



SEPTEMBER 12, 2014
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**JBSA
HOTLINES**



**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



INTERNS LEARN CASUALTY CARE RESEARCH PAGE 3



SUICIDE AWARENESS MONTH PAGES 10-11



DIETARY SUPPLEMENT SAFETY PAGE 13

BAMC microvascular surgery program enables surgeons to save sawed-off thumb

By Elaine Sanchez
BAMC Public Affairs

Homer Mora had the afternoon off so decided he'd check a "honey do" item off his list. Rodents had been getting into the trash on his ranch, so his plan was to build a trash can bin they couldn't breach.

A seasoned woodworker, Mora headed out to his barn, switched on the table saw and got to work. Nearly finished, he reached down to get one last long board. He mistakenly lifted it at an angle and the board, along with his hand, got sucked into the spinning blade.

"It went in at a diagonal and cut every finger," recalled Mora, a county attorney from Falfurrias, a small town a few hours south of San Antonio. His ring finger fell to the floor and his thumb was cut so severely it was hanging on by the skin.

Mora raced into his house and asked his wife Virginia, a nurse by trade, to call an ambulance. As he struggled to remain calm, he wrapped a towel around his hand and went back to the barn to retrieve his ring finger.

Mora was first brought to a hospital in Corpus Christi, about 80 miles away. The doctors there took one look and referred him to Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston, a Level I trauma center.

A few days earlier and Mora would have been diverted to



Photo by Dwayne Snader

Air Force Lt. Col. (Dr.) Joseph Gower (left) and Air Force Maj. (Dr.) Peter Rhee perform microvascular surgery on a patient at Brooke Army Medical Center in August 2014. Earlier this year, Gower and Rhee launched a microvascular surgery on-call program at BAMC to better serve military and civilian trauma patients throughout the region.

another hospital, noted Air Force Maj. (Dr.) Peter Rhee, an orthopedic hand and microvascular surgeon. Fortunately, BAMC had just launched a formal microvascular surgery program to better serve military and civilian trauma patients throughout the region.

Microvascular surgery involves reconstruction of small arteries, veins and nerves under a microscope anywhere in the body and, as in Mora's case, re-implantation of a finger, hand or limb.

BAMC never lacked the specialty, Rhee explained, just the formal system that would enable them to receive patients through the trauma network.

"We saw a great opportunity to institute a service that would enable us to better care for our military and civilian trauma patients," he said. As a teaching hospital, the service also broadens the scope of training for residents, he added,

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502ND ABW/JBSA KICKS OFF CFC FOR 2014



Brig. Gen. Bob LaBrutta (left), 502nd Air Base Wing and Joint Base San Antonio commander, and Chief Master Sgt. Alexander Perry, 502nd ABW/JBSA command chief, sign their Combined Federal Campaign forms Sept. 4 at the wing headquarters at JBSA-Fort Sam Houston. The CFC, which began Sept. 1, is one of the largest and most successful annual charities in today's federal workplace. Donors can check with their local CFC representatives for details on their local campaign and how to donate. The campaign raises millions of dollars for more than 2,700 agencies that all go through a rigorous review process each year to be listed in the CFC brochure. The goals of the campaign are 100 percent contact with all eligible military and federal employees, with the donation goal set at \$4.6 million.

Photo by Mike O'Rear

'Universal Giving' comes to Combined Federal Campaign

The fall 2014 Combined Federal Campaign marks the first time that federal employees nationwide can designate donations to local organizations outside their permanent duty station.

This means if they have a favorite CFC-approved charity in their hometown or another location beyond their current work assignment, employees can now give to those organizations in addition to the normal local charity listing.

All campaign regions are offering donors the opportunity to give through universal giving – the ability to donate to any national, international or local charity not denied participation in the CFC.

Prior to offering this nationally, the Office of Personnel Management had been moving the CFC in this direction since 2006. First came the implementation of a universal coding system in 2006, then the universal designation system was successfully piloted in three markets (Chicago, Alabama and Portland, Ore.) in 2011 and 2012.

Now, any federal employee

has the option to give to any participating CFC charity they choose, without regard to geographic boundaries. However, all campaigns must honor their donors' valid universal giving pledges.

The print version of the CFC charity list ("Catalog of Caring") will continue to be designed as it has in the past, as it will contain the national and international charity information provided by the OPM and the unique local charity section based on the Local Federal Coordinating Committee review of local charity applications.

The printed list will not contain information on charities that did not apply to the local campaign area and were not approved by the LFCC.

The "Universal Giving List," on the other hand, is a single nationwide list of local charities and is determined through a combination of all campaigns' eligibility decisions. It will be compiled from all approved local charities. This list will only be made available to donors electronically.

In the case of a charity that belongs to different federations in different campaign regions, the charity will be listed on the "Universal Giving List" as belonging to the federation to which it is a member in its local campaign region.

OPM will provide and provide on its website (<http://www.opm.gov/cfc>) a "Universal Giving List" in both/either an online search tool and/or a searchable PDF file.

Donors presenting pledge forms with valid charity codes from this list must be processed by all Principal Combined Fund Organizations.

Charity contact information, disbursement addresses and Electronic Funds Transfer data will be provided to campaigns as needed based on the universal giving pledges they receive. All campaigns must honor their donors' valid "universal giving" pledges, without regard for the pledging method used.

(Source: Department of Defense Voluntary Campaign Management Office)

COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT

The 2014 Combined Federal Campaign began Sept. 1. The following is a list of points of contact for the 502nd Air Base Wing:

502nd Air Base Wing:
Master Sgt. Thomas Shockley

Alternates: Master Sgt. Kerry Thompson, Tech. Sgts. Mark Barnett and Angelica Guerrero, Staff Sgts. Christopher Sutherland, Gary Lund and Henry Roberson.

502nd Force Support Group:
Maj. Steven Parker

802nd Force Support Squadron:
Capt. Linda Aria
502nd Force Support Squadron:
Chris Neubeck

502nd Installation Support Group:
Michael Guzman

502nd Civil Engineering Squadron:
Joseph McCullough
502nd Communication Squadron:
Staff Sgt. Rodney Hill
502nd Operations Support Squadron:
Staff Sgt. Kerry Prado

502nd Security Forces and Logistic Support Group: Master Sgt. Peter Esparza

902nd Security Forces Squadron:
Master Sgt. Orlando Bowman
502nd Logistics Readiness Squadron:
Tech. Sgt. Joan Dixon-Scott



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

News Briefs

Identification Card Main Office Relocation

The Joint Base San Antonio-Fort Sam Houston identification card main office has relocated to the first floor of building 2263 at 2484 Stanley Road. There is no change in customer service hours. Customers are serviced by appointments only, but emergencies are handled on a case-by-case basis. To make an appointment, visit <http://www.samhouston.army.mil/hra/idcard.aspx>. For more information, call 221-0415/2278.

JBSA Run/Walk For Life Events

September is Suicide Awareness Month and Joint Base San Antonio is holding several events to raise awareness. A 5K run/walk and 5K wheelchair race is planned at MacArthur Parade Field on JBSA-Fort Sam Houston Saturday and at the JBSA-Lackland Gillum Fitness Center at building 2086 Sept. 20. Start time for each event is 8 a.m. for wounded warriors and 8:15 a.m. for competitive and non-competitive racers. Cost is \$15, plus a \$2.50 signup fee, with registration at <http://www.athleteguild.com>, keyword JBSA. A health and fitness expo will also be held at JBSA-Fort Sam Houston Saturday from 8-11 a.m. For more information, send an email to JBSARunforLife@yahoo.com.

Hiring Heroes Career Fair

Recruiters from the Department of Defense, federal agencies and the private sector will be at the Hiring Heroes Career Fair from 9 a.m. to 2 p.m. Wednesday at the Sam Houston Community Center, 1395 Chaffee Road on Joint Base San Antonio-Fort Sam Houston. For information, call 571-372-2123.

Retiree Appreciation Day

The 2014 Military Retiree Appreciation Day is from 8 a.m. to noon Sept. 27 at building 2841 on Joint Base San Antonio-Fort Sam Houston for retirees and family members of all armed services members. The event includes representatives from legal services, the Texas Veteran's Commission,

Army Family Team Building not just for 'Army Wives'

By Lori Newman
Military & Family
Readiness Center

Army Family Team Building has been around for more than 20 years, the concept originating in 1992 with senior leaders and spouses who saw a need to educate family members as a result of lessons learned following the Gulf War.

"AFTB has evolved into a program that teaches life skills to empower individuals and enhance their personal growth and professional development," said Cindy Lamb, AFTB program manager at the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center.

The training consists of three levels: military knowledge; personal growth and resiliency; and leadership skills.

"Level one is a great class for anyone new to the military," Lamb said. "You can learn about rank structure within the services; not just for the Army, but for all the services here."

Other topics include military acronyms and terms, the chain of com-

mand, military customs and courtesies, an introduction to family readiness groups and information about military benefits and entitlements.

"We also give attendees an overview of some of the important documents they need and how to read a leave and earnings statement," she explained.

Paul and Lauren Velasquez took the military knowledge course together because he is a new Army Reservist and also a civilian employee. They were recently married and just had a baby.

