosted by organizations across San Antonio.

During CAM, the San Antonio community expresses appreciation to the men and women who serve and have served. It is one of the oldest and largest community-wide celebrations of the military throughout the U.S. and why San Antonio is known as "Military City USA."

**Oct. 30, 5:30-7 p.m.:** Senior Enlisted Appreciation Reception, VFW Post 76, 10 10th St., San Antonio. Invitation only.

**Oct. 31, 7-9 a.m.:** Navy League Breakfast, Fort Sam Houston Gold Club, 1050 Harry Wurzbach Road. Call 808-9605 or visit <http://www.navyleaguesa.org>.

**Nov. 1, 9 a.m. to 2 p.m.:** Patriots' Casa Grand Opening, Texas A&M University San Antonio, One University Way. Call 784-1175 or visit <http://www.tamusa.tamusa.edu>.

**Nov. 3:** Birdies For The Brave golf tournament, JW Marriott San Antonio Hill Country Resort & Spa, 23808 Resort Parkway. Reservations and tickets required.

**Nov. 4, 7-9 a.m.:** Air Force Association Combat Breakfast, Kendrick Club, building 1039, Joint Base San Antonio-Randolph. Sponsored by Alamo Chapter of the AFA, breakfast features a tribute to the wounded service men and women who have put themselves in harm's way in defense of freedom. Reservations and tickets required.

**Nov. 4, noon to 1 p.m.:** Employer Support for the Guard & Reserve "Salute to Bosses" luncheon, Double Tree Hotel, 502 W. Cesar E. Chavez Blvd. The San Antonio Area of the Texas ESGR Committee hosts an annual luncheon to recognize local employers, nominated by their employees, as businesses that go above and beyond supporting employees meeting their military

obligations in the National Guard or Reserve. Reservations and tickets required.

**Nov. 5, 11:30 a.m. to 1 p.m.:** Downtown Rotary Club Armed Forces luncheon, The Bright Shawl, 819 Augusta St. For Fortarians and invited guests.

**Nov. 6, 6:15-9 p.m.:** Spirit of America dinner, JW Marriott San Antonio Hill Country Resort & Spa, 23808 Resort Parkway. The Chamber's Spirit of America Dinner pays tribute to the men and women of our nation's military. The evening includes recognition of active duty military and veterans and an address by Vice Adm. William "Bill" Moran, Deputy Chief of Naval Operations. Reservations and tickets required.

**Nov. 7, 7 p.m.:** University of the Incarnate Word Cardinals vs. U.S. Air Force Academy Falcons men's soccer, Benson Stadium, 4301 Broadway. UIW hosts Air Force Academy. Free admission for military with ID and their families.

**Nov. 8, 2 p.m.:** University of the Incarnate Word Cardinals vs. McNeese State University women's volleyball, McDermott Convocation Center, 4301 Broadway. Military and their families receive free admission with their military ID. Parking is free with military ID.

**Nov. 8, 8:30-10:30 a.m.:** Military City USA "Thank You" Run, Brooks City Base, 2510 Kennedy Circle. There is a \$30 registration fee for the 5K family fun run for adults, children, teams and corporate groups. Wounded warriors run free. Call 354-5164 or visit <https://runsignup.com/sathankyourun>.

**Nov. 8, 10 a.m. to noon:** U.S. Military Veterans Parade and wreath laying, 300 Alamo Plaza. Line the downtown streets and wave your American flag, showing your pride as you honor those veterans, past and present, who served or serve to defend our freedom and our nation. Visit <http://usmvpa.com>. Free and open to the public.

**Nov. 8, 7:30 p.m.:** San Antonio Spurs vs. New Orleans Pelicans, AT&T Center, One AT&T Parkway. The Spurs will host a Veterans Day celebration game for active duty and retired military service members. Visit <http://www.attcenter.com>. Game-day ticket required.

## BAYLOR from P11

and those developed at their diverse residency locations at UCLA, Kaiser Permanente, the Mayo Clinics, Massachusetts General Hospital, Johns Hopkins and others will help drive higher levels of organizational performance in the future.

The Army-Baylor University Graduate Program

in Health and Business Administration was created in 1947 as one of the first formal healthcare administration education programs in the country. Located at Joint-Base Fort Sam Houston, Army-Baylor University has been the home of executive healthcare leadership development for more than six decades.

The Army-Baylor

Master of Health Administration program is ranked No. 11 in the nation according to the U.S. News and World Report. More than 2,600 program alumni have served the country as healthcare leaders in both the federal and private sector.

For more information about the program, visit <http://www.baylor.edu/graduate/mha>.