Both new to the military way of life, they said the course was "very helpful."

"There was a lot of stuff I didn't know and I felt like this is just really useful information you can apply in your everyday life or in your job. It was really great," Lauren said.

Level two focuses on communication, time management, stress management and ac-



knowledging change.

"We also discuss personality traits, team dynamics and conflict management," Lamb said.

"If you can identify your own personality traits it may help you to work better with others. If you can identify personality traits in other people, it will also help facilitate relationships and make working together better."

Level three focuses on leadership skills.

Attendees explore different leadership styles, building cohesive teams, managing group conflict and problem solving. They also learn how to effectively manage a

meeting.

"All the classes have practical exercises," Lamb said. "These keep the students engaged, listening to the instructor while applying some of the matter simultaneously. It becomes introspective in some cases."

"This class is very valuable. I probably should have taken this course earlier because I was an FRG leader and this course would have given me the tools and resources to better navigate," said Marcia Agosto. "I think every military spouse should go through this course."

"The classes are available online, how-

ever, you don't get the interaction," she added. "This is a good way to network with other people."

The JBSA-Fort Sam Houston Military & Family Readiness Center is offering evening AFTB classes from 5:30-7:30 p.m. Tuesday and Thursday.

"If you have your own group and you want to focus on one of the topics, let us know and we will come to you," Lamb said. "We can tailor the classes to fit your needs and your schedule."

To sign up for the class or for more information, call 221-2705/2418.

College interns introduced to combat casualty care research

By Steven Galvan
USAISR Public Affairs

While some college students spent their summer relaxing and recharging by the pool or beach, the U.S. Army Institute of Surgical Research hosted nine undergraduate college students for internships to conduct combat casualty care research for 10 weeks.

"The purpose of this program is to give students exposure to the lab environment and invaluable research experience," said David M. Burmeister, Ph.D., an ISR staff scientist and lead intern mentor. "Hopefully, this not only helps them clarify what their goals and aspirations are for the future, but also facilitates them reaching

those goals."

The interns were paired up with USAISR researchers, who served as mentors to work on projects to further the institute's mission of optimizing combat casualty care.

"This program introduces Army programmatic research to students who are interested in careers in science and medicine,"

said Maj. Stuart Tyner, ISR's deputy director of research. "Unlike an academic research setting, the research performed at the ISR is geared towards solving a military important medical threat and develops products, things or knowledge that solves that problem."

Sean Christy, a sophomore and biology major at Southwestern Uni-

versity in Georgetown, Texas, was assigned to do research with microbiologist Lloyd Rose, Ph.D., at the USAISR Dental and Trauma Research Detachment. Christy's project involved the use of skin cells and the healing process after a burn.

"I'm taking samples of tissue to determine

AMEDD Center and School announces 2014 Army Best Medic Competition

By Esther Garcia
AMEDDC&S Public Affairs

Sixty-eight Soldiers from across the Army will compete in a grueling, continuous 72-hour two-Soldier team competition that tests competitors' physical and cognitive abilities at Joint Base San Antonio-Camp Bullis Nov. 5-7 to earn the title of the Army's best medic team.

The Command Sgt. Maj. Jack L. Clark Jr. Army Best Medic Competition originally evolved from the Expert Field Medical Badge Challenge and is dedicated to the 13th Command Sergeant Major of the U.S. Army Medical Command.

This year's competition will be the 20th year the U.S. Army Medical Command has sought to identify the Army's best medics.

The first day of the

competition begins with a physical fitness challenge, a rope bridge crossing with patient, an obstacle course followed by the M-16 rifle qualification range and M-9 stress shoot.

Day one events end with a night land navigation course designed to test the team's ability to locate and predetermine a locations in the JBSA-Camp Bullis training area.

The obstacle course tests the team's agility and physical strength. The M-9 stress shoot replicates a combat situation where every shot counts. The rope bridge will test each team's cognitive thinking and agility.

The second day of the competition begins with day land navigation where the requirements are the same as night land navigation.

Upon completion of

the day land navigation event, the teams will execute an urban assault course followed by military operations in urban terrain, a 12-mile foot march and concludes with the combat medic lanes.

Competitors will tackle the urban assault lane using simulated munitions. Soldiers will be required to engage the enemy while treating casualties and defending themselves.

The 12-mile foot march will test the competitor's physical strength and endurance.

The combat medic lanes test competitors' ability to perform combat casualty care in close quarters as well as their abilities to evacuate wounded to a medical evacuation aircraft.

The teams will be required to gain fire superiority, stabilize their

casualties and move them to evacuation.

Events on the third day will include a night medic lane where the teams will be tested on their abilities to provide medical treatment.

The final event will be a timed buddy run, testing the fortitude and endurance of the competitors.

The awards ceremony hosted by the Army Surgeon General, Lt. Gen. Patricia Horoho, will be held at 2 p.m. Nov 7.

The general will present awards to the top three finishing teams and recognize all the teams for their participation and accomplishments during the 72-hour competition.

A showcase of Army Medicine capabilities in the field will be displayed and demonstrated prior to the beginning of the awards



File photo

The Army Best Medic competition is a grueling, continuous 72-hour two-Soldier team competition that tests competitor's physical and cognitive abilities to earn the title of the Army's Best Medic Team.

ceremony.

For more information about the 2014 Army Best Medic Competition, visit <https://www.us.army.mil/suite/>

folder/43022070 or the Army Best Medic Competition Facebook page at <https://www.facebook.com/ArmyBestMedicCompetition>.

BAMC from P1

skills that ultimately "translate to better care of our combat wounded downrange."

To institute the multidisciplinary program, Rhee and his colleagues, including Air Force Lt. Col. (Dr.) Jeremy Cannon, Lt. Col. (Dr.) Patrick Osborn and Lt. Col. (Dr.) Dmitry Tuder, gained buy-in from a number of hospital services, including the emergency department, intensive care units, operating rooms, orthopedics, trauma surgeons, plastic surgeons, nurses and technicians, and launched the on-call



Courtesy photo

Homer and Virginia Mora pose for a photo July 5 at Baffin Bay, Texas. Brooke Army Medical Center surgeons had reconnected Mora's thumb six months earlier after a table saw accident.

program in January.

Mora was their program's first patient. The surgery took 10 hours, with Rhee and Air Force

Lt. Col. (Dr.) Joseph Gower peering into a two-sided microscope, carrying out the intricate reconnection of tiny blood

vessels, bones, tendons, veins and arteries; then placing sutures that are finer than a strand of hair.

"It takes a steady hand to do this work," Gower noted.

Too much damage had been done to save Mora's ring finger, but the surgeons were able to preserve his little finger and thumb, a key concern since thumb loss impairs the entire limb. The little finger later proved too injured to be viable, but the thumb reconnection was a resounding success.

"With every surgery, there's an element of guarded optimism," Rhee

said. "Depending on the damage, reconnection doesn't work every time. But if there's even a slight chance our patient will be more functional, it's definitely worth trying."

With the ability to work and drive, Mora said he's thrilled his surgeons took that chance.

"My thumb is a little shorter now, thanks to that saw, but it works and is getting stronger by the day," he said. "They did a marvelous job."

"We were treated with respect, courtesy and above all, care and concern," his wife, Virginia, added. "We are forever thankful and appreciative

of everyone."

Among just five physicians at BAMC with the specialty, Rhee and Gower said their days have gotten busier since they launched the program, but the benefits gained are well worth it.

"We recently had a patient come in after getting her thumb almost amputated in a cake press," Gower recalled. "Within five hours of her hitting the door, we had re-established blood flow to her thumb."

"Being able to give someone the gift of a viable thumb or fingers ... it's very rewarding work," he said.

OKTOBERFEST 2014 PLANNED FOR OCT. 17-18

Put on your lederhosen and come on over to the parking lot across from the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center from 4-11 p.m. Oct. 17 and from 3-10 p.m. Oct. 18 for the Oktoberfest 2014 celebration. Patrons can enjoy an authentic biergarten where the keg will be tapped at 6 p.m. Oct. 17. There will be German beer on tap as well as festive foods including bratwurst, pretzels and wienerschnitzel. Entertainment will be provided both nights by OMG Sounds, with live performances Oct. 17 by Beethoven Maennerchor from 5:30-7:30 p.m. and Mario Flores & the Soda Creek Band from 7:30-10:30 p.m. On Oct. 18, enjoy watching the Harlequin Dinner Theatre cast, as well as music by Beethoven Maennerchor from 5-6 p.m. and Texas Tide from 6-9 p.m. Children will be able to enjoy the children's activities tent. There will also be an inflatable obstacle course, the Rocky Mountain climbing wall, a bungee run and the game truck will be on site with 20 game stations. The event is open to the JBSA community and admission and parking are free. This event is sponsored by the 502nd Force Support Squadron, the Gunn Automotive Group, Air Force Federal Credit Union, Security Service Federal Credit Union, Fletcher's Jewelers, Broadway Bank, Silver Eagle Distributors and AT&T. (No federal endorsement of sponsors intended.)



Courtesy photo

Joint Base San Antonio

Oct. 17
4-11 p.m.

Oct. 18
3-10 p.m.

Oktoberfest

Authentic Biergarten
German Beer on Tap
FRIDAY 6 p.m.: "Tapping of the Key"

Children's Activities Tent

Entertainment & Fun
Rocky Mountain Climbing Wall
Inflatable Obstacle Course
Bungee Run
Game Truck (20 game stations)

Festive Food
Bratwurst
Pretzels
Wienerschnitzel

Planning an event for the
Joint Base San Antonio
Military & Family Readiness Center?

FREE ADMISSION & PARKING
OPEN TO THE JBSA COMMUNITY

Live Performances
FRIDAY:
OMG Sounds
Beethoven Maennerchor (5:30-7:30 p.m.)
Mario Flores & the
Soda Creek Band (7:30-10:30 p.m.)

SATURDAY:
OMG Sounds
Harlequin Dinner Theatre
Beethoven Maennerchor (5-6 p.m.)
Texas Tide (6-9 p.m.)

News Briefs

Continued from P3

South Texas Veterans Affairs, the Texas Department of Insurance and others. A health fair sponsored by the San Antonio Military Medical Center will also be held to provide flu shots and accept unwanted or expired medications. Call 221-9004 or 671-2728 for more information.

National Hispanic Heritage Month Observance

The Joint Base San Antonio-Fort Sam Houston National Hispanic Heritage Month observance is scheduled for 11 a.m. to noon Oct. 1 at the Military & Family Readiness Center, building 2797, 3060 Stanley Road. Guest speaker is Richard Perez, president and chief executive officer of the Greater San Antonio Chamber of Commerce. This year's observance is hosted by the Southern Regional Medical Command, begins Monday and runs through Oct. 15 with the theme of "Hispanics: A legacy of history, a present of action and a future of success."

AFAP Issue Deadline Extended

The deadline for issues to be submitted has been extended to Oct. 1. Service members of any branch (active duty, Guard or Reserve), retirees, family members and Department of Defense civilians can submit quality-of-life issues or suggestions for review during the Armed Forces Action Plan conference by emailing usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil or dropping suggestions in an AFAP submission box. Boxes can be found at the Military & Family Readiness Center, San Antonio Military Medical Center, Warrior and Family Support Center and in-and-out processing. Call 221-9196 or 221-0918.

Lincoln Military Housing Closures

All Lincoln Military Housing Offices will be closed from 8 a.m. to 5 p.m. Friday and Sept. 19 for training. For maintenance emergencies, call 225-5564. For other emergencies, call 911.

Parenting Order Legal Clinic

A free clinic for those with questions about paternity, child support

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U.S. Army Institute of Surgical Research doctor featured in Hall Of Heroes at L.A. County Fair

By Steven Galvan
USAISR Public Affairs

Lt. Col. (Dr.) Robert L. Mabry, the director of trauma care delivery for the U.S. Army Institute of Surgical Research's joint trauma system is being featured as a "Real Life Hero" at this year's Los Angeles County Fair.

A poster with Mabry's photos and a short description of his contributions to emergency medicine will be on display at an educational exhibition called the Hall of Heroes "Real Life Heroes." The L.A. County Fair kicked off Aug. 29 and runs through Sept. 28 in Fairplex, Calif.

According to the fair's website (<http://www.lacountyfair.com/play/hall-of-heroes/>), "the central gallery is devoted to real life heroes like our Soldiers, police and fire personnel and a variety

of civilian Good Samaritan heroes

Michael Converse, the exhibition hall coordinator, said he was looking for a civilian emergency medical service to feature alongside other real-life heroes.

"I contacted the American College of Emergency Physicians," Converse said. "Rick Murray, the ACEP director of emergency medical services/disaster preparedness, told me about Dr. Mabry, whose story is so remarkable that he became an obvious choice."

Mabry's military career began in 1984, when he enlisted in the Army as an infantryman and then became a Special Forces combat medic.

He was among the Army Rangers who deployed during the 1993 battle in Mogadishu, Somalia, that was depicted

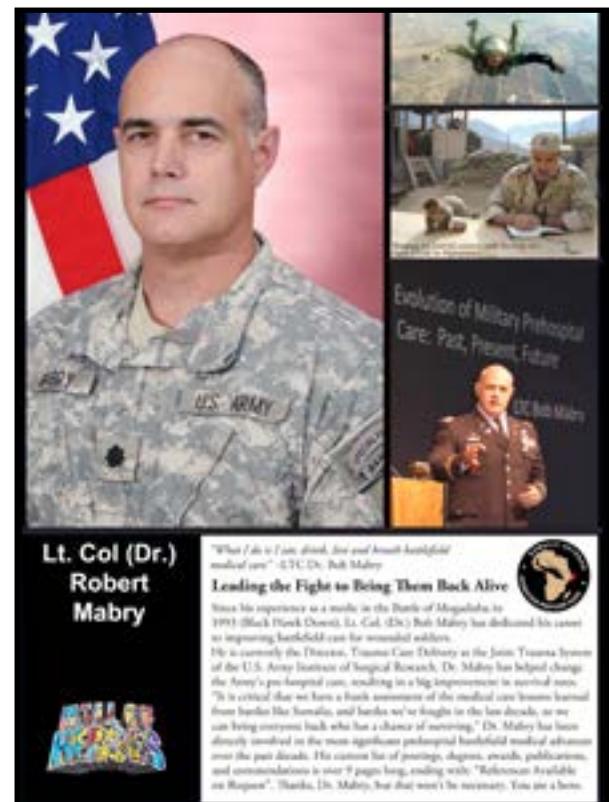
in the 2001 movie "Black Hawk Down."

During his last five years as an enlisted Soldier, where he earned the rank of sergeant first class, he attended college in the evenings and weekends to earn the prerequisites for medical school.

In 1995, he attended the Uniformed Services University of Health Sciences in Bethesda, Md., and returned to San Antonio to do his residency at Brooke Army Medical Center.

Mabry deployed to Afghanistan in 2005 and 2010 as a battalion surgeon with Special Forces. With his hands-on combat deployment experience, he designed a fellowship program at the San Antonio Military Medical Center to improve the survival chances of combat wounded.

Mabry's poster is



among more than 20 others highlighting 40 real-life heroes to include: Capt. Chelsey "Sully" Sullenberger who successfully landed a disabled Airbus in the Hudson River in 2009; 104-year-old World War II veteran Bea Cohen, who has spent more than 70 years supporting the Armed Forces

and giving back to the United States; and the 19 members of the Granite Mountain Hot Shot Crew who were killed while battling a blaze outside Prescott, Ariz., in 2013.

When asked about his thoughts on his poster at the L.A. County Fair, Mabry said, "It's pretty neat."

Caisson horse 'Hall' retired with more than 18 years of service

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

In a ceremony attended by more than 30 Joint Base San Antonio Fort Sam Houston senior leaders, Soldiers and local area guests, the Fort Sam Houston Caisson Section retired Army horse "Hall" Aug. 28 during a ceremony presided over by Lt. Gen. Perry L. Wiggins, commanding general of U.S. Army North (Fifth

Army) and senior Army commander of JBSA-Fort Sam Houston and JBSA-Camp Bullis.

"We are really recognizing the history and tradition of our Army by recognizing Hall," Wiggins said. "Full military honors are something that we owe the heroes of our nation and Hall has served our Soldiers with honor and respect. It is only fitting that we recognize Hall's service." Hall was named after

Sgt. Maj. Of the Army Robert E Hall, the 11th SMA who served from 1997-2000, and has performed more than 400 caisson missions.

Hall, at 28, is the oldest horse in the section and will live out the rest of his life at the caisson stable's pastures.

To learn more about the Fort Sam Houston Caisson section visit <http://www.samhouston.army.mil/ASA/Caisson.html>.



Photo by Sgt. 1st Class Wynn Hoke

Lt. Gen. Perry L. Wiggins (left), commanding general of U.S. Army North (Fifth Army) and senior Army commander of Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis, alongside Staff Sgt. Edward Montgomery, noncommissioned officer in charge of the Fort Sam Houston Caisson Section, give retired Army Caisson Horse Hall a piece of carrot after his retirement ceremony held in the Quadrangle Aug. 28. Hall is the oldest horse with the caisson section and has served more than 19 years and completed more than 400 missions with the Army.

INTERNS from P3

what happens to genes that leads to good or bad healing,” Christy said.

Rose added that genes play a major role in how a burn patient heals and the scarring associated with the healing.

“Every burn patient heals differently,” Rose said. “We’re breaking down the genes to determine what it is in the DNA that determines the healing and scarring patterns.”

Research runs in the family for Christy. His mom and dad both hold doctorates and are involved in research. This is the second summer Christy has spent at the USAISR. He said he enjoys this type of research and it’s something he is going to pursue as a career.

“Yeah, I guess you could say it’s in my blood,” Christy said.

While research is something Christy has always been around, it’s not the case for all interns. Claire Caldwell, a sophomore and chemistry major at Texas A&M, said she had no idea combat casualty care research existed.

Caldwell learned about the USAISR undergraduate internship program by chance. While waiting at a barber shop for a friend to get a haircut, she met the ISR Joint Trauma System director of trauma care delivery who told her about the program and suggested she apply for it.

She did and was assigned to intern with the JTS director. Caldwell learned the JTS mission and how data is used to identify shortcomings in military medicine and care, and to create new guidelines to improve those shortcomings.

“This has been a great opportunity for me,” she said. “When I look at the data, I don’t see numbers. These numbers represent people and I get to work on a project that can save lives.”

Caldwell is a member of the Texas A&M Corps of Cadets and is on contract to join the U.S. Air Force when she graduates. She said after having been exposed to combat casualty care research, she now has a new perspective on her career.

“Now I want to go to medical school,” Caldwell said.

The interns’ time at the USAISR included more activities than learning about combat casualty research. They attended weekly seminars and each intern led a journal club session and attended burn center rounds. Their summer work culminates with a poster presenta-



Photo by Steven Galvan

Summer intern Sean Christy (left) was assigned to do research with microbiologist Lloyd Rose, at the U.S. Army Institute of Surgical Research Dental and Trauma Research Detachment. Christy is a sophomore and biology major at Southwestern University in Georgetown, Texas.

tion on the research they conducted.

“Everyone is welcome to stop by and see spe-

cifically what they have done this summer,” Burmeister said. “They were extremely active in the

lab and there was added benefit to advancing the research performed here.”

SGT. AUDIE MURPHY CLUB HOSTS POT LUCK FOR FAMILIES AT FISHER HOUSE



Photo by Esther Garcia

Members of the Sgt. Audie Murphy Club prepared a variety of home-cooked meals Aug. 30 to feed and serve the residents staying in Fisher House No. 3. From left are Sgt. 1st Class Gopal Singh, Sgt. Audie Murphy Club vice president; Staff Sgt. Luis Venegas; Fisher House residents Capt. Jeff Burns, his mother, Kathy, and wife, Jennifer; Staff Sgt. Lekita Singleton; Sgt. 1st Class Deneise McFarlane, club president; Sgt. 1st Class Dionte Wilder, club publicist; Sgt. 1st Class Anthony Rose and Brooke Army Medical Center Sgt. Maj. Tabitha Gavia in the kitchen of Fisher House No. 3. "We volunteered to bring down food to the families who are displaced because of injuries or who are staying here for a loved one receiving treatment," Wilder said. Members of the club are military personnel representing various commands or units from Joint Base San Antonio-Fort Sam Houston. The Sgt. Audie Murphy Club meets every third Thursday of the month from noon to 1 p.m. at the Army Medical Department NCO Academy.

AMEDDC&S PHYSICIAN ASSISTANT RECOGNIZED



Photo by Esther Garcia

Lt. Col. Jeffrey Oliver (left), chief of the physician assistant section and physician assistant consultant, U.S. Army Medical Department Center and School, and retired Army Lt. Gen. Frank Ledford (center), the 37th Army Surgeon General, present Maj. Benjamin Kocher (right), Phase II Clinical coordinator and chief of the Cast Clinic, Darnall Army Medical Center, Fort Hood, Texas, the Lt. Gen. Frank Ledford Physician Assistant Post-Graduate Research Award in an Aug. 20 ceremony at Evans Theater on Joint Base San Antonio-Fort Sam Houston. The award provides recognition to the most outstanding active duty physician assistant who has completed a doctorate of science residency in orthopaedics, emergency medicine or general surgery-intensivist or a doctor of philosophy program. Kocher presented a study about the use of a wheeled knee walker versus underarm crutches. Kocher is the fourth recipient to receive the recognition. Ledford led the effort in early 1989 to commission physician assistants in the Army.

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>.



Joint Trauma System team earns AMEDD Wolf Pack Award

By Steven Galvan
USAISR Public Affairs

The Joint Trauma System at the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston was selected as the winner of the prestigious U.S. Army Medicine Wolf Pack Award for the fourth quarter of fiscal year 2014.

The Wolf Pack Award is a quarterly award which recognizes collaborative team effort by military and Department of the Army civilians working together to make a significant impact to Army Medicine.

“As part of a global,

tri-service organization committed to the health and welfare of combat wounded warriors, the team has reduced morbidity and mortality to the lowest levels in history by collecting trauma-injury data in the Department of Defense Trauma Registry,” said U.S. Army Deputy Surgeon General and acting commander of U.S. Army Medical Command Maj. Gen. Brian C. Lein in a message congratulating the JTS team.

“The Joint Trauma System Team used these trauma records as the basis for analyses to drive process improvements, clinical practice

guidelines and education that ultimately saves lives of the combat wounded,” Lein added. “The data statistically shows how these improvements changed the combat casualty care during the Operation Enduring Freedom/ Operation Iraqi Freedom conflicts and led to saved lives and improved care of our wounded warriors.

“Congratulations to the Joint Trauma System Team for your efforts that have resulted in a realized vision of Soldiers, Sailors, Airmen, and Marines injured on the battlefield having an optimal chance for

survival and improved functional recovery,” Lein said.

“Being recognized as an organization which displays exceptional teamwork is particularly rewarding as the Joint Trauma System supports the military trauma system which has teamwork as its foundation for success,” said Col. (Dr.) Kirby R. Gross, JTS director.

“This is not only a great honor for the organization, but is further evidence of the JTS team’s substantial contributions to our combat wounded,” added USAISR commander Col. (Dr.) Michael D. Wirt. “It

further highlights the important contributions our civilian corps members, contractors and students make to our joint service military efforts in this critical area.”

The JTS was established in 2006 at the direction of the Assistant Secretary of Defense for Health Affairs and the service surgeon general to improve trauma care for combat wounded and has collected data from more than 130,000 combat casualty care records from Iraq and Afghanistan.

In 2013, the JTS was designated as a Department of Defense Center of Excellence for Trauma

by the Office of the Assistant Secretary of Defense.

“Winning the Wolf Pack Award is a huge accomplishment for the JTS and our staff,” said JTS administrative officer Dominique Greydanus, who was instrumental in establishing it.

“However, the real reward is in knowing that on a daily basis, we are helping to improve every service members ability to come home. We would not be able to accomplish this without our dedicated staff who all are vested in saving their lives, not only on the battlefield, but wherever they are serving.”

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SUICIDE PREVENTION AND AWARENESS

24/7 Hotlines

Military OneSource: 800-342-9647

National Hopeline: 800-SUICIDE (784-2433)

National Suicide Prevention Lifeline 800-273-TALK (8255)

Warning signs:

- Talking about suicide or death
- Diagnosed with behavioral health disorder
- Previous attempts to harm or kill self



BAMC launches 'Operation Your Life Counts'

By 1st Lts. Amelia Wilson and Chelsea Mummert
BAMC Occupational Therapy Clinic

September is National Suicide Awareness Month and Brooke Army Medical Center occupational therapists are highlighting their work in the behavioral health setting by creating a public awareness campaign.

The "Operation Your Life Counts" campaign will focus on reducing suicidal behaviors in military personnel and their families by encouraging them to never give up and "keep on keepin' on."

The campaign is to create and display positive messages around BAMC and Joint Base San Antonio-Fort Sam Houston using orange caution cones. The cones will be decorated by behavioral health patients, occupational therapists and others and will contain positive,

inspiring messages. Be on the lookout for these cones, beef up your knowledge of suicide prevention and learn about resources so that you can help yourself or a friend in need.

During National Suicide Awareness Month, bringing awareness to this topic is especially crucial. The military suicide rate has more than doubled in the past 10 years.

In 2012, more service members died from completed suicides than in combat and a majority (75 percent) of these suicides occurred in the continental United States. In light of these statistics, it is important to take time this month to discuss suicide prevention resources available for military personnel and their families.

The following resources may come in handy for you or a friend in need.

Active duty trainees on JBSA-Fort Sam Houston can report or call Campus Behavioral Health Clinic at the Fort Sam Houston Clinic at 808-2534/2584.

Permanent party active duty service members on JBSA-Fort Sam Houston can report or call the Warrior Clinic on the second floor of the San Antonio Military Medical Center at 539-9567/9589. Your unit chaplain is always a resource as well.

It is important to be aware of suicide warning signs so you can help a friend in need. There are many warning signs before someone attempts to harm themselves.

Eighty percent of the time, those who attempt or complete suicide tell someone else about their suicidal intentions beforehand. If you listen, you can get someone help before it's too late.

USAPHC: Watching your buddy's '6'

By Capt. Donell L. Barnett
U.S. Army Public Health Command

Soldiers at every rank continue to make efforts to help their buddies who might be struggling with thoughts of hurting themselves. We must continue to support our fellow Soldiers because one suicide is too many.

All branches of the military have ramped up suicide prevention efforts. One example of this is the Army Applied Suicide Intervention Skills Training which focuses on recognizing opportunities for leaders and buddies to intervene.

The ASIST program encourages leaders to monitor common risk factors for suicide such as:

- Failed or strained intimate relationships
- Previous suicidal behaviors, thoughts or attempts; and
- Behavioral health problems.

Additionally, leaders, family members, buddies and friends can intervene when there are warning signs such as:

- Changes in behavior like eating and sleeping habits, or work performance;
- Suicide-related talk, hints or expressing a wish to die; and
- Isolation or withdrawal from social situations.

The Army also has collaborated with various institutions to help understand Soldiers who experience suicidal behavior. The Army Study to Assess Risk and Resilience in Servicemembers, or STARRS, project has studied suicidal behavior in the Army, and the pre-

liminary findings are noteworthy:

1. Fourteen percent of Soldiers have considered suicide at some point in their lifetime.

2. There is a strong relationship between receiving a rank demotion and suicide risk, especially for Soldiers who have been recently demoted.

3. Life role problems (e.g., problems with home life, work performance, social life or close relationships) are also associated with increased suicide risk and other behavioral health problems.

Other studies also highlight increased suicide risk for Soldiers with early life traumatic events, financial problems and non-deployment related factors such as adjusting to a new unit and family-related stress.

Many factors can lead to suicidal behaviors. Still, you do not have to be a behavioral health provider to know when something is wrong or something has changed. You are in the best fighting position to watch your buddy's "6":

1. Have the courage to ask. It's better to upset someone than to lose a life.

2. Familiarize yourself with the suicide warning signs and what they might look like in different MOS's and duty locations.

3. Recognize that everyone feels defeated at times and, when combined with life stressors, it can be difficult for your buddy to get out of a slump by himself or herself.

4. Know where help is. If your buddy is concerned about going to a behavioral health provider, advise him or her to talk with a chaplain, medical provider or an anonymous crisis hotline.

5. Be willing to escort and support your buddy throughout the process; you might be the lifeline that he or she needs.

Air Force Surgeon General: A reminder of our 24/7/365 responsibility to ourselves and each other

By Jonathan Stock
Air Force Surgeon General Public Affairs

All Airmen have a responsibility that lasts much longer than a one-month campaign. This responsibility extends beyond ourselves and includes our work environment, our families, friends, fellow Airmen and our communities.

While Suicide Prevention Month is observed across the United States in September, the month-long observation is a reminder of everyone's 24/7, 365-day responsibility to be a true Wingman. That means knowing our fellow Airmen, family members, coworkers and what is happening in their lives, as well as being willing and able to support them when they are facing challenges that test their resilience.

The Air Force has undertaken several initiatives to improve resilience for individuals and our communities. These efforts can be found under the umbrella of Comprehensive Airmen Fitness, which focuses on maintaining a balanced and healthy lifestyle across physical, mental, social and spiritual domains. Individuals practicing comprehensive fitness are more likely to seek help when needed and be able to identify risk factors and warning signs when an individual is off balance.

"Prevention begins with each individual working to strengthen and maintain their overall well-being across all CAF domains, as well as being able to identify when theirs need help," said Lt. Col. Kathleen Crimmins, Air Force Suicide Prevention manager. "A good Wingman offers

help knowing what resources are available, and follows up to stand by their side throughout a challenge. Assisting Airmen to get help – whether peer or professional – is what a Wingman does."

A number of resources are available to include the Air Force Suicide Prevention website at <http://www.airforcemedicine.af.mil/suicideprevention>, the Airman's Guide for Assisting Personnel in Distress at <http://www.airforcemedicine.af.mil/airmansguide>, or go online to chat at <http://www.militarycrisisline.net>, with access to peer counselors in person and through online chats and text messaging. People can also call the Military Crisis Line at 800-273-8255, press 1, text 838255.

The Air Force Wingman Online-Suicide Prevention website is available at <http://www.wingmanonline.org> and people can also call 866-966-1020.

You can also find help by contacting your local agencies who make up the installation Integrated Delivery System.

In addition to the crisis phone line, help is also available through the Vets4Warriors peer support chat line at 855-838-8255 or online at <http://www.vets4warriors.com>. This line will connect an individual with veteran peers who understand the unique challenges of military life and assist with problem solving and resolution.

Family members, retirees, and veterans can also use these resources for themselves if they feel the need to speak with someone.

According to Crimmins, Air Force mental health clinics reported an increase in

the number of visits annually over the last few years which are positive results of the Air Force's effort to remove the perceived stigma of seeking help.

Leaders at all levels must continue to promote and encourage individuals to seek support agencies and clinician services as a normal step in maintaining a good work and life balance.

Early resolution of stress helps Airmen maintain a balanced lifestyle, which in turn allows them to withstand, recover and grow in the face of adversity.

"We can all make a difference by helping our Wingmen understand they are not alone," Crimmins said. "Sharing our stories and highlighting our own personal resilience and perseverance will let others know their Air Force family is behind them and those needing help are not alone."

The Joint Base San Antonio Helpline can be reached at 877-995-5247 and the JBSA duty chaplain is at 221-9363.

It's about being there for 'every Sailor, every day'

By Rear Adm. Rick Snyder
Director, 21st Century Sailor Office

September is Navy Suicide Prevention Month and the launch pad for year-long engagement across the Navy, ultimately fostering sustainable efforts that support open communication, resilience and seeking help as a sign of strength. We're all in this together.

Suicide affects everyone, and suicide prevention is an all-hands effort – all of the time. We can make a difference through our everyday actions. In September, we join the global community to highlight suicide prevention.

Last September, we focused on what we can do as communities to support and help our shipmates. This year, we'll zero in on what we can do as individuals, on a daily basis, to continue that support.

The 2014 Navy Suicide Prevention Month theme is "Every Sailor, Every Day." We are encouraging every member of our Navy team, from shipmates, to leaders, to civilian employees, to family and friends, to set a positive example, reach out and engage with one another.

Building resilience and preventing suicide require all of us to actively

communicate with each other, and not just when we think someone is in immediate danger. Everyday actions, that foster trust and build meaningful connections, can start or continue conversations so we can more effectively intervene when we see signs of a shipmate in distress.

By actively communicating and staying engaged, we may be more likely to notice small signs of distress in our shipmates and intervene early, before a crisis occurs.

I challenge you to be there for "Every Sailor, Every Day," through meaningful, intentional actions. Take time to ask others how they are doing – and actively listen.

As Vice Adm. Matthew Nathan, Navy Surgeon General, reminds us, we must especially connect with those who are transitioning from one job to another, experiencing career setbacks or some sort of loss, or going through relationship troubles.

Start a dialogue to support each other during stressful times. Share strategies to navigate challenges, including speaking up and seeking help. We are a Navy team, and none of us are ever alone.

Another way you can support "Every Sailor, Every Day" is by Pledging to ACT (Ask, Care, Treat). It's a vol-

untary commitment to yourself and others, and one of the many ways we can be there for every Sailor, every day, by every Sailor, every day. Visit <https://survey.max.gov/index.php/437524/lang-en> to "Pledge to ACT" today, and urge your shipmates to do the same.

I encourage commands to highlight Suicide Prevention Month in their own way. Talk about bystander intervention, peer support and the many ways each of us can lead by example when it comes to physical and psychological health, showing that it's okay to speak up when you're down.

Resources will be released at <http://www.suicide.navy.mil> throughout the month to support your efforts. Each day, we have an opportunity to make a difference – and those opportunities may end up saving lives.

For more information and various resources for Navy Suicide Prevention Month, visit <http://www.suicide.navy.mil>.

If you or someone you know is in immediate danger, call 911. If you or someone you know is in crisis, help is just a call or click away. Call the Military Crisis Line at 800-273-TALK (option 1) or visit <http://www.veteran-scrisisline.net>.



Department of Defense says dietary supplement safety still an issue

By Ron Wolf
Army Medicine

Being a Soldier is as physically demanding, at times, as being a professional athlete. As a result, Soldiers are especially conscious of physical training requirements and the need to remain fit and ready.

In recent years, a larger percentage of Soldiers have begun to rely on dietary supplements to help them stay at a peak level of performance. In a few cases, the use of dietary supplements has led to unwanted and serious consequences.

In late 2011, the Department of Defense ordered workout supplements that contained 1,3-dimethylamylamine, better known as DMAA, removed from the shelves of stores on military installations, while the Army led a safety review, after it was linked to deaths among otherwise healthy Soldiers.

In 2012, the Food and Drug Administration issued warning letters to companies notifying them that products with DMAA needed to be taken off the market, or reformulated to remove this substance.

Recently, the use of powdered caffeine as a performance supplement has also drawn attention. Caffeine is readily

available in coffee, soft drinks and other products and millions ingest these beverages globally.

On July 21, the FDA issued a warning about powdered caffeine, which is likely to be 100 percent pure caffeine, with a recommendation to avoid it. Pure caffeine is a powerful stimulant, and even very small amounts may lead to an accidental overdose. A single teaspoon of pure caffeine, for example, is roughly equivalent to the amount of caffeine in 25 cups of coffee.

Symptoms of caffeine overdose can include rapid or dangerously erratic heartbeat, vomiting, stupor and disorientation. These symptoms are unlikely to be caused by drinking too much coffee or other caffeinated drinks, and are more commonly observed when concentrated sources of caffeine are used.

Fitness is indispensable to being a Soldier, and there are safe ways to promote health and fitness over the long run.

For example, proper management of the components of the Performance Triad – sleep, activity, and nutrition – remains the best way for Soldiers and their families to meet their fitness and training requirements.

Getting seven to eight hours of sleep every

24 hours is critical in achieving optimal physical, mental and emotional health.

Physical fitness and activity are crucial to ensuring our Soldiers perform as elite athletes. Practicing principles of safe and effective training are vital to maintaining physical readiness, preventing injuries and improving general health.

Fueling for performance enables top-level training, increases energy and endurance, shortens recovery time between activities, and improves focus and concentration.

There is overwhelming proof that sleep, activity and nutrition, when optimally managed, comprise the best approach to promote peak physical and emotional well-being, and ensure rapid and



Photo by Spc. Alexis Harrison

Under no circumstances are supplements a replacement for the triad of proper nutrition, physical activity and adequate sleep. Hard work remains the safest and most effective way to stay fit and improve stamina, which are needed on the playing field and the battlefield.

clear decision making under pressure, which is exactly what is required by professional athletes and Soldiers alike.

In war, a well-focused Soldier is a combat advantage.

It is important to get the facts before using

dietary supplements. Soldiers should be knowledgeable of what they are taking and the possible side effects of those substances. The FDA continues to examine dietary supplements and reminds users that certain supplements, specifically weight-loss and bodybuilding supplements, have potentially dangerous ingredients.

Soldiers and families should be particularly careful when using these types of supplements.

Under no circumstances are supplements a replacement for the triad of proper nutrition, physical activity and adequate sleep. Hard work remains the safest and most effective way to stay fit and improve stamina, which are needed on the playing field and the battlefield.

MICC contracting NCO sets pace for certification

By Daniel P. Elkins
MICC Public Affairs

A Soldier attached to the Mission and Installation Contracting Command at Joint Base San Antonio-Fort Sam Houston is among those exemplifying Army professionalism through his acquisition certification efforts.

Sgt. 1st Class Shannon Davie is setting the pace for his enlisted peers in contracting by achieving a certification level beyond his requirement.

The Army Acquisition Corps requires enlisted Soldiers to meet specific education and certification requirements in order to execute contracts on behalf of the government. In order to obtain certification in the contracting career field, Soldiers must meet a minimum education requirement of a bachelor's degree in any field of study with at least 24 hours in business disciplines.

The Defense Acquisition Workforce Improvement Act, or DAWIA, further outlines standards in acquisition and functional training as well as

education and experience for contracting certification at three levels for both uniformed and civilian members in the workforce.

Army staff sergeants are required to obtain a minimum Level I certification. Sergeants first class should attain their Level II certification and those in the grade of master sergeant and above must achieve their Level III certification.

The academic degree requirement for certification often compels enlisted Soldiers to expedite higher education goals in order to obtain certification commensurate with their rank to perform their mission.

Davie, who had about 80 semester hours under his belt before his selection to the Army Acquisition Corps in 2009, found the requirement less stressful so long as he remained focused on his goal.

"As long as you were a good Soldier and were motivated, the requirements were fairly easy," said Davie, the MICC noncommissioned officer in charge of training and readiness at JBSA-Fort

Sam Houston. "I just kept chipping away at the civilian school and (Defense Acquisition University) courses to obtain my certification. The motivation was just to continue along my career path, so I could have everything in place in order to do my job to the best of my ability."

Davie completed a bachelor's degree in management in 2012 from the American Military University and has since focused his attention on obtaining DAWIA Level III certification in contracting and also working toward a master's degree in healthcare administration. The Hopkinsville, Ky., native completed his final contracting course in July and is now Level III certified. He is in his final class to satisfy requirements for the master's degree.

A dental lab technician supporting patients for nine years, Davie found the 51C MOS as a natural transition to continue applying his customer service skills by supporting military and contract partners.

Davie entered the contracting career field with



Photo by Daniel P. Elkins

Sgt. 1st Class Shannon Davie reviews training travel documents at Joint Base San Antonio-Fort Sam Houston. Davie is the noncommissioned officer in charge of training and readiness for the Mission and Installation Contracting Command and as an acquisition NCO, Davie has achieved contracting certification requirements beyond that required by his grade.

a basic understanding of contracting. He began his training with simplified contract actions that included the acquisition of supplies and services, including minor construction, research and development, and commercial items not exceeding a threshold of \$150,000. He then moved on to more complex contracts while becoming more proficient in all procedures making up the contracting life cycle from pre-award and award to administra-

tion, including contract closeout.

He believes his previous service contributed to his success to excel in the 51C specialty but also credits mentorship by civilian contracting professionals. Davie said mentors play a critical role in helping guide Soldiers and other civilians through myriad changes to the federal acquisition regulation, contracting policies and the certification process.

Having achieved an

acquisition certification level beyond his requirement, the NCO serves as a motivating force for others to emulate, according to Donna VanGilder, the chief of training and readiness for MICC Operations at JBSA-Fort Sam Houston.

Brig. Gen. Jeffrey Gabbert, the MICC commanding general, said a commitment to the Army profession combined with the contracting proficiency expected of senior NCOs in the 51C MOS reveal a higher caliber of professionalism and leadership.

The general believes contracting certification reflects a practical and professional experience valuable to Army leaders at all levels of command.

"The acquisition corps is able to attract and retain the best Soldiers our Army has to offer, because today's Soldiers want to be challenged," Gabbert said. "To succeed within the career field, an NCO must not only be intelligent, a leader and possess character beyond reproach but must also be self-disciplined and driven."

HPV vaccine provides important safeguards, DOD health official says

By Christine Creenan-Jones
Uniformed Services University
of the Health Sciences

Human papillomavirus is the most common sexually transmitted virus in the United States. It can lead to cervical and anal cancer – which, combined, account for more than 250,000 deaths worldwide each year.

HPV also causes genital warts, which affects

360,000 people annually in the United States alone.

Fortunately, said Air Force Maj. (Dr.) Christopher Bunt, director of the University Family Health Center at the Department of Defense's Uniformed Services University for the Health Sciences, the fight to end HPV-related disease gained an important ally with the development of the first anti-cancer vaccine in 2006.

The HPV vaccine – originally administered exclusively to females – is now available and recommended by the Advisory Committee on Immunization Practices for males ages 9 through 26 as well, Bunt added.

"Although cervical cancer is a woman's health issue, men can carry and spread the HPV virus," Bunt said. "They are not immune from contract-

ing genital warts or anal cancer. Fortunately, the vaccine the DOD uses is an effective safeguard against several types of HPV."

Despite physician recommendations and a growing body of research championing the health benefits of immunization, Bunt said, many parents are reticent about HPV vaccination for their children.

"I recommend HPV vaccination to all my young patients, but have received pushback from some parents who are concerned about creating the impression they're condoning sexual activity," Bunt added. "My response is to discuss all of the positive and potentially life-saving benefits of HPV vaccination. As a physician and a father, I view the vaccine as an

important medical breakthrough. In fact, both my son and daughter will receive it once they're old enough."

The Military Vaccine Agency's website (<http://www.vaccines.mil>) offers more information about immunizations, as does the <http://www.vaccines.gov> website, which serves as the federal gateway to information on vaccines and immunization.

Free consumer protection resources available

By Army Sgt. 1st Class Tyrone C. Marshall Jr.
DOD News, Defense Media Activity

The Defense Department has joined more than 35 other federal and state government agencies and nonprofit organizations to highlight free consumer protection resources for military members, said Holly Petraeus, the assistant director of the Consumer Financial Protection Bureau recently.

"This year," Petraeus wrote in a blog post, "we're joining more than 35 other federal and state government and nonprofit organizations – including the Department of Defense, the Federal Trade Commission, Military Saves and the Better Business Bureau – to highlight free consumer protection resources for military members."

The organizations and resources can help you protect and grow your hard-earned military pay or veterans' benefits," she said.

"In a perfect world, managing your money would be simple and easy, right?" Petraeus asked. "But

in reality, managing your money is an ongoing process that takes time, effort and vigilance. Learning how can put you on a course to financial well-being."

But even the most financially savvy consumer can make an ill-advised choice or fall victim to a scam, she wrote, which is when it's important to know where to find help.

In 2013, Petraeus wrote, the CFPB and the Federal Trade Commission, combined, received more than 81,000 complaints from military members.

"While these complaints ranged from identity theft to student loan debt to veteran-targeted pension scams," she wrote, "the most important common factor in all the complaints was that the member of the military community who submitted the complaint had taken the time to seek help on a pressing consumer issue from a trusted source."

Petraeus urged military consumers to take a minute to ask themselves where they would turn

for help regarding consumer or financial problems they are unable to solve on their own.

"A better-informed resource could be us, our partners, a military personal financial manager, an attorney general's office or one of many other state and local organizations that specialize in helping protect service members, veterans and military families from financial harm," she wrote.

"Remember that when it comes to consumer issues," she added, "information is your first defense."

Additional information, tools and resources that can help safeguard against consumer fraud, illegal business practices and bad financial deals are available on the Consumer Financial protection Bureau's website, Petraeus wrote.

"If you have an issue with a consumer financial product or service that you haven't been able to work out yourself – complain," she added. "We are here to help. Protecting your financial well-being should be something you think about every day."

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT CALENDAR

FRIDAY

4:30 p.m. – Junior varsity volleyball vs. Charlotte, Cole High School, 1900 Winans Road.

5:30 p.m. – Varsity volleyball vs. Charlotte, Cole High School, 1900 Winans Road.

7:30 p.m. – Varsity football vs. Charlotte, Cole High School, 1900 Winans Road.

SATURDAY

Junior varsity volleyball at Holy Cross tournament.

9-11:30 a.m. – Cross country meet, Hondo Golf Course, 702 Disoway Road, Hondo, Texas.

MONDAY

6:30-9:30 p.m. – Cole High School open house, Cole High School, 1900 Winans Road.

TUESDAY

Fort Sam Houston Elementary Science in Action Day, Fort Sam Houston Elementary School, 4351 Nursery Road.

5 p.m. – Junior varsity volleyball vs. Jourdanton High School, 200 Zanderson Ave., Jourdanton, Texas.

6 p.m. – Varsity volleyball vs. Jourdanton High School, 200 Zanderson Ave., Jourdanton, Texas.

WEDNESDAY

8 a.m. – Constitution Day, Fort Sam Houston Elementary School flagpole, 4351 Nursery Road. Wear red, white and blue.

THURSDAY

Fort Sam Houston Elementary School progress reports go home.

6 p.m. – Junior varsity football vs. TMI-The Episcopal School of Texas, 20955 West Tejas Trail.



Military And Family Life Counselors

Military and Family Life Counselors address a variety of issues such as stress, anxiety and deployment. MFLCs are licensed mental health professionals who provide situational, problem-solving counseling anonymously and confidentially. No written records are kept and it is free to military and family members. To contact a MFLC at JBSA-Fort Sam Houston, call 517-6666 general number, 243-4143 for Army students, and 488-6804 for Air Force and Navy students; at JBSA-Lackland, call 540-5025 or 540-5030 for adults, 627-0054 or 540-5033 for children and youths; and at JBSA-Randolph, call 627-1223 or 426-1412 for adults, 627-0338 or 627-0525 for children and youths.

Helping Us Grow Securely Playgroup

This interactive playgroup for parents and children up to age 5 meets 9-11 a.m. each Tuesday at the JBSA-Fort Sam Houston Middle School Teen Center. No registration is required. Call 221-0349 or 221-2418.

Love Languages Of Couples

Monday and Sept. 22, 2-4 p.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Learn your partners love language and improve your understanding of each other, while exploring your communication styles together during this three-part class. Call 221-0349 or 221-2418.

Setting Up Children For Success Workshops

The JBSA-Fort Sam Houston Exceptional Family Member Program is offering a series of four 90-minute, free workshops facilitated by the ABA Center for Excellence for military parents and childcare professionals to help children with challenging behaviors. Workshops are 9:30-11 a.m., Tuesday and Sept. 23 and 30 at the JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Topics include: applied behavior analysis, challenging behaviors, teaching skills in the natural environment and setting up a reward system. Call 221-2962 or 221-0349.

ScreamFree Marriage

Tuesday and Sept. 23, 2-4 p.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Three-part workshop offers the opportunity to challenge previous notions about what marriage should be and learn to appreciate all that is right now and what will be

in the future. Call 221-0349 or 221-2418.

ScreamFree Parenting

Tuesday and Sept. 23 and 30, 11:30 a.m. to 1:30 p.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. This four-part workshop is a principle-based relationship approach to parenting versus a child-centered approach. This approach allows parents to remain calm and connected to their child, so parents can operate less out of fear and more out of their highest principles. Call 221-0349 or 221-2418 to register.

FY2014 Garrison Supply Turn-Ins

The Joint Base San Antonio-Fort Sam Houston Garrison Supply (W45NQP) will stop processing fiscal year 2014 turn-ins Monday and will stop processing FY2014 requisitions Sept. 24. Emergency requisitions will be accepted after Sept. 24. For more information, call 221-5598/3320.

Thrift Shop Hours

The Thrift Shop at Joint Base San Antonio-Fort Sam Houston is located at 3100 Zinn Road, just one block south of Outdoor Recreation, is run by the Spouses' Club of the Fort Sam Houston Area and is open from 9:30 a.m. to 2:30 p.m. Wednesday, Thursday and the first Saturday of each month. Consigned items are taken from

9:30 a.m. to 1 p.m. from military identification card holders. Donations are also accepted. For more information, call 221-4537/5794 or visit <http://www.scfsh.com>.

De-Stress for Success

Thursday and Sept. 25, 10 a.m. to noon, JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. This three-part class gets you started on de-stressing your life by providing a foundational understanding of stress, as well as tips for addressing anxiety and worry in all areas of your life. Call 221-0349 or 221-2418.

5 Love Languages of Children

Thursday and Sept. 25, 3-4:30 p.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Learn how to identify and speak your child's love language, and make them feel loved in a way they understand during this three-part workshop. Call 221-0349 or 221-2418.

Key Spouse Training

Sept. 17, 8 a.m. to noon. This mandatory training for all newly appointed key spouses is highly recommended for new key spouse mentors. Class is open to all Joint Base San Antonio military. Call 221-2705 or 221-0946.

Downtown Walking Tour

Thursday, 9 a.m. to 1 p.m. Get a unique perspective of downtown San Antonio during this walking tour.

Transportation is provided from the JBSA-Fort Sam Houston Military & Family Readiness Center to the USO downtown. Tour includes the Riverwalk, HemisFair Plaza, La Villita and Market Square. Call 221-2418 or 221-2705.

Family Readiness Group

Leadership Academy
Thursday and Sept. 19, 8:30 a.m. to 4 p.m. This two-day training provides family readiness group key position members guidance on their roles and responsibilities within the FRG. Call 221-2705 or 221-0946.

3D Archery Competition At JBSA-Camp Bullis

Join the JBSA-Camp Bullis Archery Range for the final 3D archery competition of the season. Registration is from 8-10 a.m., and the course needs to be completed by 1 p.m. There is a \$20 fee for the competitive shoot with kids 12 and younger \$5. The cost for the fun shoot is \$15. The 3D competitions will resume in January. The archery range at JBSA-Camp Bullis is open Thursday through Monday, 8 a.m. to 4 p.m. They have targets which range from 10-60 yards and the cost is \$5 for a daily pass or \$40 for an annual pass. Call 295-7577.

Retired Officers' Wives And Widows Club Meeting

Sept. 22, 11 a.m. to 1 p.m. at Fort Sam Houston Golf Club. Luncheon is \$16 and includes fashion show. Club meets on the

fourth Monday of each month. Call 822-6559 for reservations.

New Hours For Aquatic Center

New hours are Monday through Friday from 4-8 p.m. and Saturday and Sunday from 8 a.m. to 8 p.m. The pool will be closed for the season beginning Sept. 29. Call 221-4887.

'Steel Magnolias' At Harlequin Dinner Theatre

Through Oct. 4, the 502nd Force Support Squadron, the Harlequin Dinner Theatre and the Gunn Automotive Group present "Steel Magnolias." This story is about a group of strong women in a small Louisiana parish and centers on Shelby, who moves from wedding to childbirth to medical complications. No federal endorsement of sponsor intended. Call 222-9694.

Take Aim At Sportsman's Range

The Sportsman's Range at JBSA-Camp Bullis is available for shooting and target practice Saturdays and Sundays from 8 a.m. to noon through Sept. 28. From Oct. 4 through May 31, hours change to 10 a.m. to 2 p.m., weather permitting. The cost to shoot is \$10 per Department of Defense ID cardholder and \$15 per non-DOD ID cardholder. DOD ID cardholders can purchase an annual pass for \$60. All DOD ID cardholders are allowed to sponsor two non-DOD ID cardholder guests. For more information, call 295-7577.

Army warns Soldiers to beware of predatory lenders

By Lisa Ferdinando
Army News Service

"Need money fast? Need a new car? No problem! Instant approval for members of the military!"

While advertisements for immediate cash and merchandise are appealing, service members can land in hot water if they are not careful.

Soldiers, especially junior-enlisted members, are targets for high-interest car loans, or payday loans with exorbitant

rates, said Maj. Emma Parsons, Department of the Army banking officer.

"There are a lot of predatory lenders out there," she said.

Soldiers should proceed with caution, she said, noting that the Consumer Financial Protection Bureau says a small-dollar payday loan could equate to an annual percentage rate of nearly 400 percent.

Unaffordable debt coupled with service charges and late fees can quickly spin out of control, put-

ting unsuspecting service members under a mountain of debt, she said.

That is why it is so important for Soldiers to have a plan for their money.

Part of the mandatory services that on-post financial institutions provide are counseling and education partnered with Army-trained personal financial managers, Parsons said.

Trained financial counselors are present on every installation, she said. Soldiers are urged

to meet with a counselor and utilize these free services, to help avoid the pitfalls that would put them in financial straits.

Talking to the financial expert can put the situation in perspective and help the service member navigate away from avoidable problems such as spending beyond one's means and signing on to a quick loan loaded with fees and a high interest rate, she said.

While emergencies do arise, counseling can guide a service member

on how to manage money and what are the best options when those situations do occur, she said.

Falling into debt impacts readiness and morale, and directly affects the work performance of the Soldier, Parsons said.

Soldiers who become delinquent on their debts could have their wages garnished, and risk losing a promotion or a high-level security clearance.

For the most junior Soldiers, this might be the first time they are receiving a paycheck, said Maj.

Helen Thomas, the banking liaison officer at Fort Bragg, N.C.

It's important they spend wisely and not fall into the trap for quick money or gleaming new merchandise they don't need and can't afford.

"I see it all the time. Young Soldiers come to us for counseling after they're in a financial bind; we want to help them before the problem happens," she said.

"Let's catch them before they make those decisions," she said.

OUTSIDE THE GATE

Warrant Officer Association Meeting

The September meeting of the Lone Star Silver Chapter of the U.S. Army Warrant Officer Association is after the Adopt-A-Highway cleanup on Blanco Road, which begins at 8 a.m. Saturday. All active duty, retired, Reserve and National Guard warrant officers and family members of current or retired warrant officers are invited. For more information and location of meeting, call 413-1965 or 257-0931.

Discount Tickets For Texas State vs. Navy Game

All Joint Base San Antonio Information, Tickets and Travel offices offer discounted tickets to the Texas State Bobcats versus Navy Midshipmen football game at the Texas State stadium in San Marcos Saturday. The discounted ticket price is \$7.75. Military personnel and families are invited to arrive before the game for complimentary

food and drinks at the military appreciation tailgate. For more information, call 808-1378 at JBSA-Fort Sam Houston, 671-3059 at JBSA-Lackland and 652-5142 at JBSA-Randolph.

VFW Golf Tournament

The Veterans of Foreign Wars Post 1533 hosts a golf tournament Sept. 22 at the Dominion Country Club in San Antonio. A number of sponsorships are available. Call 288-0283.

Military, Veteran Employment Information Seminar

The U.S. Office of Personnel Management and Texas A&M University-San Antonio have partnered for a one-day free employment, education and information seminar Sept. 24 on the campus of Texas A&M University, One University Way, San Antonio. The theme this year is "closing the loop" and offers key comments from speakers, several breakout sessions on critical subjects and a career fair. Registration opened Aug. 1 and seating for the seminar is limited so early registration is encouraged. For more information, call 916-9252 or 363-3399.

Randolph Roadrunners Quihi Volksmarch

The Randolph Roadrunners Volksmarch Club hosts 5K and 10K walks Saturday in Quihi, Texas, located about 9 miles northeast of Hondo. The walks start at the Bethlehem Lutheran Church, 3901 FM 2676 in Hondo between 8-11 a.m. with a finish by 3 p.m. For information, call 325-3498 or print a walk brochure at <http://randolphroadrunners.info/>.

5K Glow Run, Fun Walk 1K

The Joint Base San Antonio-Lackland 5/6 Organization hosts their inaugural 5K Glow Run and Fun Walk 1K Oct. 3 at the JBSA-Lackland's 1.5-mile track. Save by pre-registering by Sept. 22. Pre-registration for the 5K is \$20, while late registration is \$25. Fun Walk 1K pre-registration is \$10, late registration is \$15. Sign in, late registration T-shirt pickup is at 6:30 p.m., with the walk starting between 7:30-8 p.m. and the run starting at 8:10 p.m. Children are welcome and all children who complete the Fun Walk 1K will earn a medal at the end. No pets. There will be free snacks and water provided and glow products available for purchase. Headlamps

are highly encouraged. For more information, visit <https://www.eventbrite.com/e/jbsa-lackland-56-fun-walk-1k-glow-run-5k-tickets-12259130389>.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month at the Longhorn Café, 1003 Rittiman Road. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 539-1178.

2nd Infantry Division Reunion

The Second (Indianhead) Division Association is searching for anyone who served in the Army's 2nd Infantry Division at any time. For information about the association and the 93rd annual reunion in Omaha, Neb., from Sept. 16-20, call 224-225-1202.

Enlisted Association

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

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays

Main Post (Gift) Chapel

Building 2200, 1605 Wilson Way
8 and 11 a.m. - Traditional

Dodd Field Chapel

Building 1721, 3600 Dodd Blvd.
8:30 a.m. - Samoan
10:30 a.m. - Gospel

Army Medical Department Regimental Chapel

Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade
Collective Service
11:01 - Contemporary "Crossroads"

Brooke Army Medical Center Chapel

Building 3600,
3851 Roger Brooke Rd.
10 a.m. - Traditional

CATHOLIC SERVICES

Daily Mass

Brooke Army Medical Center Chapel
Building 3600,
3551 Roger Brooke Rd.

11:05 a.m., Monday through Friday

Main Post (Gift) Chapel

Building 2200, 2301 Wilson Way

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

11:30 a.m., Monday through Friday

Saturday

Main Post (Gift) Chapel

4:45 p.m. - Reconciliation
5:30 p.m. - Evening Mass

Sunday

8 a.m. - Morning Mass, AMEDD
8:30 a.m. - Morning Mass, BAMC
9:30 a.m. - Morning Mass, MPC
11:30 a.m. - Morning Mass, BAMC
12:30 p.m. - Morning Mass, DFC

JEWISH SERVICES

8 p.m. - Jewish Worship,
Friday, MPC
8:30 p.m. - Oneg Shabbat,
Friday, MPC

ISLAMIC SERVICE

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

LATTER DAY SAINTS SERVICES

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

BUDDHIST SERVICES

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

NEWS BRIEFS from P6

or parenting time is offered by the Joint Base San Antonio-Randolph legal office from 11 a.m. to 1 p.m. Sept. 25 at the JBSA-Randolph Military & Family Readiness Center, building 693, 555 F Street West. Representatives from the judge advocate and Texas Attorney General will answer questions, but cannot represent or give legal advice. The legal office staff asks that children not be brought to this clinic. They do recommend that attendees bring any prior court orders with them. For more information, call 652-6781.

Partial Closure Of Scott Road From Schofield To Worth

A contract has been awarded to rebuild Scott Road from Taylor Road to Worth Road. While every effort will be made to minimize

impact on drivers, some inconvenience is unavoidable. The multi-phase project's first phase, from Taylor to Schofield is complete. The next phase will rebuild Scott from Schofield to Worth. The road will close to vehicular traffic until Oct. 25. To provide access to the UPS Store, Enterprise Rental Car, cleaners and to the Rocco Dining Facility, Scott Road will not completely close. The work will be done one lane at a time to allow full-time one-way traffic to the north. Southbound traffic will be detoured along Stanley Road. Traffic control and notification signs will identify the detour route and motorists should follow the signs posted for the detour route. A route to the UPS Store, Enterprise Rental and the cleaners will be provided from Stanley Road through the old San Antonio Credit Union parking lot to the closed section of Harney Road.

Army OCS Structure Interview Panel Board

The 502nd Force Support Squadron's Military Personnel Branch will conduct an Army Officer Candidate School Structure Interview Panel Board at 8 a.m. Oct. 23 at building 2263, 1706 Stanley Road, Room 117B. All Soldiers, without exception, must have a bachelor's degree and cannot be over the age of 33. Soldiers must also be a U.S. citizen, have a GT Score of 110 or higher security clearance and cannot have more than six years active federal time. For a complete listing and checklist of OCS requirements and forms, visit <https://www.hrcapps.army.mil/site/protect/branches/officer/Operations/Accessions/OCS/index.htm>. All OCS applicants must see their S1/G1 prior to submitting their OCS packets, which must be turned in by Oct. 9. For more information, call 221-0885.

JBSA takes back unwanted prescription drugs Sept. 27

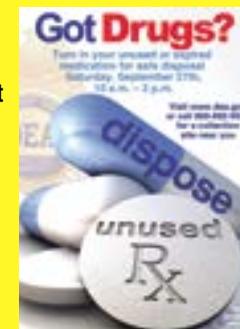
People can help prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs from 10 a.m. to 2 p.m. Sept. 27 at National Prescription Drug Take Back Day locations throughout Joint Base San Antonio.

Three collection sites will be located at JBSA-Fort Sam Houston. The first is at the medical mall in the San Antonio Military Medical Center. The second is at the community pharmacy, located at corner of Scott and Allen Roads, near the main exchange. Another location is available during the Military Retiree Appreciation Day at building 2841 from 8 a.m. to noon.

There will also be collection sites at the JBSA-Randolph Exchange refill pharmacy located in the main exchange. At JBSA-Lackland, the satellite pharmacy, across from the main exchange, will collect medications. The service is free and anonymous.

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

Additional local "Take Back" locations can be found at http://www.deadiversion.usdoj.gov/drug_disposal/takeback/.



FOR SALE - JVC 61-inch high-definition (HD-ILA) projection television; older model but in excellent condition; can deliver. Call 481-6252.

FOR SALE - Wooden swing and slide set, \$300. Call 560-5695.

FOR SALE - GE washing machine, white, good condition, \$50; vintage exercise bicycle, \$25; Army ACU top size: large/extra-large, \$15; two new ACU medium extra-long pants, \$15 each; new performance hood, lightweight, \$20; new extra-large Maslex gloves, \$20; new Weber charcoal grill, black, \$10; adult walker, Guardian brand, good condition, \$30. Call 658-1643.